VMiST

REFERENCE

V — VITALS

- Age, sex, and last recorded vitals
- Actually give the vitals — not just 'stable' or 'unstable'

M — MECHANISM / MEDICAL COMPLAINT

- Mechanism: speed, mass, height, restraint, helmet, damage, collision type, weapons
- Medical: onset, duration, history

I — INJURIES / ILLNESS IDENTIFIED

- Head to toe: pain, deformity, injury patterns
- STEMI, stroke scale, qSOFA, FAST, RACE

S — SIGNS/SYMPTOMS & T — TREATMENTS

- Massive hemorrhage, not following commands, no radial pulse, abnormal respiratory rate
- Abnormal SpO2, struggling to breathe, audible stridor; ETCO2 under 25
- Initial and lowest confirmed BP, HR, SpO2, ETCO2, glucose, GCS, MEDS
- Treatments: tubes, lines, fluids, medications and response, dressings, splints, defibrillation, pacing

Take Home Message:

VMiST is the standard handoff: report the actual vitals, mechanism, findings, signs, and treatments given.