



## Colorado EMS Primary Instructor Training Lesson Guide

---

**Session Title:** Obtaining a SAMPLE History

**Session Reference:**

**Time Required:** 10 minutes

**Materials:**

**References:** National D.O.T. E.M.T. Curriculum

**Prepared By:**

---

## **Preparation / Set:**

### **Attention / Motivation:**

It is important the EMT-Basic be able to record the medical history and the events leading up to an injury or illness. This information will aid the EMT in treating the patient appropriately and provide for continuity of care at the receiving facility.

---

**Objectives:**

At the completion of this session, the student will be able to:

1. Identify the components of the SAMPLE history.

**Session Overview:**

- C Discussion of the components of the SAMPLE history.
-

Instructor Notes	Outline
	<p>I. Components of the SAMPLE history</p> <p>A. Signs/Symptoms</p> <ol style="list-style-type: none"> <li>1. Sign - any medical or trauma condition displayed by the patient and identifiable by the EMT-Basic</li> <li>2. Symptom - any condition described by the patient</li> </ol> <p>B. Allergies</p> <ol style="list-style-type: none"> <li>1. Medications</li> <li>2. Food</li> <li>3. Environmental</li> <li>4. Look for medical alert tags</li> </ol> <p>C. Medications</p> <ol style="list-style-type: none"> <li>1. Prescription               <ol style="list-style-type: none"> <li>a. Current</li> <li>b. Recent</li> <li>c. Birth control pills</li> </ol> </li> <li>2. Non-prescription               <ol style="list-style-type: none"> <li>a. Current</li> <li>b. Recent</li> </ol> </li> <li>3. Look for medical alert tags</li> </ol> <p>D. Pertinent Past History</p> <ol style="list-style-type: none"> <li>1. Medical</li> <li>2. Surgical</li> <li>3. Trauma</li> <li>4. Look for medical alert tags</li> </ol> <p>E. Last oral intake</p> <ol style="list-style-type: none"> <li>1. Time</li> <li>2. Quantity</li> </ol> <p>F. Events leading to the injury or illness</p> <ol style="list-style-type: none"> <li>1. Activity level</li> <li>2. Any pain or discomfort prior</li> </ol>

**Summary:**

**Review:**

C      Discuss the meaning of the mnemonic SAMPLE

**Re-motivation:**

**Evaluation**

Written test and/or quizzes.