RapidMed Services

FREE SAMPLE

PACK 3

Clinical Prompt Cards

Three cards from the 20-card Trauma & Immobilisation pack. Print them, carry them, see if they earn their place.

73 Concussion — If in Doubt, Sit Them Out
Recognise, remove, refer, recover, return — and the red flags

81 Wounds & Minor Bleeding
Stop it, clean it, cover it — and which ones need more

85 Nosebleeds
Forward, not back. Pinch soft, not bony — and when it's A&E

RapidMed Services · rapidmed.co.uk
Written to current UK guidance — RC UK 2025, NICE, JRCALC

CLINICAL PROMPT CARD · 73

Concussion — If in Doubt, Sit Them Out

You don't have to be knocked out. You don't go back on today.

R **Recognise**
Dazed, blank look, unsteady, confused, clutching head, vomiting. Headache, dizzy, "don't feel right".

R **Remove**
Off the pitch **now**. No return to play or training today — whatever they or the coach say.

R **Refer**
Any card 72 sign — **any vomiting, memory loss, confusion** → A&E. Otherwise a healthcare professional or **NHS 111 within 24 h**.

R **Recover**
Not alone for 24 h. No driving or alcohol for 24 h. Relative rest 24–48 h, little screen time.

R **Return**
Graded. **No competitive sport before day 21**, and only after 14 days symptom-free at rest.

Red flags: any loss of consciousness · memory loss · worsening drowsiness, confusion or headache · repeated vomiting · seizure · weakness, double vision or slurred speech · severe neck pain · blood thinners.

If in doubt, sit them out.

RapidMed Services · rapidmed.co.uk
Per UK Concussion Guidelines for Non-Elite (Grassroots) Sport (2023, updated Nov 2024) · FREC3/FREC4 CPD reference

CLINICAL PROMPT CARD · 81

Wounds & Minor Bleeding

Stop it, clean it, cover it — and know which ones need more.

1. **Pressure** with a clean pad for 10 minutes without peeking. Elevate. Serious bleeding → card 13.

2. **Irrigate** with clean running water or saline. Remove loose dirt only — leave anything embedded.

3. **Close small, clean, straight cuts** with adhesive strips if trained. Cover with a non-stick dressing.

4. **Tetanus:** ask. Dirty wound and not up to date → GP or minor injuries.

Needs hospital or minor injuries: gaping or deep · won't stop bleeding · face, hand, joint or genitals · bites (card 88) · glass or dirt in it · numbness or weak movement beyond it · signs of infection · underlying fracture.

Safety-net (card 68): redness spreading, heat, pus, fever or worse pain → get it checked.

Ten minutes of pressure — and don't lift to check.

CLINICAL PROMPT CARD · 85

Nosebleeds

Lean forward, pinch the soft part, and leave it alone.

1. **Sit up and lean forward** — blood comes out, not down the throat. Never tip the head back.

2. **Pinch the soft part** of the nose, just below the bony bridge.

3. Hold firmly for **10–15 minutes** without letting go to check. Breathe through the mouth.

4. Spit out blood rather than swallowing it. A cold pack on the bridge of the nose may help.

5. Stopped? No blowing, picking, heavy lifting or hot drinks for 24 hours.

A&E / 999 if: still bleeding after 10–15 min of proper pressure · heavy bleeding or lots swallowed · after a head injury (card 72) · faint, pale or breathless. **GP if:** on blood thinners · keeps coming back · child under 2.

Forward, not back. Pinch soft, not bony.

That's 3 of 20.

Pack 3 covers the injuries you meet at events, on the pitch and on shift — numbered 71–90, carrying on from the core pack and Pack 2.

Assessing Trauma
CARDS 71–75
Mechanism · head injury · concussion · spinal · log roll & scoop

Chest, Abdomen & Pelvis
CARDS 76–78
Chest trauma killers · chest seal · pelvic binder

Limbs & Wounds
CARDS 79–82
Fractures · dislocations & sprains · wounds · impaled objects & amputation

Face, Eyes & Nose
CARDS 83–85
Eye injuries · facial & dental · nosebleeds

Special Situations
CARDS 86–90
Crush & crowd crush · electrical & lightning · bites & stings · older, pregnant, children · traumatic cardiac arrest

SCAN TO GET THE FULL PACK

rapidmed.co.uk · RapidMed on Skool
training@rapidmed.co.uk · Leiston, Suffolk
Free sample — share it with anyone who'd find it useful.
© 2026 RapidMed Services Ltd.