

# **COMBAT LIFESAVER RECERTIFICATION PERFORMANCE EXAMINATIONS**

Units may reproduce the exam

## **(Part 1 of 4 Parts)**

### **INSTRUCTIONS FOR ADMINISTERING PERFORMANCE EXAMINATION**

#### **INITIATE AN INTRAVENOUS INFUSION**

This test is based on Lesson 17, Initiate an Intravenous Infusion for Hypovolemic Shock, of Interschool Subcourse 0825, Combat Lifesaver Course: Medical Tasks.

All evaluators must be proficient in administering intravenous infusions and must be able to handle an emergency should one arise.

#### **INSTRUCTIONS TO THE EVALUATOR:**

Determine the number of I.V. testing stations to be set up. This will depend upon the number of qualified evaluators, the number of combat lifesavers to be tested and available facilities.

Set out the needed supplies (see Equipment and Supplies Required on following page) at each station. (Two I.V. bags, two I.V. sets, and two catheter/needle units should be set out so the combat lifesaver can discard supplies accidentally contaminated.)

Divide the combat lifesavers into pairs and assign them to stations. Assign one member of each pair to be the "casualty" and the other to be the "combat lifesaver." After the "combat lifesaver" has completed his performance test, have the combat lifesavers switch roles and replace used supplies. (Note to Evaluator: An assistant or other person can also serve as the casualty.)

The evaluator can ask a question in order to clarify what a combat lifesaver did, such as checking for leaks or for drips in the drip chamber. If an evaluator sees a dangerous situation, such as the needle being inserted improperly, he can stop the procedure, tell the combat lifesaver why he was stopped, and give him a NO-GO for that attempt.

A combat lifesaver who fails the performance test can be retested. He should be told why he failed and what he should have done. The instructor may have a different person serve as the casualty (another combat lifesaver, an assistant, or the evaluator himself) during the retest.

After completing the task, have the combat lifesaver remove the catheter and apply an adhesive dressing or other dressing to the puncture site. This is not part of the examination. Assist the combat lifesaver as needed.

#### **EQUIPMENT AND SUPPLIES REQUIRED:**

Timepiece with a second hand (for evaluator).

I.V. fluids (Sodium Chloride Inj NSN 6505013723425)--2 bags.

Intravenous injection sets (preferably NSN 6515014721863)--2 sets.

Catheter and needle unit, intravenous 18 gauge (NSN6515013156227).-- 2 units

Constricting band/tube drain 1x18", (NSN 6515011885316)

Cleansing Pads (preferably povidone-iodine impregnated cotton pad, (NSN 6510010100307).

Scissors (preferably 7 1/4 inch bandage scissors, NSN 6515009357138).

Adhesive tape (preferably 1 inch width surgical camouflaged, NSN 6510005260162).

Adhesive bandages (To be used when the I.V. needle is removed.(preferably NSN 6510009137909).

Pad Isopropyl Alcohol (NSN 6510007863736)

Gloves to put on before administering an I.V. to a live subject (preferably NSN 6515002267692).

Gauze pads (if desired).

(I.V. stand or other device for hanging I.V. bag, if desired.)

#### PREPARE THE COMBAT LIFESAVER:

Have the "combat lifesaver" put on his gloves. Have the "casualty" expose his arm and lie down. When the combat lifesaver and the casualty are ready, read the "Situation" to the "combat lifesaver."

#### Situation:

TELL THE COMBAT LIFESAVER: "You have evaluated the casualty and determined that an intravenous infusion needs to be initiated. In order to pass this test, you must initiate an I.V. while maintaining sterility. You will insert the catheter and needle into the casualty's vein on his arm and perform all of the I.V. procedures except one. You will simulate infusing the I.V. solution into the casualty's vein instead of actually opening the clamp on the I.V. tubing. This will keep the I.V. solution from actually being introduced into the vein. When you come to the point where the catheter is inserted and the clamp would normally be opened, tell me what you would do if the situation were a real emergency. You may tell me what you are doing if you think it is not obvious, but do not waste time. Remember that the constricting band should not stay on for more than 2 minutes. I may ask you questions during the procedure. Answer the questions quickly and continue initiating the I.V. You have your supplies. If you have put on your gloves, you are ready to start. Ready? Begin."

