

A to E

Assessment in Action

Name

Year group/Placement block.....

Ed Mentor team/Practice Assessor.....

University personal tutor.....

Main PEL: *SR Lydia Jones,*

PBE's: SR Amie Nuttall & CN Chris Proctor

Associate PEL's: CN Luke Hulton (Adults) & Kimberley Walton (Paediatrics)

Guidance

The A to E assessment is a widely used, standardised assessment utilised throughout healthcare in acute settings to “**APIE**” patient care.

Whats “**APIE**”?

- **A**ssess
- **P**lan
- **I**mplement
- and **E**valuate

Good quality clinical assessment can be best learnt as a practical activity, as and when the circumstances arise.

Have this *A to E Assessment in Action* Booklet to hand whilst in the Ed and be on the look out for new patients with the presenting complaints detailed in the activity. Under the direct supervision of your Practice Assessor/Supervisors have a go at filling out the full assessment, followed up with a brief & informal reflective discussion.

A - Airway - Worried about airway !SHOUT FOR HELP! & Pull Buzzer

B - Breathing

C - Circulation

D - Disability

E - Exposure

We assess each in order A down to E with a “LOOK/LISTEN/FEEL” approach only pausing when we spot a clinical need that requires recourse from the team.

Example

| | Look | Listen | Feel |
|--|---|---|---|
| Airway | <ul style="list-style-type: none"> - Patent - Dry occlusion - Excessive salivation - Direct trauma - Facial/Lip Cyanosis (Hypoxia) - Adjuncts NPA/OPA | <ul style="list-style-type: none"> - Abnormal sounds which suggest obstruction. - Wet occlusion (Suction) - Gargling - Heaving - Passage of air from mouth/nose | <ul style="list-style-type: none"> - Hands on chest wall to feel if for air entry - Feel Unsure about the airway - ESCALATE ICU/ Ed consultant |
| Breathing | <ul style="list-style-type: none"> - o2 saturations (Hypoxemia) - Use of Accessory muscles - Trapezium - Back muscles - Intercostal muscles - Tracheal tug - Respiratory Rate (RR) | <ul style="list-style-type: none"> - Wheeze - Crackles - Stridor - Peak Flow - Does the patient require; o2 therapy/nebulisation - Tachypnoea (Thrombosis - Pulmonary - PE) | <ul style="list-style-type: none"> - See-saw breathing - Symmetrical breathing (Tension Pneumothorax) - C-Xray |
| Circulation | <ul style="list-style-type: none"> - Patients colour, Pale - Cyanosis peripheries - Central cyanosis - Blood Pressure (BP) is IV/IO access required - Send Bloods/ABG/VBG - Cap Refill (<2) - ECG | <ul style="list-style-type: none"> - Blood gas results for electrolyte imbalance (Hypo/Hyperkalemia) (Hypo/Hyponatremia) - Ultrasound of the heart (Cardiac Tamponade) - IV Fluids prescribes | <ul style="list-style-type: none"> Pulse-Rate/Rhythm/Depth Fast (tachycardia), Slow (Bradycardia), Regular/Irregular, Weak/Thready |
| Disability (MIND THE GAPPS) Glucose/AVPU/Pupils/ Pain/Seizures | <ul style="list-style-type: none"> - Altered Levels of Consciousness (Alert/Voice/Pain/Unresponsive) - Pupils-PEARL (CT Head) - Blood Glucose BM's (Hypo/Hyperglycemia) - ?DKA- ketones) | <ul style="list-style-type: none"> - New confusion (NC) - Limb Weakness/Limb reflex (Thrombolysis) - Glasgow Coma Scale (GCS) - Does the patient look to be in pain Analgesia | <ul style="list-style-type: none"> Temperature - (Hypothermia) or Pyrexia Antipyretics - Could it be SEPSIS Antibiotics (Abx) |
| Exposure | <ul style="list-style-type: none"> - Massive Blood loss/ Major haemorrhage G+S, Blood products (Hypovolemia) - Drugs &/or Alcohol - Chemicals - (Toxins) - Viruses (Corona/ influenza) | <ul style="list-style-type: none"> Past Medical History PMH Allergies Recent change in Medication Recent surgery or immobility (Thrombosis - Coronary) | <ul style="list-style-type: none"> - Localised skin complaints, hot to touch/ erythema/oedema - Open Wounds, pseudomonas infection - Infected Pressure soars SEPSIS, Antibiotics (Abx) - Odorous Urine |

