

NATIONAL DISASTER RESPONSE FORCE



MFR
PARTICIPANT'S WORK BOOK

Foreword
Director General, NDRF



It is a matter of great pride and honour that the National Disaster Response Force (NDRF) has developed a comprehensive and meticulously crafted Medical First Responder (MFR) participant workbook, tailored specifically to the respective BFRC modules. This workbook has been designed to enhance the understanding of key lessons outlined in the syllabus. I am confident that this initiative will significantly contribute to the standardization of course content and streamline training across all NDRF units and the NDRF Academy.

Over the years, NDRF has demonstrated its commitment to excellence by training its rescuers at Battalion Headquarters and the NDRF Academy in Nagpur. Our training journey, initiated with support from ADPC & NSET- PEER (Program for Enhancement of Emergency Response), has evolved considerably, incorporating significant modifications to meet emerging needs. With the passage of time and the evolution of disaster management practices, there arose a pressing need for a thorough review and harmonization of our training curriculum.

Following a comprehensive Training Needs Analysis (TNA), it became evident that the content and delivery of training required uniformity. This MFR workbook, meticulously developed with inputs from the PEER participants workbook, authoritative reference materials, and reliable online sources, is a major step in this direction.

I extend my sincere appreciation to the Board of Officers, under the leadership of Shri Pranshu Srivastava, 2IC (Training), NDRF HQ, for their dedication and hard work in preparing this invaluable resource. I am confident that this workbook will serve as a vital tool for equipping our rescuers with the knowledge and skills needed for effective and efficient disaster response, fulfilling our goal of providing a standard reference for training.

(PIYUSH ANAND, IPS)
Director General, NDRF

Foreword
Inspector General, NDRF



The National Disaster Response Force has firmly established itself as a cornerstone of disaster management in the country. From its inception to becoming synonymous with disaster response, this remarkable journey has been shaped by relentless dedication and adaptability.

The transition from a combat-oriented foundation to an inherently humanitarian mission required a profound transformation in training. Early efforts in the 2000s laid the groundwork for developing modules with assistance from national and international experts. While these efforts were instrumental in shaping NDRF's capabilities, the dynamic nature of disaster management demanded a fresh evaluation of training methodologies and materials.

Recognizing this, a Training Needs Analysis (TNA) was conducted, leading to the introduction of updated training protocols. The compilation of the MFR participant workbook is a testament to this continuous improvement. It represents the culmination of extensive effort, ensuring uniformity and excellence in MFR training across all units and the NDRF Academy.

I commend the officers and instructors from NDRF HQ and NDRF Academy, who were part of the Board of Officers, for their tireless work in preparing this critical resource. Their dedication has been instrumental in achieving the vision of standardized training. I am confident that this initiative will further enhance the competence and preparedness of our responders.

(NARENDRA SINGH BUNDELA, IPS)
Inspector General, NDRF

Foreword

Deputy Inspector General, NDRF



It is with great satisfaction that I acknowledge the collaborative efforts of our instructors from the Academy and HQ NDRF in creating the Medical First Responder (MFR) participant workbook. This endeavour reflects the collective knowledge and expertise of our personnel, demonstrating their unwavering commitment to excellence in training.

I extend my heartfelt gratitude to **the team members**, whose extensive experience with the PEER-India project and his active involvement in the Technical Curriculum Review Group (TCRG) of ADPC-PEER were instrumental in shaping the content. His insights and dedication were pivotal in aligning the workbook with NDRF's unique requirements.

The MFR workbook is more than a training document; it is a foundational resource designed to enhance learning and skill acquisition. It aims to equip responders with the requisite knowledge to effectively manage disaster scenarios, ensuring uniformity in training across BFRC modules.

I also express my deep gratitude to Shri Piyush Anand, IPS Director General, NDRF and Shri Narendra Singh Bundela, IPS, Inspector General, for their invaluable guidance and encouragement throughout this project. Their support has been a cornerstone of this accomplishment.