**PERFORMANCE CHECKLIST**  
**INITIATE AN INTRAVENOUS INFUSION**

Student: \_\_\_\_\_

Evaluator: \_\_\_\_\_

	GO	NOGO
Puts on gloves (should be performed before starting).	_____	_____
Removes protective covering from I.V. bag and identifies any leaks, passed expiration date, or unclear solution.	_____	_____
Checks IV set and catheter/needle unit and identifies any tears, cracks, watermarks, or damage.	_____	_____
Discards any bag, set, or catheter/needle unit that is not sterile.	_____	_____
Moves clamp on tubing away from the drip chamber and tightens the clamp.	_____	_____
Removes protective covering from outlet port, removes spike protective cap on infusion set and inserts spike into I.V. outlet port with a twisting motion without contaminating spike or port tip.	_____	_____
Holds (hangs) bag up and squeezes drip chamber until it is half-filled with solution.	_____	_____
Holds end of I.V. set tubing above bottom of bag.	_____	_____
Releases or loosens clamp on tubing and loosens protective cap over the adapter.	_____	_____
Gradually lowers tubing until solution reaches adapter (air expelled from tubing).	_____	_____
Reclamps tubing and retightens cap on adapter.	_____	_____
Looks and feels for vein.	_____	_____
Selects appropriate vein for infusion (not over a joint; free of scars, moles, and hair; etc.).	_____	_____
Applies constricting band above infusion site.	_____	_____
Instructs casualty to clench and relax fist, then to leave fist clenched.	_____	_____
Cleanses the selected infusion site with a povidone-iodine impregnated cotton pad and wipes site once from proximal to distal with an isopropyl alcohol pad..	_____	_____

## INITIATE AN INTRAVENOUS INFUSION: Performance Checklist

	GO	NO GO
Removes protective cap from catheter/needle unit without touching the needle or catheter.	_____	_____
Pulls skin taut over injection site.	_____	_____
Positions needle with bevel up slightly to side of the selected vein at an angle (20° to 30°).	_____	_____
Inserts bevel of needle into skin, lowers angle, and inserts into vein.	_____	_____
Checks flash chamber for blood.		
If no blood in chamber, withdraws catheter/needle slightly and inserts the needle into the vein.	( _____ )	( _____ )
Threads catheter (up to hub) into the vein.	_____	_____
Removes flash chamber with needle without pulling catheter out of vein.	_____	_____
Asks casualty to unclench fist and releases constricting band.	_____	_____
Constricting band has not been in place for more than 2 minutes (approximately).	_____	_____
Removes adapter cap and connects adapter and catheter hub.	_____	_____
SIMULATES opening clamp and checking flow of solution in drip chamber.	_____	_____
Secures hub and adapter with strips of tape.	_____	_____
Loops tubing on extremity and secures tubing with tape.	_____	_____
Checks for infiltration (asks casualty about pain; looks for swelling, redness, and leaking around site; feels for coolness, or some other method of checking for infiltration).	_____	_____
<u>Question:</u> What should you do if the infusion site is red, swollen, and cool to the touch?		
<u>Answer:</u> Discontinue the I.V. and attempt to initiate another I.V. (above failed site or on another extremity) using a new needle/catheter unit.	_____	_____
[Exact response may differ. Instructor may ask questions if the combat lifesaver's response is not complete.]		

**OVERALL EVALUATION**

[Any no-go gives an overall evaluation of no-go.]

GO

NO GO

Evaluator's Signature \_\_\_\_\_

Date \_\_\_\_\_

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# COMBAT LIFESAVER RECERTIFICATION PERFORMANCE EXAMINATIONS

## (Part 2 of 4 Parts)

### INSTRUCTIONS FOR ADMINISTERING PERFORMANCE EXAMINATION

#### MEASURE AND MONITOR A CASUALTY'S PULSE

This test is based on Lesson 18, Measure and Monitor a Casualty's Pulse, of Interschool Subcourse 0825, Combat Lifesaver Course: Medical Tasks.

#### INSTRUCTIONS TO THE EVALUATOR:

Determine the number of testing stations to be set up. This will depend upon the number of evaluators, the number of combat lifesavers to be tested and available facilities.

Set out the timepieces and writing materials (see Equipment and Supplies Required below) at each station. Combat lifesavers and instructors can furnish their own timepieces if desired.

