

**FOOTHILL COLLEGE EMS PROGRAMS
EPINEPHRINE AUTO-INJECTOR
SKILLS LAB**

PERFORMANCE OBJECTIVE

The rescuer will demonstrate their ability to assess and treat a patient suffering acute shortness of breath by administering epinephrine via auto-injector. Taking more than 10 minutes is a “FAIL” for this skill.

CONDITIONS

The patient is conscious, sitting, gasping for air. The scene is safe. The drug administration will be performed on a manikin or proctor.

EQUIPMENT

EMS Jump Bag PPE Stethoscope BP cuff Manikin Epi Auto-injector

STANDARDS

The standards are incorporated into the checklist to be used by the scorer. Rescuer will verbalize while performing skill

SKILLS PRACTICE SHEET
Rescuer States - “I would perform PENMAN” and reports the patient’s General Impression
Introduces self -States: “Hello, my name is _____ I’m an EMT. I’m going to help you.”
Rescuer States: “I would complete an initial assessment. This patient is in distress.”
Place the patient on oxygen - States: I would put the patient on oxygen using a non-rebreather mask @ 10-15 LPM.
Rescuer States – I would take and record vital signs
Indications of anaphylaxis – 1. Rapid-onset respiratory distress, along with hives or swelling and hypotension, especially if associated with recent exposure to an allergen.”
Rescuer States – I would obtain Medical Direction, either on-line or off-line
Contraindications - States: There are no contraindications for the use of epinephrine in the emergency setting. Relative Contraindications: 1. hypersensitivity to epinephrine preparations 2. Narrow angle Glaucoma 3. During labor or childbirth 4. Diabetes 5. Hypertension or patients taking anti-depressants.”
Side Effects - States: 1. Anxiety, Tremors, palpitations and headache 2. Nausea/Vomiting 3. Hypertension, arrhythmia
Rescuer States: 5 Rights of Drug Administration 1. Right patient 2. Right drug 3. Right dose 4. Right (valid) date 5. Right route is intramuscular (IM).”
Rescuer States - I am going to give you a shot of epinephrine in your thigh using an auto-injector
Epinephrine Auto-Injector – Rescuer Performs the following on manikin 1. Removes security cap from Auto-Injector 2. Exposes Thigh if necessary

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| <ol style="list-style-type: none">3. Positions the Auto-Injector on lateral thigh, between the knee and the hip4. Holds the Injector at an angle of 90 degrees to the surface of the skin; keeps thumb off the end of the injector; pushes firmly until the device injects the needle5. Holds the injector in place for – For 3 to 10 seconds (or manufacturers guidelines)6. I would rub the injection site for 10 seconds7. Removes and discards the injector in a sharps container |
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Rescuer States – I would continually reassess observing for signs of improvement or worsening of the respiratory status and their vital signs until patient is transferred to ALS
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Rescuer States I would complete secondary assessment

Rescuer States: “I would transport patient and document 0.3 mg of epinephrine delivered IM via auto-injector in the (right/left) thigh at (time) on the PCR
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The following are evaluated during the testing process:

Critical Criteria:

- Failure to verbalize appropriate PPE precautions
- Failure to dispose of the needle in proper container
- Failure to correctly prepare site and administer medication appropriately
- Failure to reassess the patient and provide supportive care
- Failure to manage patient as a competent EMT
- Fails to administer Epi in 10 minutes