

ELST Information Sheet



The SAMPLE Acronym

This is a handy way to try and gain information from someone who requires first aid and may need an ambulance. This acronym is recognised by ambulance services across the country and will provide them with a good starting point when you hand over the patient to their care.

It is helpful if you get this information as quickly as you can if there is any possibility the patient may become unconscious. Also try to get any medication they may be taking and in the case of any chemical/poison ingestion or burns have the substance available too.

Signs and symptoms of the presenting complaint – are they in pain, type of pain, how do they look – pale, flushed etc

Allergies - particularly to medication, but food allergies might be relevant

Medications – if they are on medication, do they know what it is for (some patients don't!)

Past medical History – has this happened before? Do they have any existing medical conditions?

Last oral intake – when did they last have something to eat or drink?

Events that led to the current illness or injury – for example, did they fall or trip? Did pain come on suddenly or have they had it for a while?