Physiological/Neurological Observations - Nursing Interventions - H's & T's (Reversible Causes)

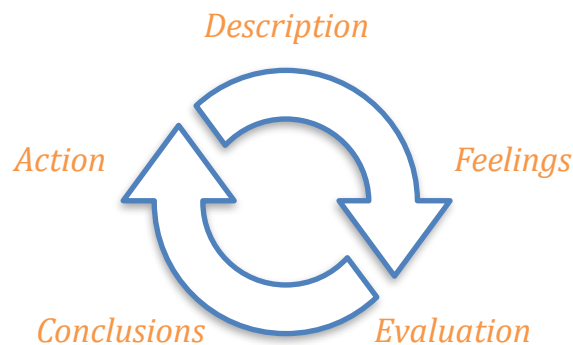
Now its your turn, look out for the following presenting complaints in Ed and Practice you're A to E assessment skills.

Shortness of Breath/Difficulty in Breathing - SOB/DIB

| | Look, Listen, Feel - <i>Obs/Neuros</i> - <i>Jobs</i> - <i>H's & T's</i> |
|--------------------|---|
| Airway | |
| Breathing | |
| Circulation | |
| Disability | |
| Exposure | |

o2%_____ HR_____ Bp_____/_____ Temp_____ RR_____ BM_____ Peak_____

Reflective Discussion

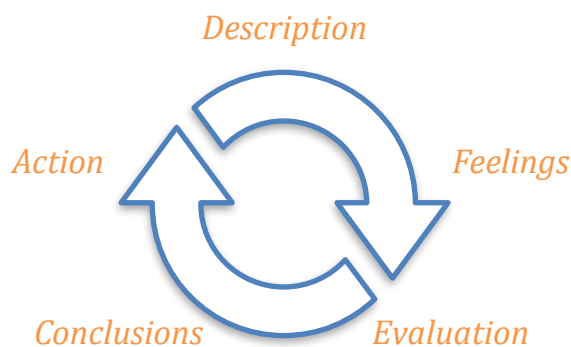


Seizures

| Look, Listen, Feel - <i>Obs/Neuros</i> - <i>Jobs</i> - <i>H's & T's</i> | |
|---|--|
| Airway | |
| Breathing | |
| Circulation | |
| Disability | |
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o2%_____ HR_____ Bp_____/_____ Temp_____ RR_____ BM_____ Peak_____

Reflective Discussion

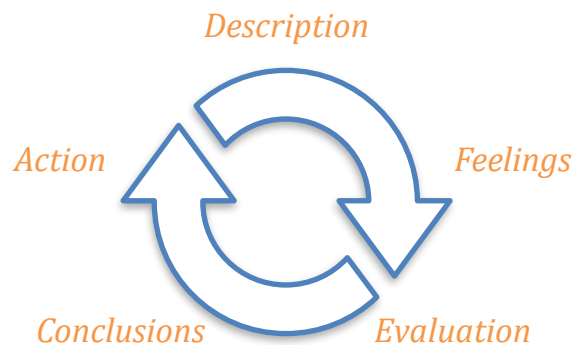


Abdominal Pain - Abdo pain (AP)

| | Look, Listen, Feel - <i>Obs/Neuros</i> - <i>Jobs</i> - <i>H's & T's</i> |
|--------------------|---|
| Airway | |
| Breathing | |
| Circulation | |
| Disability | |
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o2%_____ HR_____ Bp_____/_____ Temp_____ RR_____ BM_____ Peak_____