(B.B. VAID)
Deputy Inspector General, NDRF

BOO/TEAM CONTRIBUTION

This book has been prepared by the dedicated efforts of well experienced and knowledgeable team members which comprising, **Shri Pranshu Srivastava, Second-In-Command, NDRF HQ, Shri Vimal Bounthiyal, Second-In-Command, NDRF Academy, and Insp Jograj Sharma, NDRF Academy**. The efficient team has diligently compiled vital information to equip rescuers with the skills and understanding needed in challenging situations.

The contents of this book have been taken from INDIA PEER-CSSR participant workbook framed under ADPC & USAID and content has been revised and integrates the practical insights of NDRF personnel with global best practices. This content will be utilized for Training of MFR Course only.

ACKNOWLEDGEMENT

The NDRF (National Disaster Response Force) would like to acknowledge those individuals whose hard work and efforts have made this MFR course content:

Sincere thanks to all the members of the Miami-Dade Fire Rescue Department; Office of U.S. Foreign Disaster Assistance in San Jose, Costa Rica; and members of the agencies and institutions in the Latin American/Caribbean region who made the original Medical First Responder Course possible.

MIAMI-DADE FIRE RESCUE PERSONNEL

- *International Programs Bureau OIC* — Capt. Ricardo E. García
- *Course Development Coordinator* — Manuel F. Bazzani
- *CSSR Course Coordinator* — Capt. Ronald K. Bernard
- *English Language Program Coordinator* — Capt. Karls Paul-Noel

The original version of this material has been retained for use in the regional level course. PEER countries have adapted the CSSR curriculum to suit the requirement and existing response system and procedures in their respective countries.

2015 COURSE REVIEW WORKSHOP

TEAM MEMBERS

Lt. Col. Roj Pratap Rana, *Nepal Army*

- Keshav Kumar, *National Disaster Response Force – India*
- Muhammad Mamum, *Fire Service and Civil Defense – Bangladesh*
- Ayaz Aslam, *Punjab Emergency Service/Rescue 1122*
- Sharad Wagle, *NSET*

2021 TECHNICAL CURRICULUM REVIEW GROUP (TCRG) MEMBERS

- Mr. Pranshu Srivastava, *Dy Comdt, HQ, NDRF, New Delhi, India*
- Mr. Rana Sangram Singh, *Dy. Comdt, 11th NDRF, Varanasi, India*
- Mr. Amit Kumar Singh, *Inspector, 1st NDRF, Guwahati, India*

Mentors of TCRG
Coordinator of TCRG

Mr Arun Rawat
Mr Tariq Sohail, ADPC

TCRG members constituted in 2020 and updated MFR in 2021 for INDIA. TCRG members reviewed, made recommendations and revised MFR course material to include new updates on international standards and guidelines.

This content is again reviewed in 2024 by NDRF as per the requirement of NDRF and this content will be used for training purpose.

TABLE OF CONTENTS

Foreword	03
Board Contribution	05
Acknowledgement	08
Lesson 1 Course Introduction	11
Lesson 2 Emergency Medical Systems and the Medical First Responder	25
Lesson 3 Infectious Disease and Precautions	37
Lesson 4 The Incident	45
Lesson 5 Anatomical References	61
Lesson 6 Patient Assessment	83
Lesson 7 Basic Life Support and Cardiopulmonary Resuscitation	111
Lesson 8 Oxygen Therapy	157
Lesson 9 Hemorrhage and Shock	169
Lesson 10 Soft-Tissue Injuries	179
Lesson 11 Musculoskeletal Injuries	197
Lesson 12 Injuries to the Skull, Spinal Column and Chest	219
Lesson 13 Burns and Environmental Emergencies	237
Lesson 14 Poisoning	263

MEDICAL FIRST RESPONDER

TABLE OF CONTENTS

Lesson 15	Medical Emergencies, Part 1: Cardiovascular Emergencies and Abdominal Distress	287
Lesson 16	Medical Emergencies, Part 2: Respiratory Emergencies	307
Lesson 17	Medical Emergencies, Part 3: Seizures, Diabetic Emergencies and Cerebral Vascular Accidents	321
Lesson 18	Childbirth Emergencies	337
Lesson 19	Lifting and Moving Patients	367
Lesson 20	Report Writing and Preparation for the Next Call	379
Lesson 21	Triage and Multiple Casualty Incidents	389
Lesson 22	Course Review	401
Lesson 23	Final Practical Evaluation	405
Glossary		411



