

# EMT Practice Scenarios

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Here are several practice scenarios for emergency services providers. Review these scenarios with colleagues or team members. Focus on identifying key information, discussing critical factors, and considering appropriate responses based on your knowledge and experience.

As you analyze each situation, assess the associated risks, identify any additional information that may be necessary, and consider potential safety concerns. Be sure to address issues such as managing bystanders and apply any relevant protocols or best practices in your decision-making process.

## Psychiatric emergency

You are dispatched to a home where a 32-year-old male has reportedly been exhibiting signs of severe agitation and confusion. He has been experiencing increasing anxiety and delusional thoughts over the past few days. Family members report that he has a history of mental health issues, including depression, but has recently stopped taking his prescribed medications. The patient is shouting incoherently and is resisting attempts to engage with him. There are no known weapons present, but the situation is escalating, and there are bystanders present in the vicinity.

## Considerations:

## Cardiac emergency

You are dispatched to a 55-year-old male who is experiencing severe chest pain, shortness of breath, and dizziness while at his home. The patient reports that the pain began approximately 30 minutes ago while he was mowing the lawn. He describes the pain as a heavy pressure in the center of his chest, radiating to his left arm and jaw. He is sweating profusely and appears to be in significant distress. He has a history of hypertension and high cholesterol and takes medication for both. The patient is conscious but anxious and is requesting medical help.

### Considerations:

## Trauma

You are dispatched to the scene of a motor vehicle collision. The vehicle has struck a tree at high speed, and the driver, a 45-year-old male, is unconscious but breathing. There is visible blood around his head, and his legs appear to be pinned under the dashboard. Bystanders report that he was not wearing a seatbelt. The vehicle's airbags deployed, but the driver has not been able to exit the vehicle, and there is concern about possible internal injuries.

### Considerations:

## Respiratory distress

You arrive at a home where a 60-year-old female with a history of chronic obstructive pulmonary disease (COPD) is struggling to breathe. She is sitting upright, gasping for air, and appears cyanotic around her lips and fingertips. Her breathing is labored, and she is using accessory muscles to inhale. The patient has a prescribed oxygen tank, but it appears to be empty. She reports that her symptoms began suddenly after a respiratory infection, and she has had increased shortness of breath throughout the day.

### Considerations:

## Allergic reaction

You respond to a 28-year-old female who has just ingested a peanut product and is now experiencing a rapid onset of swelling in her face and throat. She reports difficulty swallowing and is wheezing with each breath. She is becoming increasingly anxious and lightheaded. The patient has a known peanut allergy and carries an epinephrine auto-injector, but she is unsure whether she has used it in the past.

### Considerations:

## Choking

You arrive at a restaurant where a 75-year-old male is choking on a piece of steak. The patient is clutching his throat and unable to speak or cough. He is becoming increasingly distressed and is turning a shade of blue. A bystander is attempting abdominal thrusts but is not able to clear the obstruction. The patient is losing consciousness, and you are called in to assist.

### Considerations:

## Drug overdose

You are called to a residence where a 27-year-old male is unresponsive on the floor. Empty prescription pill bottles and drug paraphernalia are visible nearby. The patient's breathing is slow and shallow, and his skin appears pale and clammy. The family reports that the patient has a history of substance abuse and may have taken an overdose of opioids. They have found no signs of trauma, and his pulse is weak and irregular.

### Considerations:

## Stroke

You arrive at a home where a 68-year-old male has suddenly developed weakness on his right side. He is unable to speak clearly and is experiencing difficulty understanding commands. His face is drooping on one side, and he has difficulty raising his right arm. His wife reports that the symptoms began about 30 minutes ago while he was watching TV. The patient has a history of hypertension and diabetes.

## Considerations:

## Additional notes