TNCC A–J Assessment Cheat Sheet

Trauma Nursing Process quick reference for study and review

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Before you start

- Preparation and triage: team, roles, equipment
- Safe practice and standard precautions (PPE)
- **Uncontrolled external hemorrhage first:** direct pressure, tourniquet, hemostatic dressing

Primary survey

A **Alertness and airway** with cervical spinal stabilization. AVPU, obstruction, sounds, teeth, blood, vomit. Jaw thrust, suction, adjuncts.

B **Breathing and ventilation.** Rate, depth, symmetry, breath sounds, SpO2, ETCO2. Treat tension pneumothorax, open chest wounds.

C **Circulation and control of hemorrhage.** Pulses, skin, cap refill. Two large-bore IVs or IO. Warmed blood products.

D **Disability.** GCS, pupils, glucose if mental status is altered.

E **Exposure and environmental control.** Remove clothing, then keep the patient warm.

Secondary survey

F **Full set of vital signs** and **family presence**.

G **Get resuscitation adjuncts** (LMNOP) and **give comfort**.

H **History** (SAMPLE, MIST) and **head-to-toe** assessment.

I **Inspect posterior surfaces.**

J **Just keep reevaluating:** vitals, pain, interventions, primary survey.

Memory aids

- **LMNOP:** Labs (incl. lactate), Monitor, Naso/orogastric tube, Oxygenation and ventilation, Pain
- **SAMPLE:** Symptoms, Allergies, Medications, Past history, Last meal, Events
- **MIST:** Mechanism, Injuries, Signs and symptoms, Treatment
- **AVPU:** Alert, Verbal, Pain, Unresponsive

Shock clues

- Early: tachycardia, anxiety, narrowing pulse pressure, cool skin
- **Hypotension is late**
- Neurogenic: hypotension + bradycardia, warm dry skin
- Trauma triad of death: hypothermia, acidosis, coagulopathy

Classic triads and numbers

- **Beck's:** hypotension, muffled heart sounds, JVD (tamponade)
- **Cushing's:** widening pulse pressure, bradycardia, irregular breathing
- CPP = MAP − ICP
- Adult urine output goal: at least 0.5 mL/kg/hr
- Rule of nines: arm 9%, leg 18%, front trunk 18%, back 18%, head 9%

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