Reflective Discussion

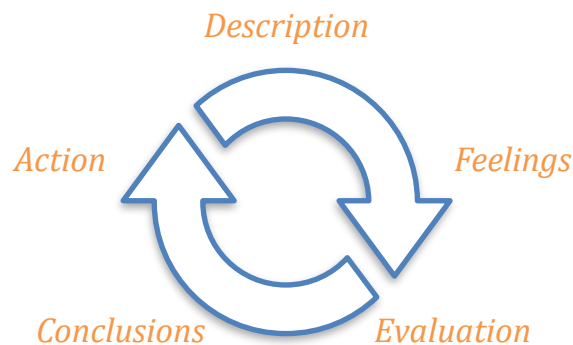


Diahorrea &/or Vomitting - D+V

| | Look, Listen, Feel - <i>Obs/Neuros</i> - <i>Jobs</i> - <i>H's & T's</i> |
|--------------------|---|
| Airway | |
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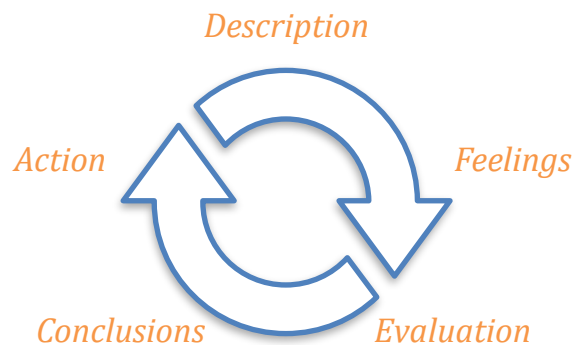


Exacerbation of Chronic Obstructive Pulmonary Disease - COPD

| | Look, Listen, Feel - <i>Obs/Neuros</i> - <i>Jobs</i> - <i>H's & T's</i> |
|--------------------|---|
| Airway | |
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| Circulation | |
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| Exposure | |

o2%_____ HR_____ Bp_____/_____ Temp_____ RR_____ BM_____ Peak_____

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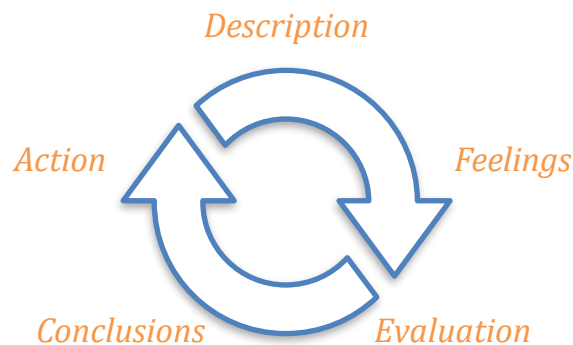


Reduced Consciousness Level (Low GCS)

| | Look, Listen, Feel - <i>Obs/Neuros</i> - <i>Jobs</i> - <i>H's & T's</i> |
|--------------------|---|
| Airway | |
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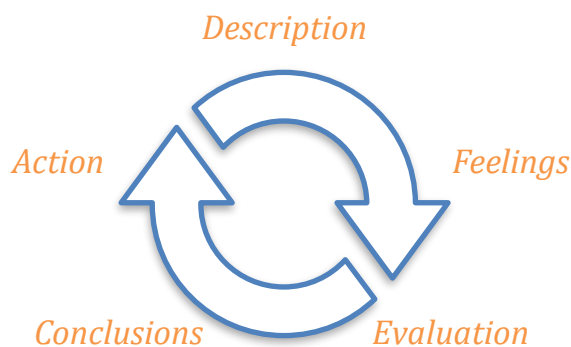


Febrile Child

| | Look, Listen, Feel - <i>Obs/Neuros</i> - <i>Jobs</i> - <i>H's & T's</i> |
|--------------------|---|
| Airway | |
| Breathing | |
| Circulation | |
| Disability | |
| Exposure | |

o2%_____ HR_____ Bp_____/_____ Temp_____ RR_____ BM_____ Peak_____

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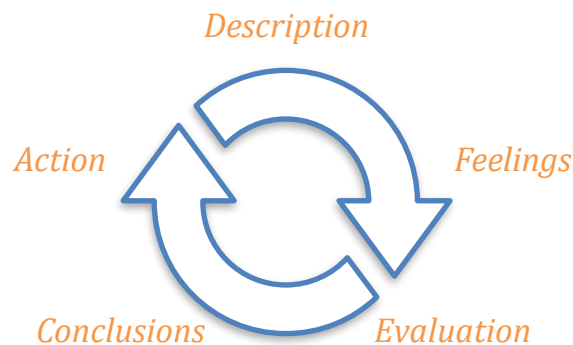