Divide the combat lifesavers into pairs and assign them to stations. Assign one member of each pair to be the "casualty" and the other to be the "combat lifesaver."

The evaluator should take the casualty's radial pulse while the "combat lifesaver" is taking the casualty's carotid pulse so pulse rates can be compared.

After the "combat lifesaver" has completed his performance test, have the combat lifesavers switch roles.

A combat lifesaver who fails the performance test can be retested. He should be told why he failed and what he should have done. The instructor may have a different person to serve as the casualty for the retest if desired, including an assistant or the evaluator himself.

#### EQUIPMENT AND SUPPLIES REQUIRED:

Watch or clock with second hand (both combat lifesaver and evaluator must have their own timepieces or the timepiece must be easily seen by both).

Paper and pencil (for combat lifesaver to write his results).

#### PREPARE THE COMBAT LIFESAVER:

Have the "casualty" expose his neck and his wrist, then lie down.

When both are ready, read the "Situation" to the "combat lifesaver."

#### Situation:

TELL THE COMBAT LIFESAVER: "You are going to take a casualty's pulse to determine his heart rate. Take the casualty's pulse using the carotid artery. Use your watch or the

timepiece provided. When you have finished, write down the casualty's pulse rate and give the paper to me. Ready? Begin."

**PERFORMANCE CHECKLIST**  
**MEASURE AND MONITOR A CASUALTY'S PULSE**

Student: \_\_\_\_\_

Evaluator: \_\_\_\_\_

	GO	NO GO
Locates carotid pulse site in the groove along the casualty's neck.	_____	_____
Counts casualty's pulse rate for one full minute.	_____	_____
Pulse rate obtained by student does not differ from evaluator's results by more than 4 beats per minute.	_____	_____

Student's results \_\_\_\_\_

Evaluator's results \_\_\_\_\_

[NOTE TO EVALUATOR: Combat lifesavers do not round pulse rate off to an even rate. Both odd and even pulse rates are acceptable.]

<b>OVERALL EVALUATION</b> [Any no-go gives an overall evaluation of no-go.]	GO	NO GO
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Evaluator's Signature \_\_\_\_\_

Date \_\_\_\_\_

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# COMBAT LIFESAVER RECERTIFICATION PERFORMANCE EXAMINATIONS

## (Part 3 of 4 Parts)

### INSTRUCTIONS FOR ADMINISTERING PERFORMANCE EXAMINATION

#### RESTORE BREATHING TO A CASUALTY

This test is based on Lesson 2, Perform First Aid to Clear an Object stuck in the Throat of a Conscious Casualty, and Lesson 3, Perform Mouth-to-Mouth Resuscitation, of Interscholar Subcourse 0824, Combat Lifesaver Course: Buddy-Aid Tasks.

#### INSTRUCTIONS TO THE EVALUATOR:

Determine the number of testing stations to be set up. This will depend upon the number of evaluators, the number of manikins (if used), the number of students to be tested, and available facilities.

Set out a manikin (if used) at each station.

Use an assistant instructor as the simulated casualty for performing the abdominal thrusts on a conscious casualty. Once the casualty "becomes unconscious," use a manikin to be the casualty if an acceptable manikin is available. Clean the manikin's mouth and nose areas with bleach before each use.

Have the assistant acting as the casualty give the universal distress signal for choking at your signal.

A combat lifesaver who fails the performance test can be retested. He should be told why he failed and what he should have done.

#### EQUIPMENT AND SUPPLIES REQUIRED:

Manikin suitable for administering modified abdominal thrusts, finger sweeps, and mouth-to-mouth resuscitation.

Bleach and cloth to clean manikin.

#### PREPARE THE COMBAT LIFESAVER:

Read the situation to the combat lifesaver.

#### Situation

TELL THE COMBAT LIFESAVER: "In order to pass this test, you must perform the techniques for clearing an airway obstruction using abdominal thrusts and restoring breathing using mouth-to-mouth resuscitation. I will provide additional instructions and ask questions as the evaluation proceeds. Do not use full force when administering the thrusts to a live person. Begin when the casualty gives the universal distress signal for choking. Assume that the casualty shows signs of complete airway blockage."

IF A MANIKIN IS NOT USED, tell the student "Simulate the finger sweep and modified abdominal thrusts."

"Ready?" Give signal to assistant for choking signal.

