

SIM 150 Management of Sport Trauma and Illness

Risk Management and Injury Prevention

- 1-1: The student will assess the following:
 - c. blood pressure
 - d. pulse

- 3-1: The student will be able to:
 - a. use a sling psychrometer
 - b. use a wet bulb globe index
 - c. interpret and present environmental data for the following conditions: heat; wind; humidity; potential for lightning strike; cold; poor air quality
 - d. check an activity setting for physical and/or environmental hazards
 - e. use and interpret weight charts

Assessment and Evaluation

- 2-1: The student will:
 - a. use standardized record keeping methods (e.g., SOAP, HIPS, HOPS)
 - b. select and use injury, rehabilitation, referral, and insurance documentation
 - c. use progress notes

- 6-H1: obtain the medical history of an ill or injured athlete or other physically active individual suffering from a head injury.

- 6-H2: observe and identify the clinical signs and symptoms associated with head injury:
 - a. amnesia (retrograde or post-traumatic)
 - b. levels of consciousness
 - c. orientation (person, time, place orientation)
 - d. intracranial hematoma
 - e. balance and coordination
 - f. pupil and eye movements
 - g. pulse
 - h. blood pressure
 - i. facial postures

- 6-C1: obtain the medical history of an ill or injured athlete or other physically active individual suffering from a cervical spine injury.

Acute Care of Injuries and Illnesses

- 1-1: The student will demonstrate the ability to implement an EAP for an activity, setting, or event.

- 1-2: The student will correctly triage emergency situations.

- 2-1: The student will demonstrate the ability to:
 - a. manage open and closed wounds
 - b. apply direct and indirect pressure to control bleeding
 - c. clean, debride, and protect an open wound

- d. apply superficial skin closures
 - e. properly apply and remove gloves and other personal protective equipment
 - f. properly dispose of biohazardous waste
 - g. apply appropriate dressings
 - h. apply ice, compression, and elevation to an acute sprain, strain, or contusion
- 3-1: The student will demonstrate the ability to:
- a. select and apply an appropriate splint to a sprain, strain, fracture, subluxation, and dislocation
 - b. stabilize and spine board or body splint an adult or child with a suspected spinal injury
- 4-1: The student will evaluate and manage the following:
- a. heat exhaustion
 - b. heat syncope
 - c. heat stroke
 - d. hypothermia
- 5-1: The student will demonstrate the ability to:
- a. establish and manage an airway
 - b. establish and manage an airway in an athlete wearing protective headgear
 - c. perform CPR on an adult or child with or without a spinal injury
 - d. use a bag-valve-mask (BVM) on an adult or child for rescue breathing
 - e. use a protective pocket mask/shield on an adult or child for rescue breathing
- 6-1: The student will demonstrate the ability to:
- a. stabilize and transport an adult or child with a head and/or spinal injury
 - b. stabilize and transport an adult or child with a fracture and/or dislocation
 - c. select, fit, and instruct the patient in the use of crutches
 - d. select, fit, and instruct the patient in the use of a cane
 - e. transport an injured adult or child using a manual conveyance technique
 - f. perform two-person CPR
 - g. assist a drowning victim

Therapeutic Modalities

- 1-1: The student will perform a physical examination to identify the current inflammatory stage.

General Medical Conditions and Disabilities

- 1-1: Obtain a basic medical history that includes the following components:
- a. previous medical history
 - b. previous surgical history
 - c. pertinent family medical history
 - d. current medication history
 - e. relevant social history
 - f. chief medical complaint
- 1-2: Ascertain body temperature via the following:
- a. oral temperature
 - b. axillary temperature
 - c. tympanic temperature

1-3: Ascertain the following vital signs:

- a. blood pressure
- b. pulse (rate and quality)
- c. respirations (rate and quality)

1-5: Use a stethoscope to identify the following:

- a. normal breath sounds
- b. normal heart sounds
- c. normal bowel sounds

1-6: Identify pathological breathing patterns to make a differential assessment for the following respiratory conditions:

- a. apnea
- b. tachypnea
- c. hyperventilation
- d. bradypnea
- e. dyspnea
- f. obstructed airway

1-94: Recognize the signs, symptoms, and predisposing conditions associated with the following diseases and conditions:

Cardiovascular System

- a. hypertension
- b. hypertrophic cardiomyopathy
- c. hypotension
- d. migraine headache
- e. shock
- f. syncope

1-912: Recognize the signs, symptoms, and predisposing conditions associated with the following diseases and conditions:

Neurological Disorders

- a. epilepsy
- b. syncope
- c. reflex sympathetic dystrophy
- d. meningitis