

EMT Practice Scenarios

Here are a few practice scenarios for emergency services providers.

Go through these practice scenarios with others.

You can highlight important information and discuss important factors of the scenarios.

Determine what you might do in these situations and use your knowledge about the issues to judge the risks associated.

You may think about what other information you need, if there are any safety concerns you have, managing bystanders, and any other relevant EMS knowledge you may have.

Practice Scenarios

Scenario: Cardiac Emergency

Patient: 55-year-old male

Chief Complaint: Chest pain, shortness of breath

Vital Signs: BP 140/90, HR 110, RR 22, SpO2 92%

Additional Information: Patient has a history of hypertension and high cholesterol.

Scenario: Trauma

Patient: 25-year-old female

Chief Complaint: Motor vehicle collision

Vital Signs: BP 120/80, HR 130, RR 18, SpO2 98%

Additional Information: Patient is complaining of neck and back pain.

Scenario: Respiratory Distress

Patient: 40-year-old female

Chief Complaint: Difficulty breathing

Vital Signs: BP 130/85, HR 90, RR 28, SpO2 88%

Additional Information: Patient has a history of asthma.

Scenario: Allergic Reaction

Patient: 30-year-old male

Chief Complaint: Swelling, itching, and hives

Vital Signs: BP 110/70, HR 100, RR 20, SpO2 95%

Additional Information: Patient states he ate shellfish.

Scenario: Diabetic Emergency

Patient: 60-year-old male

Chief Complaint: Confusion and weakness

Vital Signs: BP 150/95, HR 80, RR 16, SpO2 97%

Additional Information: Patient is a known diabetic and skipped lunch.

Scenario: Seizure

Patient: 18-year-old female

Chief Complaint: Seizure activity

Vital Signs: BP 140/90, HR 110, RR 18, SpO2 94%

Additional Information: Seizure has lasted for 3 minutes.

Scenario: Drug Overdose

Patient: 22-year-old male

Chief Complaint: Unresponsiveness

Vital Signs: BP 90/50, HR 120, RR 10, SpO2 92%

Additional Information: Empty pill bottles found nearby.

Scenario: Stroke

Patient: 65-year-old female

Chief Complaint: Sudden weakness on one side of the body

Vital Signs: BP 160/95, HR 70, RR 14, SpO2 96%

Additional Information: Patient has difficulty speaking.

Scenario: Pediatric Fever

Patient: 2-year-old male

Chief Complaint: High fever

Vital Signs: Temp 102°F, HR 130, RR 24

Additional Information: Parents state the child has been lethargic.

Scenario: Burns

Patient: 30-year-old female

Chief Complaint: Thermal burns on hands and arms

Vital Signs: BP 130/80, HR 90, RR 20, SpO2 99%

Additional Information: Burns occurred while cooking.

Scenario: Environmental Emergency

Patient: 45-year-old male

Chief Complaint: Heat exhaustion

Vital Signs: BP 100/60, HR 120, RR 28, SpO2 94%

Additional Information: Patient was working outside in hot weather.

Scenario: Overexertion

Patient: 28-year-old female

Chief Complaint: Muscle cramps and weakness

Vital Signs: BP 110/70, HR 100, RR 18, SpO2 98%

Additional Information: Patient just finished running a marathon.

Scenario: Psychiatric Emergency

Patient: 35-year-old male

Chief Complaint: Aggressive behavior

Vital Signs: BP 140/85, HR 110, RR 20, SpO2 97%

Additional Information: Patient is known to have a history of bipolar disorder.

Scenario: Choking

Patient: 50-year-old female

Chief Complaint: Unable to breathe

Vital Signs: BP 130/80, HR 120, RR 0 (no respirations), SpO2 0%

Additional Information: Patient was eating dinner when the incident occurred.

Scenario: Anaphylaxis

Patient: 28-year-old female

Chief Complaint: Difficulty breathing, swollen face

Vital Signs: BP 90/60, HR 140, RR 24, SpO2 85%

Additional Information: Patient has a known severe allergy to peanuts.