Unwitnessed Fall of dementia patient

| | Look, Listen, Feel - <i>Obs/Neuros</i> - <i>Jobs</i> - <i>H's & T's</i> |
|--------------------|---|
| Airway | |
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| Disability | |
| Exposure | |

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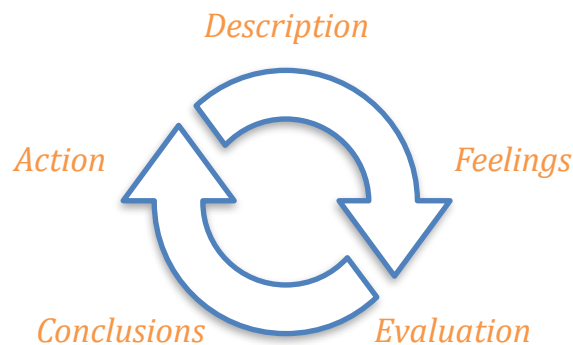


Post Rectal (PR) Bleeding

| | Look, Listen, Feel - <i>Obs/Neuros</i> - <i>Jobs</i> - <i>H's & T's</i> |
|--------------------|---|
| Airway | |
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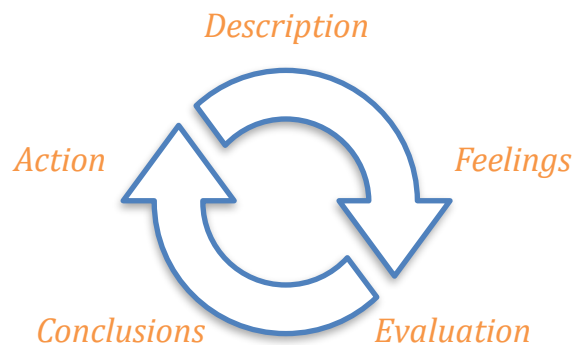


Central Chest Pain (CCP)

| | Look, Listen, Feel - <i>Obs/Neuros</i> - <i>Jobs</i> - <i>H's & T's</i> |
|--------------------|---|
| Airway | |
| Breathing | |
| Circulation | |
| Disability | |
| Exposure | |

o2%_____ HR_____ Bp_____/_____ Temp_____ RR_____ BM_____ Peak_____

Reflective Discussion

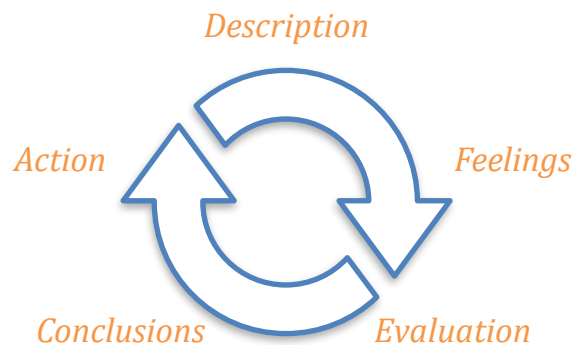


Cardiac Arrest -Cardiopulmonary Resuscitation (CPR)

| | Look, Listen, Feel - <i>Obs/Neuros</i> - <i>Jobs</i> - <i>H's & T's</i> |
|--------------------|---|
| Airway | |
| Breathing | |
| Circulation | |
| Disability | |
| Exposure | |

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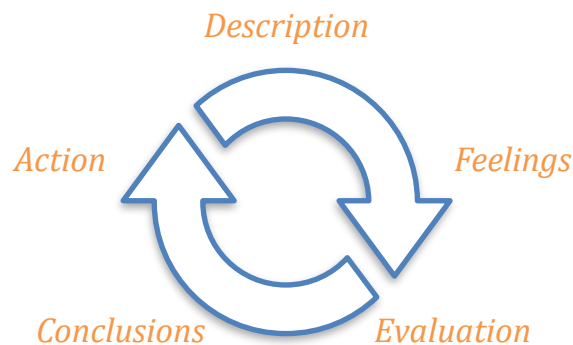


