

So here we are again with my 6th blog on medical emergencies.

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Always let's stick to basics, please.

# Baseline Observations



So, let's discuss **Baseline Observations** or BLO's. These are really important because they will tell us if the casualty is getting better or worse. In an out of hospital environment, without any medical equipment you can still take many BLO's.

1/ Taking the **pulse** at the wrist (Radial pulse), should be taken with your fingers and not your thumb and should be taken for either 15 seconds x 4: or 30 seconds x 2: or for a whole minute. The pulse in an adult should be between 60-80 at rest but will vary with medical conditions, e.g., if the patient takes medication.

2/ Observe the **breathing rate** or Respiratory rate (R/R) of the casualty, again you can record as above, i.e., 15 seconds x 4: or etc. The R/R in an adult at rest should be between 12-

20 breaths per minute but will vary on medical conditions, e.g., Asthmatics.

- 3/ **Pupils.** Are the casualties' pupils equal and react to light (medical terminology for this is 'PEARL')? You can use your torch on your mobile phone. Pupils will be constricted in a light setting (e.g., well light sports hall) and dilated in a dark setting (e.g., Basement cellar). Legal and illegal drugs will affect the size on the casualties' pupils as well as serious head injuries. Taking Cocaine will cause the pupils to dilate, whilst taking Heroin will cause the pupils to constrict.
- 4/ **Assess conscious levels** of a casualty on a 'A.V.P.U.' score. (A- Is the casualty Alert: V- Does the casualty react to Voice: P-Does the casualty react to Pain : U -Is the casualty Unresponsive).

*Thank you and stay healthy. Please visit my webpage as I provide the necessary, 1 day emergency First Aid at Work courses, needed for the qualification of Fencing Coaches.*

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