MFR



Medical First Responder

- **Three weeks course**
- **Delivery through interactive lectures and demonstration practice sessions by experienced instructors**
- **Targets emergency and disaster first response groups.**
- **Trains individuals with the knowledge and skills to assess, treat and transport sick or injured patients as a result of an emergency or disaster.**

Acronym

Emergency medical Systems and the Medical First Responder

EMS - Emergency Medical Systems

MFR - Medical First Responder

EMT: Emergency Medical Technician

LOC: Level of Care

ICS - Incident Command System

BFRC-Basic First Responder Course

Infectious Disease and Precautions

PPE - Personal Protective Equipment

ISO - Isolation Procedures

BIS- Body Substance Isolation

STD-Sexually Transmitted Disease

TB- Tuberculosis

HIV- Human Immune Deficiency Virus

AIDS-Acquired Immune Deficiency Virus

Anatomical References

AR - Anatomical References

PNS-Peripheral Nervous System

ANS-Autonomic Nervous System

CNS-Central Nervous System

Patient Assessment

PA - Patient Assessment

SAMPLE - (Signs & Symptoms, Allergies, Medications, Pertinent history ,Last oral intake, Events.)

PMS-Pulse, Motor Function, Sensation

AVPU-Alert, Verbal, Painful, Unresponsive

TRI – Triage

FOC - Focused Assessment

LOC- Level Of Consciousness

RPSPBP-Respiration, Pulse, Skin, Pupil, Blood Pressure

ROTS-Rigidity, Open Injury, Tenderness

ABC-Airway, Breathing, Circulation

CAB-Circulation .Airway , Breathing

BPDOC-Bleeding, Pain, Deformity, Open Injury, Crepitus Sound

PPM-Pulse Minute

Basic Life Support and Cardiopulmonary Resuscitation

BLS - Basic Life Support

CPR - Cardiopulmonary Resuscitation

AED - Automated External Defibrillator

FBAO-Foreign Body Airway Obstruction

ACLS-Advance Care Life Support

Oxygen Therapy

OT - Oxygen Therapy

CAN - Cannula

NBR-Non Re-breather Mask

BVM-Bag Valve Mask

CO2-Carbon Dioxide

CO-Carbon Monoxide

PSI-Pressure Per Square Inch

Hemorrhage and Shock

HS - Hemorrhage and Shock

WBC-White Blood Cell (Corpuscles)

RBC-Red Blood Corpuscles

Soft-Tissue Injuries

STI - Soft-Tissue Injuries

CUT – Cuts

LAC – Lacerations

PUN – Punctures

AVU – Avulsions

BITE - Bites and Stings

RICE-Rest, Ice, Compression, Elevation

Skull, Spinal Column, and Chest

CBR - Cerebrospinal Fluid Leaks

CSF- Cerebrospinal Fluid

Burns and Environmental Emergencies

TBSA- Total Body Surface Area

BSA- Body Surface Area

Poisoning

AVM- Anti Venom Serum

Medical Emergencies, Part 1: Cardiovascular Emergencies and Abdominal Distress

CHF - Congestive Heart Failure

Medical Emergencies, Part 2: Respiratory Emergencies

COPD - Chronic Obstructive Pulmonary Disease

EMPH – Emphysema

PNM – Pneumonia

ALI - Acute Lung Injury

TB – Tuberculosis

Medical Emergencies, Part 3: Seizures, Diabetic Emergencies, and Cerebral Vascular Accidents

CVA - Cerebral Vascular Accidents

HYPO – Hypoglycemia

HYPER – Hyperglycemia

Childbirth Emergencies CE - Childbirth Emergencies

APGAR- Appearance, Pulse , Grimace, Activity, Respiratory

Report Writing

PHT-Pre Hospital Treatment

TU-Transport Unit

Triage And Multiple Casualty Incidents

START- Simple Triage and Rapid Treatment.

MCI-Multiple Casualty Incident.

ICS- Incident Command System