New Neurological Deficit - New confusion

| | Look, Listen, Feel - <i>Obs/Neuros</i> - <i>Jobs</i> - <i>H's & T's</i> |
|--------------------|---|
| Airway | |
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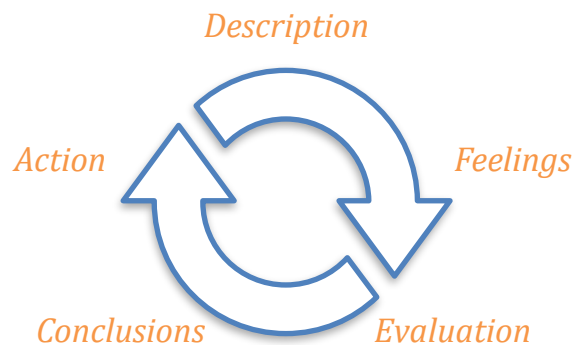


Head Injury - on Anticogulants

| | Look, Listen, Feel - <i>Obs/Neuros</i> - <i>Jobs</i> - <i>H's & T's</i> |
|--------------------|---|
| Airway | |
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| Circulation | |
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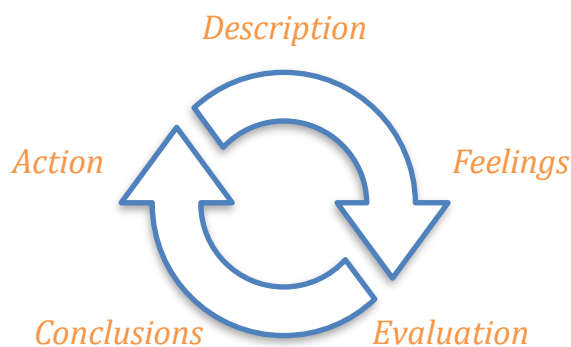


Hyperglycemia with Ketones (DKA)

| | Look, Listen, Feel - <i>Obs/Neuros</i> - <i>Jobs</i> - <i>H's & T's</i> |
|--------------------|---|
| Airway | |
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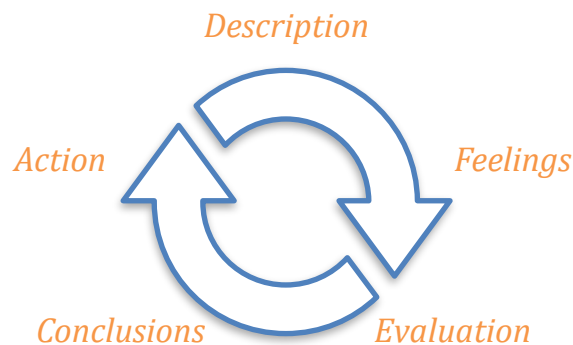


New Neurological Deficit - Limb Weakness with Slurred Speech

| | Look, Listen, Feel - <i>Obs/Neuros</i> - <i>Jobs</i> - <i>H's & T's</i> |
|--------------------|---|
| Airway | |
| Breathing | |
| Circulation | |
| Disability | |
| Exposure | |

o2%_____ HR_____ Bp_____/_____ Temp_____ RR_____ BM_____ Peak_____

Reflective Discussion

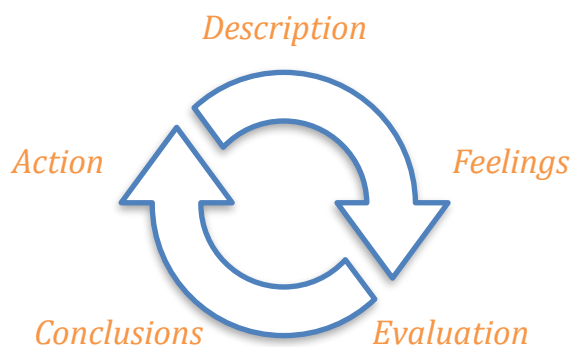


Leg Oedema/Erythema

| | Look, Listen, Feel - <i>Obs/Neuros</i> - <i>Jobs</i> - <i>H's & T's</i> |
|--------------------|---|
| Airway | |
| Breathing | |
| Circulation | |
| Disability | |
| Exposure | |

