

PATIENT HISTORY (NASTYMATE)

This is a way of taking a patients history in an organised way, that the vital information is gathered and it can be relayed in the usual order when handing over. Ideal for First Aiders.

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INITIAL	STANDS FOR	NOTES
N	Name	It's always good to know the casualty's name
A	Age	The casualty's age.
S	Sex	Sex of patient.
T	Time	Time that treatment started.
Y	Why	Why the casualty called for help. (signs and symptoms).
M	Medical History	Patients relevant medical history.
A	Allergies & Medications	What medications the casualty takes and any allergies.
T	Treatment	What treatment you gave, any observations made during treatment.
E	Everything Else	What else may be relevant.

EXAMPLE

John is a male, aged 58, (name, age, sex) at 1251 (Time) John came to the First Aid Post with chest pains radiating down left arm after walking around at the country show, on arrival he was pale, sweaty, dizzy and short of breath (why). He has a history of Angina for which he takes GTN, has no known allergies (Allergies/Medications).

We made him comfortable, he had some GTN at 1311 and complained that the chest pain wasn't getting any better (treatment). John told me that his father and grandfather died of a heart attack at 60 (Everything else).