**PERFORMANCE CHECKLIST**  
**RESTORE BREATHING TO A CASUALTY**

Student: \_\_\_\_\_

Evaluator: \_\_\_\_\_

	GO	NO GO
Responds to universal distress signal for choking.	_____	_____
Stands behind casualty.	_____	_____
Inserts arms under casualty's arms and around casualty's waist.	_____	_____
Places fist on midline slightly above navel and covers fist with other hand.	_____	_____
Presses fists into abdomen with a quick inward, upward motion [full force not applied], then relaxes the hold.	_____	_____
Administers thrusts at a rate of one thrust every 4 or 5 seconds.	_____	_____
TELL THE COMBAT LIFESAVER: "Stop administering thrusts. The casualty has lost consciousness and you have lowered the casualty to the floor. Use the manikin to continue your efforts to restore breathing."		
Opens the casualty's mouth and performs a finger sweep (grasps tongue and lower jaw between thumb and index finger, lifts jaw open, inserts index finger of other hand along the inside of cheek to base of tongue, and uses a hooking motion to remove any visible obstruction).	_____	_____
TELL THE COMBAT LIFESAVER: "No obstruction was felt or removed. Continue rescue efforts."		
Opens the airway by placing one hand on the casualty's forehead and tilting the head back while placing the fingertips of other hand under the tip of casualty's chin and lifts jaw forward.	_____	_____
Pinches nostrils closed, seals mouth over casualty's mouth, and delivers two full breaths.	_____	_____
Releases casualty's nostrils and breaks seal over mouth.	_____	_____
TELL THE COMBAT LIFESAVER: "The casualty's airway is still blocked. Attempt to clear his airway by administering modified abdominal thrusts and additional finger sweeps."		
Kneels astride the casualty's thighs.	_____	_____

## RESTORE BREATHING TO A CASUALTY: Performance Checklist

	GO	NO GO
Places heel of one hand on the midline just above casualty's navel and places other hand on top of first.	_____	_____
Delivers forward, upward thrust; then relaxes.	_____	_____
NOTE TO EVALUATOR: Allow student to perform three to five thrusts, then give additional instructions.		
TELL THE COMBAT LIFESAVER: "The blockage is dislodged. Perform another finger sweep to remove the obstruction."		
Performs finger sweep using the procedures given above.	_____	_____
TELL THE COMBAT LIFESAVER: "The obstruction has been removed but the casualty is not breathing on his own. Check to see if the airway is open."		
Administers two full breaths.	_____	_____
TELL THE COMBAT LIFESAVER: "The casualty's airway is now open, but the casualty is still not breathing."		
Checks carotid pulse with fingertips (not thumb) along groove next to larynx.	_____	_____
TELL THE COMBAT LIFESAVER: "The casualty still has a pulse. Proceed." Ventilates the casualty at the rate of one cycle (deep breath, seal nose and mouth, blow, break seal) every 5 seconds (approximately).	_____	_____
NOTE TO EVALUATOR: Allow student to perform at least three ventilations.		
ASK THE COMBAT LIFESAVER: "How often would you check casualty's pulse?"		
Answer. Every minute. Every 12 breaths. (Either response or a similar response acceptable.)	_____	_____
OVERALL EVALUATION (A no-go on any step gives an overall evaluation of no-go.)	GO _____	NO GO _____

Evaluator's signature \_\_\_\_\_

Date: \_\_\_\_\_

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# COMBAT LIFESAVER RECERTIFICATION PERFORMANCE EXAMINATIONS

## (Part 4 of 4 Parts)

### INSTRUCTIONS FOR ADMINISTERING PERFORMANCE EXAMINATION

#### STOP BLEEDING FROM A CASUALTY'S LIMB

This test is based on Lesson 4, Perform First Aid for Bleeding of an Extremity, of Interschool Subcourse 0824, Combat Lifesaver Course: Buddy-Aid Tasks.

#### INSTRUCTIONS TO THE EVALUATOR:

Determine the number of testing stations to be set up. This will depend upon the number of evaluators, the number of manikins (if used), the number of students to be tested, and available facilities.

Use an assistant instructor or a manikin as the simulated casualty.

Set out the needed supplies (see Equipment and Supplies Required) at each station.