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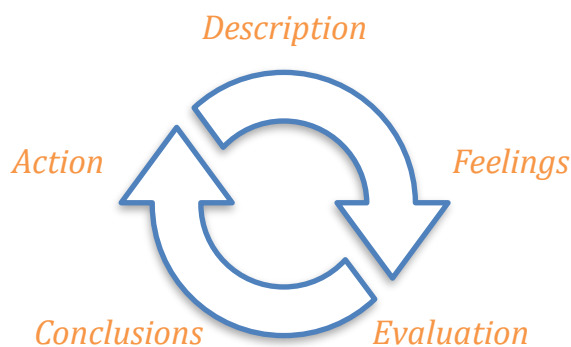


Post Vaginal (PV) Bleeding

| | Look, Listen, Feel - <i>Obs/Neuros</i> - <i>Jobs</i> - <i>H's & T's</i> |
|--------------------|---|
| Airway | |
| Breathing | |
| Circulation | |
| Disability | |
| Exposure | |

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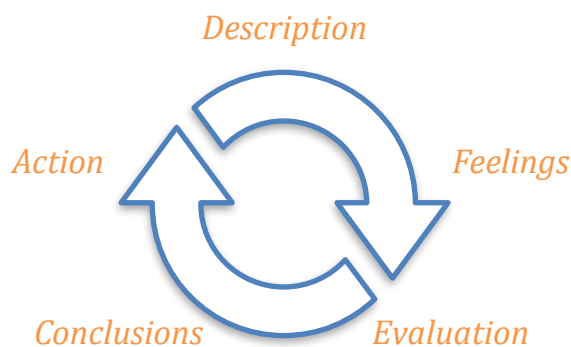


Urine Retention

| | Look, Listen, Feel - <i>Obs/Neuros</i> - <i>Jobs</i> - <i>H's & T's</i> |
|--------------------|---|
| Airway | |
| Breathing | |
| Circulation | |
| Disability | |
| Exposure | |

o2%_____ HR_____ Bp_____/_____ Temp_____ RR_____ BM_____ Peak_____

Reflective Discussion

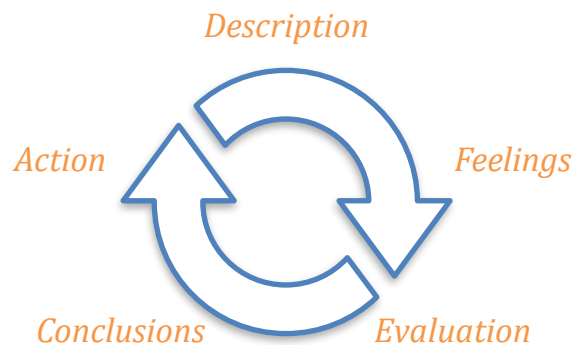


Suicidal Thought with an Intentional Overdose of _____

| | Look, Listen, Feel - <i>Obs/Neuros</i> - <i>Jobs</i> - <i>H's & T's</i> |
|--------------------|---|
| Airway | |
| Breathing | |
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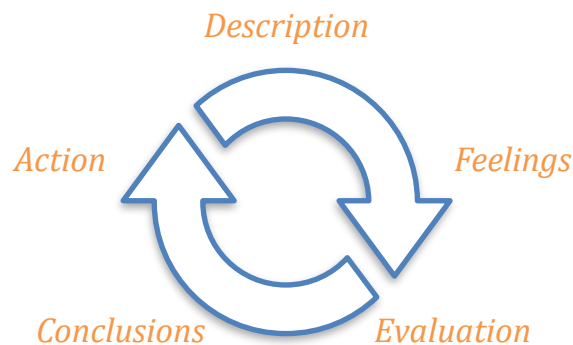


