

## Shortness of Breath

### 1. Orientation

- a) What is your first and last name?
- b) How old are you and when is your birthday?
- c) What is going on right now?
- d) If they cannot answer one or more of those questions, then ask them specifically:
  - Person
  - Place
  - Time
  - Situation

***If patient is speaking in one- word sentences, is in the Tri-Pod position, or has accessory muscle use, treat the patient, and then ask questions***

### 2. Pertinent Questions

- a) Provoked: What were you doing when the SOB started?
- b) Quality: What does it feel like when you breathe? Tightness on Inspiration or Expiration?
- c) Time: When did the SOB start? 10m, 1hr, 2 days etc.
- d) Has this happened to you before?
- e) If so what were you diagnosed with? Asthma, COPD, CHF, etc.

### 3. Pertinent Secondary:

- a) Lung Sounds
- b) Accessory Muscle Use
- c) Pursed Lip Breathing
- d) Tri-Pod Positioning
- e) JVD
- f) Chest Pain

### 4. Pertinent History

- a) History: Any Medical Problems
- b) Allergies: Any allergies to medications?
- c) Medications: Are you taking any medications?

### 5. Treatment Plan

- a) Vital Signs
- b) Treatment: O2, 12 Lead, Glucose, etc.
- c) Transport: ALS or BLS
- d) Position Patient
- e) Transport Destination