RapidMed Services

FREE SAMPLE

PACK 2

Clinical Prompt Cards

Three cards from the 24-card
Medical Emergencies & Event Medicine pack.
Print them, carry them, see if they earn their place.

58 Alcohol Intoxication
Why "just drunk" is the most dangerous assumption at any event

55 Hypoglycaemia
Four is the floor — spot it, treat it, recheck it

68 Safety-Netting Advice
What everyone leaving your care needs to know — plus head-injury advice

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Written to current UK guidance — RC UK 2025, NICE, JRCALC

CLINICAL PROMPT CARD · 58

Alcohol Intoxication

"Just drunk" is the most dangerous assumption at any event.

Airway	Vomit + reduced consciousness = aspiration risk. **Recovery position**, suction ready.
Glucose	Alcohol drops blood sugar — especially the young, slim, or those who haven't eaten.
Head injury	Falls are common. Drink **masks** head injury — don't assume. Look for wounds, check pupils.
Temperature	Hypothermia sets in fast outdoors, even in summer at night.
Other drugs	Mixed use is common. Suspected **spiking**? Treat clinically, safeguard, police with consent.
Safety	Vulnerable to harm. **Never** leave alone, never discharge alone — hand over to a sober, responsible adult.

999 if: can't be woken (P or U) · breathing slow (<10) or irregular · seizure · low glucose not correcting · head injury · cold, blue or blotchy skin · getting worse, not better.

Reassess often — drunk should get better. Getting worse means something else.

CLINICAL PROMPT CARD · 55

Hypoglycaemia

Below 4.0 mmol/L — "four is the floor". Easy to miss, quick to fix.

Looks like: sweaty, pale, shaky, hungry, irritable, confused, slurred, drowsy, aggressive — easily mistaken for drink or a stroke. Check glucose in **anyone** with altered behaviour.

1. **Conscious and can swallow:** 15–20 g fast sugar — 150–200 ml pure fruit juice, 4–5 Glucotabs, 5–7 Dextrosol, or 60 ml Glucojuice.

2. **Confused or uncooperative, but can swallow:** 1.5–2 tubes of **40% glucose gel**, a little at a time.

3. **Recheck after 10–15 min.** Still <4.0? Repeat — up to 3 times. No better → 999.

4. Once above 4.0: **longer-acting carbohydrate** — sandwich, biscuits, milk, or their next meal.

Unconscious, fitting or can't swallow: nothing by mouth. Recovery position, **999**. Glucagon IM if trained and in scope — **1 mg** (0.5 mg if under 8 yrs or under 25 kg). Often the patient's own kit.

Altered behaviour? Check the glucose before you blame anything else.

CLINICAL PROMPT CARD · 68

Safety-Netting Advice

Everyone who leaves your care should know what to watch for.

1. **What to watch for** — specific signs, not just "if you feel worse". Say them out loud.

2. **What to do** — 999 for emergencies · 111 for advice · GP or pharmacy for the rest.

3. **When** — give a timeframe: "If it's not better by tomorrow evening…"

4. **Who's with them** — a responsible adult, especially overnight after a head injury or drink.

5. **Check they've got it** — "Tell me what you'll look out for." Give it in writing too.

Head injury — come back or 999 if: drowsy, confused or hard to wake · vomiting · headache getting worse · fit · weak, numb or unsteady · blurred or double vision · clear fluid from nose or ears · bleeding from either ear · trouble understanding or speaking · knocked out · hearing problems · behaviour or memory change.

Write down the advice you gave — word for word if you can.

That's 3 of 24.

Pack 2 covers the calls you actually get at events and on shift — numbered 47–70, carrying on from the 46-card core pack.

Heart, Brain & Breathing
CARDS 47–54

Chest pain · stroke & TIA · seizures · fainting · meningitis · asthma · COPD · breathlessness

Diabetes & Allergy
CARDS 55–57

Hypoglycaemia · hyperglycaemia & DKA · allergic reaction or anaphylaxis?

Event Medicine
CARDS 58–65

Alcohol · stimulants · depressants · heat · hypothermia · drowning · abdominal pain · poisoning

Patients, Law & Medicines
CARDS 66–70

Capacity & consent · refusal & discharge · safety-netting · falls · medicines you'll meet

SCAN TO GET THE FULL PACK

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