Alcohol Withdrawals

| | Look, Listen, Feel - <i>Obs/Neuros</i> - <i>Jobs</i> - <i>H's & T's</i> |
|--------------------|---|
| Airway | |
| Breathing | |
| Circulation | |
| Disability | |
| Exposure | |

o2%_____ HR_____ Bp_____/_____ Temp_____ RR_____ BM_____ Peak_____

Reflective Discussion

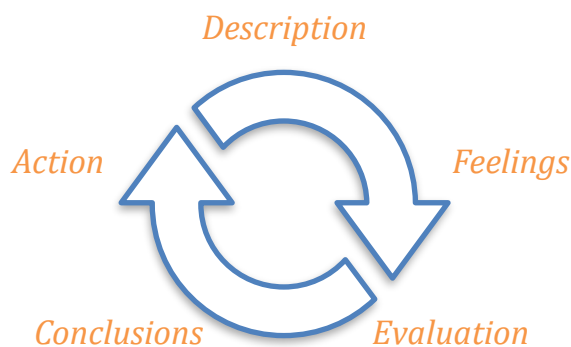


Hypoglycemic Event

| | Look, Listen, Feel - <i>Obs/Neuros</i> - <i>Jobs</i> - <i>H's & T's</i> |
|--------------------|---|
| Airway | |
| Breathing | |
| Circulation | |
| Disability | |
| Exposure | |

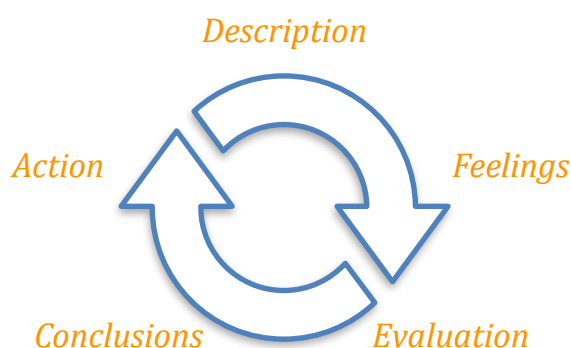
o2%_____ HR_____ Bp_____/_____ Temp_____ RR_____ BM_____ Peak_____

Reflective Discussion



Reflective Practice

You may wish to have written reflections on your completed *A to E Assessment in Action* to incorporate into your university Personal Development Portfolio. Please find below a template for reflections.

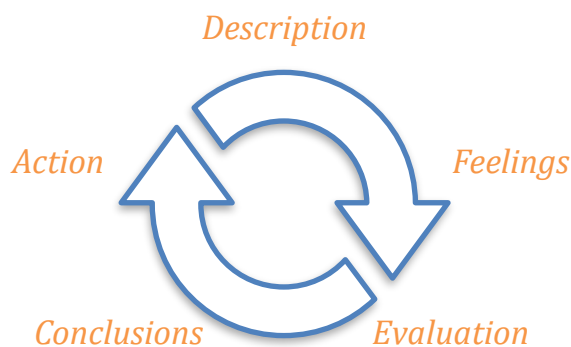


| | |
|--------------------|--|
| <i>Description</i> | |
| <i>Feelings</i> | |
| <i>Evaluation</i> | |
| <i>Conclusions</i> | |
| <i>Action</i> | |

| Look, Listen, Feel - <i>Obs/Neuros</i> - <i>Jobs</i> - <i>H's & T's</i> | |
|---|--|
| Airway | |
| Breathing | |
| Circulation | |
| Disability | |
| Exposure | |

o2%_____ HR_____ Bp_____/_____ Temp_____ RR_____ BM_____ Peak_____

Reflective Discussion



You have come to the end of the *A to E Assessment in Action* activity. If you have any further A to E assessments you feel you have not covered please feel free to use the last page and enter your own title/presenting complaint.

If you have enjoyed this exercise and wish to learn more you maybe interested in our *Directed Studies* activity which can be found in the Student Resource File & on the Desktop.

Alternatively If you think you might enjoy some *Spoke Placements* why not explore the possibilities of this with your Practice Assessor, information can be found in the Student Resource file & on the Desktop.