

**Ultimate Study Mnemonics by C.Gomez (updated Feb 2026)**

<b>Level of Consciousness</b>	<b>Scene Size Up</b>	<b>Trauma/Unconsciousness</b>	<b>GCS - Glasgow Coma Score</b>	<b>PACE (Addressing Problems)</b>
<b>A</b> - Alert	<b>P</b> - Personal Hazards	<b>B</b> - Breathing/Airway	<b>Eyes</b>	<b>P</b> - Probe
<b>V</b> - Verbal	<b>E</b> - Environ Harzards	<b>R</b> - Responsiveness	4 - Alert - spontaneous Movement	<b>A</b> - Alert
<b>P</b> - Painful Stimuli	<b>N</b> - Number of Pts	<b>I</b> - Eyes	3 - Verbal - reacts to verbal stimulus	<b>C</b> - Challenge
<b>U</b> - Unresponsive	<b>M</b> - MOI/NOI	<b>M</b> - Motor Response	2 - Pain - responds to pain	<b>E</b> - Emergency
	<b>A</b> - Add. Resources		1 - Unresponsive	
	<b>N</b> - Need for C-Spine			
<b>ABC: Primary Assessment</b>		<b>Medical History</b>	<b>Verbal Response</b>	<b>CHILD ABUSE</b>
<b>X</b> - Exsanguination		<b>S</b> - Signs & Symptoms	5 - Oriented Speech	<b>C</b> - Consistency of Injury
<b>A</b> - Airway		<b>A</b> - Allergies	4- Confused	<b>H</b> - Hx of inconsistent injury
<b>B</b> - Breathing		<b>M</b> - Medications	3 - Incomprehensible Speech	<b>I</b> - Inappropriate parental concerns
<b>C</b> - Circulation		<b>P</b> - Pertinent Med History	2 - Moans	<b>L</b> - Lack of supervision
<b>D</b> - Disability		<b>L</b> - Last Oral Intake	1 - Unresponsive	<b>D</b> - Delay in seeking care
<b>E</b> - Exposures & Environment		<b>E</b> - Events Leading to Illness	<b>Motor Response</b>	<b>A</b> - Affect
			6 - Follows Commands	<b>B</b> - Bruise of varying ages
			5 -Localizes to pain	<b>U</b> - Unusual injury patterns
<b>Assessment of Pain</b>		<b>Chest pain Special ?s</b>	4 - Withdrawls from Pain	<b>S</b> - Suspicious circumstance
<b>O</b> - Onset		<b>P</b> - Palpation	3 - Decorticate / flexionPostering	<b>E</b> - Environmental clues
<b>P</b> - Provocation		<b>A</b> - Accidents	2 - Decerebrate hospital	
<b>Q</b> - Quality		<b>I</b> - Illnesses, Increase on Inhalation	1 - Unresponsive	
<b>R</b> - Region, Radiations, Reoccurrence		<b>N</b> - Nausea		
<b>S</b> - Severity		<b>S</b> - Surgeries, Scars		
<b>T</b> - Time				
<b>Assessment/Observation of Breathing</b>		<b>Medical History Checklist</b>	<b>Stroke Scale</b>	<b>Stroke Scale</b>
<b>P</b> - Provocation		<b>H</b> - Heart	<b>B</b> - Balance	<b>F</b> - Facial Palsy
<b>A</b> - Accessory Muscle Use/Retractions, Assoc. CP		<b>E</b> - Epilepsy	<b>E</b> - Eyes	<b>A</b> - Arm Weakness
<b>S</b> - Sputum, Speech, Smells (Ketones)		<b>L</b> - Lungs	<b>F</b> - Facial Droop	<b>S</b> - Speech Changes
<b>T</b> - Temp, Tiredness, Tubed before?		<b>D</b> - Diabetes, Digestive	<b>A</b> - Arm Drift	<b>T</b> - Time
<b>E</b> - Exacerbation, exessive clearing of throat		<b>UP</b> - HTN,HyperLipidemia	<b>S</b> - Speech	<b>E</b> - Eye Deviation
<b>S</b> - Sounds, Lung Sounds			<b>T</b> - Time (Last Known Normal)	<b>D</b> - Denial/Neglect
<b>Trauma ?s</b>		<b>MVCs.</b>		<b>Intubation Confirmations (medics)</b>
<b>T</b> - Thinner		<b>S</b> - Speed <b>R</b> - Restrained	<b>DCAP-BTLS Trauma Serach</b>	<b>L</b> - Lung Sounds
<b>R</b> - Recall of Event		<b>L</b> - Location <b>I</b> - Intrusion	<b>D</b> - Deformities	<b>E</b> - End Tidal CO2
<b>A</b> - Alcohol		<b>A</b> - Airbags <b>P</b> - Passengers (death of other)	<b>C</b> - Contusions	<b>A</b> - Absent Epigastric Sounds
<b>P</b> - Pain (head, neck, back)		<b>M</b> - Mechanism	<b>A</b> - Abrasions	<b>D</b> - Depth of Tube
			<b>P</b> - Penetrations	<b>S</b> - Size
			<b>B</b> - Burns	<b>D</b> - Documentation
<b>Trauma Turnover</b>		<b>MARCH - Tactical Combat Casualty Care</b>	<b>T</b> - Tenderness	
<b>M</b> - Mechanism		<b>M</b> - Massive hemorrhage	<b>L</b> - Laceration	<b>DOPE (medics)</b>
<b>I</b> - Injuries		<b>A</b> - Airway	<b>S</b> - Swelling	<b>D</b> - Displacement of tube
<b>V</b> - Vitals		<b>R</b> - Respirations		<b>O</b> - Obstruction
<b>T</b> - Treatment		<b>C</b> - Circulation		<b>P</b> - Pneumothorax
		<b>H</b> - Head injury, Hypothermia		<b>E</b> - Equipment Failure

