



## Wilderness First Aid Scenario

# HEART ATTACK

### Victim 1 – Heart Attack, Adult

#### SUMMARY

Your group of 12 from Virginia is hiking out west in mountainous terrain. This is the group's first excursion hiking in mountains. There are three adult leaders and nine Scouts aged 14–17. You have all attended the preparatory hikes for this trip and everyone appears to be in good health and physical condition.

It is early morning after breakfast on Day 3 of the 10-day trek. The altitude at your current location is 5,600 feet above sea level. After hiking for about one hour, one of the adult leaders appears to be slowing down. He is at the end of the group with one of the other adult leaders. His breathing is becoming more labored and he is sweating heavily. When asked, the man denies anything is wrong and continues walking. However, he and the adult with him fall behind the rest of the group. About 30 minutes later, the man says he doesn't feel well and needs to stop. The adult leader with him calls to the others in the group, who turn around to join them. The man is now complaining of severe chest pain as he sits down on a rock. He appears pale and is still sweating heavily with labored breathing. The group decides to send two Scouts to get help. The man's condition worsens, and he suddenly becomes unconscious.

#### SCENARIO DETAIL

The troop has secured copies of each participant's Annual Health and Medical Record (AHMR). They have a first-aid kit, and all are trained in CPR. Two members have WFA certification—one of those is the victim. The weather is sunny and 80 degrees F with no rain in the forecast. The group has checked in with the park rangers along the way, and the next ranger station is about 4 miles up the trail. The victim is a 45-year-old male with a history of high blood pressure. His AHMR does not list any previous cardiac issues except high blood pressure. The only medication listed is lisinopril for the high blood pressure.

#### STUDENT RESPONSE

1. Scene safety:  
Ensure that the scene safety assessment is completed. This includes putting on personal protective equipment before giving care.
2. Primary assessment:  
The victim is unconscious and not breathing. Begin CPR. You must also get help. Responders need to determine the best way to do this—either by cell phone (signal strength and battery charge could be factors) or by sending Scouts to the ranger station.  
Initial vital signs: Unconscious, no heart rate or respirations, skin is gray and moist.
3. Secondary assessment:  
Not possible. The victim is not breathing and unconscious.

#### POST-SCENARIO DEBRIEF

- Did the responders use personal protective equipment?  
***They should be wearing disposable gloves and a face shield for CPR.***
- What if a face shield is not available?
- Did the troop have the equipment needed for CPR?
- Which way of getting help did they choose? How long did it take to make this decision?  
***If they used a cell phone, discuss factors like intermittent signal, battery life, etc. If the group decided to get help by phone, discuss the need for also sending two Scouts immediately to get help at the ranger station as a backup plan. If they sent for help at the ranger station, how long did it take for help to arrive? How did they***



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*choose the Scouts who went for help? Emphasize that these Scouts should take water with them, but no backpacks—which could slow them down.*

- Did anyone know before the trek about the victim's high blood pressure and medication? Did the victim take his medication while on the trek?  
***Discuss reviewing each participant's AHMR before leaving for a trek or other event. Discuss the need for carrying copies of all the AHMRs in a secure place. Discuss confidentiality.***
- Did the victim survive?  
***If yes, discuss how long to continue CPR. If no, discuss when to stop CPR and the stress experienced by survivors. Discuss how to maintain the victim's dignity.***
- How many participants were trained in CPR, first aid, and WFA? What happens when the victim is the only individual trained?