Position the simulated casualty on his/its back with the leg exposed. Make a mark on the casualty's leg about half way between the knee and the ankle to indicate the location of the wound.

A combat lifesaver who fails the performance test can be retested. He should be told why he failed and what he should have done.

#### EQUIPMENT AND SUPPLIES REQUIRED:

Manikin, if used.

Field dressing.

Materials for pressure dressing wad, pressure dressing bandage, tourniquet band, and securing materials (4 muslin bandages, for example).

Rigid object (stick) for tourniquet.

Padding for tourniquet (pants leg can be used).

Pack, log, or other object to elevate leg.

#### PREPARE THE COMBAT LIFESAVER:

Read the situation to the combat lifesaver.

#### Situation

TELL THE COMBAT LIFESAVER: "In order to pass this test, you must control the bleeding of this simulated casualty using a field dressing, manual pressure, elevation, pressure dressing, and tourniquet. The wound is represented by this mark (show mark). These are your materials (indicate materials). Assume you have already exposed the wound and determined that the casualty has blood circulation below the wound. The

casualty has no broken bones. I will provide additional information on the casualty's condition and ask questions as the evaluation proceeds. Begin by applying the field dressing. Start."

**PERFORMANCE CHECKLIST**  
**STOP BLEEDING FROM A CASUALTY'S LIMB**

Student: \_\_\_\_\_

Evaluator: \_\_\_\_\_

	GO	NO GO
Removes the field dressing from plastic and paper wrappers without contaminating the white side of the dressing.	_____	_____
Grasps tails of the field dressing with both hands, holds the dressing directly over the wound with white side down, pulls the dressing open, and places the dressing pad on the wound.	_____	_____
Holds (or has casualty hold) the dressing in place and wraps the tails around the injured limb, covering the exposed edges of the dressing.	_____	_____
Ties the tails into a nonslip knot over outer edge of the dressing (not over the wound).	_____	_____
Checks the casualty's circulation below the wound.	_____	_____
(Loosens and reties tails if there is no circulation below the wound.)	( _____ )	( _____ )
Applies direct manual pressure over the dressing (or has casualty apply pressure if able).	_____	_____
Elevates the wound.	_____	_____
<b>TELL THE COMBAT LIFESAVER: "The casualty is still bleeding heavily from the wound. Proceed to apply a pressure dressing"</b>		
Places wad of folded material on top of the field dressing directly over the wound.	_____	_____
Wraps a strip of cloth (cravat) tightly around the wad and limb.	_____	_____
Secures wad by tying tails in a nonslip knot directly over the wound.	_____	_____
Checks circulation below the injury.	_____	_____
(Loosens and reties tails if there is no circulation below the wound.)	( _____ )	( _____ )
<b>TELL THE COMBAT LIFESAVER: "The casualty is still bleeding heavily from the wound and the pressure dressing cannot control the bleeding."</b>		
Makes a band (cravat) at least 2 inches wide.	_____	_____
Wraps the tourniquet band above the knee.	_____	_____

**STOP BLEEDING FROM A CASUALTY'S LIMB Performance Checklist**

	GO	NO GO
Has padding (trouser leg, other material, etc.) between the tourniquet band and the skin.	_____	_____
Ties a half-knot, places the rigid object on top of the half-knot, and ties a full knot over the rigid object.	_____	_____
Twists rigid object to tighten the tourniquet band. [Simulate if a person is the casualty.]	_____	_____
<b>TELL THE COMBAT LIFESAVER:</b> "Assume the tourniquet is tight enough to stop the arterial bleeding below the band. Proceed to secure the rigid object."		
Secures rigid object using the tails of the tourniquet band or a strip of cloth (cravat) wrapped around the limb.	_____	_____
Rigid object is secured (tourniquet does not untwist).	_____	_____
<b>ASK THE COMBAT LIFESAVER:</b> "What can you do to indicate to medical personnel that a tourniquet has been applied to the casualty?"		
<u>Answer:</u> Write a "T" and the time of application on his forehead.	_____	_____
[NOTE TO EVALUATOR: A response of writing a "T" without mentioning time of application is acceptable, but remind the student about writing the time of application.]		
<b>OVERALL EVALUATION</b> (A no-go on any step gives an overall evaluation of no-go.)	GO _____	NO GO _____

Evaluator's signature \_\_\_\_\_

Date: \_\_\_\_\_

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