

SIM 495 Sports Medicine

Pharmacology

- 1-1: Use the PDR or another drug reference to search for information on the medications commonly prescribed to athletes and others involved in physical activity and to identify the following facts:
- generic and brand names
 - indications for use
 - contraindications
 - warnings
 - dosing
 - other notes (e.g., banned substance)
 - side (adverse) effects
- 1-2: Document, or simulate the documentation of, the tracking of medications by recording the following information about the medication:
- name
 - manufacturer
 - amount
 - dosage
 - lot number
 - expiration date
- 1-3: Locate the policies-and-procedures manual, identify the section on medications, and replicate the procedures for administering medications to athletes and others involved in physical activity, which include the following:
- determine type of over-the-counter (OTC) medication to be used according to the physical ailment and established protocols
 - identify the precautions, expiration date, lot number, and dosage for the medication as provided on the package and individual dose packets
 - administer OTC medication by providing verbal and written instruction for its use to the patient and then recording and documenting the administration
- 3-1: Replicate the following procedures for using an emergency epinephrine injection to prevent anaphylaxis:
- identify indications for an epinephrine injection
 - demonstrate proper use through verbal and nonverbal instruction
 - identify signs and symptoms that might indicate an allergic reaction to or overdose of epinephrine
 - demonstrate proper storage of epinephrine injectable
 - demonstrate proper disposal of used injection system
- 3-2: Replicate the following procedures for using an emergency bronchodilator (inhaler) to prevent asthma attacks:
- identify indications for use of a bronchodilator
 - demonstrate proper use through verbal and nonverbal instruction
 - identify signs and symptoms that might indicate an allergic reaction to or overdose of a bronchodilator
 - demonstrate proper storage of a bronchodilator

General Medical Conditions and Disabilities

1-95: Recognize the signs, symptoms, and predisposing conditions associated with the following diseases and conditions:

Endocrine System

- a. diabetes
- b. hyperthyroidism
- c. hypothyroidism
- d. pancreatitis

1-96: Recognize the signs, symptoms, and predisposing conditions associated with the following diseases and conditions:

Gastrointestinal Tract

- a. appendicitis
- b. colitis
- c. constipation
- d. diarrhea
- e. esophageal reflux
- f. gastritis
- g. gastroenteritis
- h. indigestion
- i. ulcer
- j. irritable bowel syndrome

1-99: Recognize the signs, symptoms, and predisposing conditions associated with the following diseases and conditions:

Genitourinary Tract and Organs

- a. kidney stones
- b. spermatic cord torsion
- c. candidiasis
- d. urethritis
- e. urinary tract infection
- f. hydrocele
- g. varicocele

1-911: Recognize the signs, symptoms, and predisposing conditions associated with the following diseases and conditions:

Viral Syndromes

- a. infectious mononucleosis
- b. measles
- c. mumps

1-913: Recognize the signs, symptoms, and predisposing conditions associated with the following diseases and conditions:

Systemic Diseases

- a. iron-deficiency anemia
- b. sickle cell anemia
- c. Lyme disease