<b>Altered Mental Status</b>	<b>Medication (5 Rights &amp; Beyond)</b>	<b>Vitals</b>	<b>Organophosphate Poisoning</b>
A - Alcohol, Allergy	P - Patient (is it the pt's med or ambulance med)	P - Pulse	S - Salivation
E - Epilepsy, Environment, Electrolytes, Envenomation	A - Allergies	R - Respirations	L - Lacrimation
I - Insulin	R - Route	O - O2 Saturation	U - Urticaria
O - Overdose, Oral Trauma, Odors (UTI, Ketones, Neglect)	A - Action of Med	B - Blood Pressure	D - Defecation/ Diarrhea
U - Underdose, Uremia	M - Med Name	B - Blood Glucose	G - Gastro-intestinal Upset
T - Trauma	E - Expiration	E - Eyes	E - Emesis
I - Infection, Incontinence	D - Dose & Doses Taken	L - Lung Sounds	M - Miosis
P - Poison, Psychiatric	I - Indication	L - Level of Consciousness	
S - Stoke, Seizure, Sepsis, Syncope, Skin	C - Contraindications	S - Skins	<b>Cholinergic Poisoning</b>
	S - Side Effects	S - Stroke Scale (not true vital sign)	D - Defecation/ Diarrhea
			U - Urticaria & Urination
<b>Criteria for Spinal Immob</b>	<b>PED C-Spine</b>	<b>PEDs - Appearance</b>	M - Miosis
N - Neurological Deficits	N - No altered LOC	T - Tone	B - Bradycardia & Bronchoconstrict
S - Sixty five	E - no Evidence of obvious injury	I - Irritability	E - Emesis
A - Altered	C - Complete spontaneous ROM w/o pain	C - Consolability	L - Lacrimation
I - Intoxication	K - Kinematic (mechanism) negative	L - Level of Consciousness	L - Lethargy
D - Distracting Injury		S - Skin	S - Salivation
S - Spinal Exam	<b>Pediatric Assessment Triangle</b>		
	P - Perfusion	<b>APGAR</b>	<b>Emergency Child Birth</b>
<b>Prehospital Determination of Death</b>	A - Appearance	A - Appearance	P - Parity
D - Decomposition	W - Work of Breathing	P - Pulse	G - Gravida
R - Rigor Mortis		G - Grimace	P - Prenatal Care?
I - Incineration	<b>Shock Treatment for Blood Loss)</b>	A - Activity	E - Expecting Complications?
E - Evisceration of vital organ	S - Supine	R - Respirations	B - Urge to bear down or have BM?
D - Decapitation	H - Heat		B - Bag of Water break?
D - Dependent Lividity	O - Oxygen	<b>Seizure Checklist</b>	L - Length of Contractions
	T - Transport	B - bystander/witness	E - Expected Due Date
<b>STOP (When to STOP CPR)</b>		A - Activity	S - See Crowning?
S - Starts breathg & has pulse	<b>AMA Checklist</b> (pronounced racy coppers)	D - duration of seizure	S - SAMPLE
T - Transfer Care	R - Reason 911 was called	C - changes in meds/compliance	
O - Out of strength	A - Activation - who called	O - Oral trauma	
P - Physician directs to discontinue	C - Consent - is pt able to give consent?	I - Injuries	
	I - Impairment - drugs or ETOH?	L - loss of bladder/bowels	
<b>Radio Report Vitals (medics)</b>	C - Comprehension - does pt comprehend illness or injury	S - Sugar	
B - Breathing Rate, SpO2, ETCO2, Lungs	O - Outcomes - pt understand potential outcomes		
R - Responsiveness	P - Plan - do they have a plan		
I - Eyes	R - Re-access - pt understands they can call 911 again		
M - Motor (PMS or Stroke Scale)	S - Sign - Sign AMA paperwork		
B - Blood Pressure	S - Say - Have patient recite AMA stuff to MICN		
E - EKG			
S - Skins			
T - Temp			

<b><u>Patient Narrative</u></b>	<b><u>Cardiac Tissue Characteristics</u></b>	<b><u>Poisoning</u></b>	
I - Incident	A - Automaticity	S - Salivation	
C - Chief Complaint	C - Conductivity	L - Lacrimation	
H - History	C - Contractility	U - Urination	
A - Assessment	E - Excitability	D - Defecation	
Rx- Treatment		G - Gastrointestinal Distress	
T - Transport Location & ETA	<b><u>Indications for 12 Lead EKG</u> <span style="color: red;">medics</span></b>	E - Emesis	
	R - ROSC	M - Meiosis	
	I - Identify a rhythm		
<b><u>Hyperkalemia Drug Order</u> <span style="color: red;">medics</span></b>	C - Chest Pain	<b><u>Charcoal Contraindications</u></b>	
Think "Can Stop Arrest"	H - Hyper K+	C - Caustic Agents	
C - Calcium Chloride		H - Hydrocarbons	
S - Sodium Bicarb	<b><u>Routes of Administration / Exposure</u></b>	I - Isolated Alcohol	
A - Albuterol	A - Absorption	H - Heavy Metals	
	I - Intramuscular	I - Iron	
<b><u>Distributive Shock Types</u></b>	I - Inhalation		
N - Neurogenic	I - Injection		
A - Anaphylaxis	I - Ingestion		
P - Psychogenic			
S - Sepsis			