



SAMPLE History

When you first come across a casualty, DRSABCD is used to assess the First Aid situation. If the casualty is responsive, SAMPLE is used to assess medical history.

SAMPLE is a First Aid mnemonic acronym that consists of 6 basic but important questions which may allow us to work out what the cause of the incident is.

S

Signs and symptoms

Ask "How do you feel?"
Then ask "Is this normal for you?"

- Pain
- Dizziness
- Irritability
- Nausea
- Heat or cold
- Blurred vision
- Headache
- Tiredness

A

Allergies

Ask "Do you have any allergies?"
If yes, ask "Does it usually feel like this?" and "What do you do?"

- Medication allergy
- Food allergy
- Insect allergy
- Latex allergy

M

Medications

Ask "Are you on any medication?" and "Do you need it now?"

P

Past history

Ask "Has this happened to you before?" "Do you have any medical conditions?" and "Have you recently had surgery?"

L

Last food and drink

Ask "When was your last meal?" and "What did you eat?"

E

Events leading up to the injury

Ask "What were you doing before this happened?"