

Skyline College Sports Medicine

PE212 Prevention and Care of Athletic Injuries Lab

Clinical Education Competencies

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Fall Semester Hours M-F 12 noon to 6:30 PM

PE212 Prevention and Care of Athletic Injuries Lab class requires a series of clinical experiences consisting of competencies and proficiencies. Competencies and proficiencies will be obtained through a number of experiences in the classroom and lab setting. To complete the laboratory class, each student will need to have each competency checked off. Certified Athletic Trainers are the *only* individuals who can check off competence in each skill. Skill check off will include practice in labs and demonstration of competence. Students are responsible to spend time outside the classroom practicing to ensure skill competence.

Successful practice and then competence of each task must be demonstrated prior to skill performance. Demonstration of skill performance should be completed by the end of each unit..

DEFINITIONS:

Practice: Skill taught in class or lab and practiced either one-on-one with an ATC or peer, or in small peer groups.

Competency: Student demonstration of skill proficiency to ATC. This may occur in class, lab or internship classroom with an ATC. Competencies not signed off within one week of the end of each unit will get no credit towards final grade

Appropriate attire: Students should wear shorts and tennis shoes for all classes covering the lower extremities. Upper extremity classes require the student to be in a tank top, sports bra or other appropriate top which can provide exposure to the shoulder joint down to the hand.

GRADING:

Demonstration progression of skill development in laboratory setting	25 % of grade.
Competencies	75 % of grade

♦ Knee		
- Valgus/Varus support (MCL/LCL)	_____	_____
- Hyperextension	_____	_____
- Compression Wrap	_____	_____
♦ Thumb support		
- Hyperextension (Tear Drop)	_____	_____
- Hyperflexion (Figure 8)	_____	_____
- Combination (Abduction)	_____	_____
- Check Rein	_____	_____
♦ Fingers		
- Buddy taping	_____	_____
- Flex/ext/radial/ulnar deviation	_____	_____
- Splinting	_____	_____
- MC-P Hyperextension	_____	_____
♦ Forearm splints	_____	_____
♦ Elbow		
- Hyperextension Taping	_____	_____
- Varus/valgus Taping	_____	_____
- Wrapping	_____	_____
- Hyperextension Taping	_____	_____
♦ Wrist		
- Ulnar/radial deviation taping	_____	_____
- Flexion/extension taping	_____	_____
- Wrist/hand combination taping	_____	_____
- Wrapping	_____	_____
- Bracing	_____	_____
♦ Hand		
- Taping	_____	_____
- Wrapping (hand & wrist combined)	_____	_____
- Bracing	_____	_____
- Padding	_____	_____
♦ Shoulder:		
- Glenohumeral Spica (wrapping)	_____	_____
- Acromioclavicular (wrap /pad)	_____	_____
♦ Cervical support	_____	_____
♦ Rib padding/support	_____	_____
PADDING		
♦ Friction pad	_____	_____
♦ Bony prominence	_____	_____
♦ Muscle contusion	_____	_____
♦ Checkrein device	_____	_____
♦ Hard immobilization splint	_____	_____
FRACTURE TESTS		
♦ Palpation	_____	_____
♦ Compression (axial and transverse)	_____	_____
♦ Percussion	_____	_____
♦ Vibration	_____	_____

EMERGENCY ASSESSMENT

- ♦ Emergency Plan understanding
 - Demonstration of proper preparation _____
 - Knowledge of procedures _____
 - Proper blood borne pathogen disease prevention and disposal _____
- ♦ CPR certification (optional) _____
- ♦ First Aid Certification
 - Airway management _____
 - Patient assessment _____
 - Hemorrhage control _____
- ♦ Vital signs
 - Pulse _____
 - Consciousness (Glasgow Coma Scale) _____
- ♦ Shock _____
- ♦ Respirations: Identify the following breathing patterns and signs and symptoms
 - Apnea _____
 - Tachypnea _____
 - Dyspnea _____
 - Braypnea _____
 - Hyperventilation _____
 - Obstructed Airway _____
- ♦ Diabetic Emergencies _____
- ♦ Fracture
 - Proper “packaging” for transportation _____
- ♦ Dislocation
 - Proper “packaging” for transportation _____
- ♦ Spinal Cord Injury
 - Proper spine board techniques _____
 - Proper stretcher & sport chair use _____
 - Proper stabilization techniques _____
- ♦ Splint
 - Vacuum splint _____
 - Moldable splint (Sam splint) _____

REQUIRED**EMERGENCY ASSESSMENT/TREATMENT**

♦ Check surroundings for physical and/or environmental hazards	_____	_____
♦ Triage	_____	_____
♦ Heart Rate	_____	_____
♦ Respirations	_____	_____
♦ Blood Pressure	_____	_____
♦ Temperature		
- Oral	_____	_____
- Axillary	_____	_____
- Tympanic	_____	_____
♦ Skin		
- Circulation	_____	_____
- Color	_____	_____
- Feel	_____	_____
♦ Open Wound Management		
- Open & Closed wound	_____	_____
- Control Bleeding	_____	_____
- Clean and debride	_____	_____
- Apply superficial skin closures	_____	_____
- Apply and remove gloves and other protective equipment	_____	_____
- Properly dispose of biohazardous waste	_____	_____
- Apply appropriate dressings	_____	_____
♦ Heat Illnesses – Evaluate and Manage the following		
- Heat exhaustion	_____	_____
- Heat stroke	_____	_____
- Heat Syncope	_____	_____
- Hypothermia	_____	_____

PHYSICAL EVALUATION

♦ Snellen Chart	_____	_____
♦ Height	_____	_____
♦ Weight	_____	_____
♦ Skin (blemishes, rashes, moles, etc.)	_____	_____

EQUIPMENT, PADDING & BRACING

♦ Crutch Fitting		
- Instruct patient on use of crutches	_____	_____
♦ Cane Fitting		
Instruct patient on use of cane	_____	_____

PE212: Prevention and Care of Athletic Injuries Lab

UNCONSCIOUS ATHLETE

Competency	Practice	Competence
Summon Help - activate emergency protocol	_____	_____
History		
What was the mechanism of injury?	_____	_____
How long was the person unconscious (time)?	_____	_____
Has the patient had previous CNS injuries or a history of CNS difficulty?	_____	_____
Suspected Cervical Injury:		
· Immobilize head	_____	_____
· Check breathing/airway	_____	_____
- Begin rescue breathing if necessary	_____	_____
· Arouse victim verbally	_____	_____
· Check circulation	_____	_____
- Begin CPR if necessary	_____	_____
· Transport to hospital	_____	_____
Neurological check		
· Vital signs		
- Pulse (base line)	_____	_____
- Respiration's (base line)	_____	_____
· Will awaken to		
- Name	_____	_____
- Shaking	_____	_____
- Light pain (pinch)	_____	_____
- Strong pain -(sternal rub)	_____	_____
· Pupils		
- Size on right/left	_____	_____
- PEARL	_____	_____
· Nonverbal reaction to pain (pinch, rub,etc)		
- Appropriate	_____	_____
- Inappropriate	_____	_____
- None	_____	_____
· Posturing - Decerebrate/Decorticate	_____	_____
Neurological check if awakens		
· Conscious and		
- Oriented x four	_____	_____
- Disoriented	_____	_____
- Restless (inability stay still)	_____	_____
· Speech		
- Clear	_____	_____
- Rambling	_____	_____
- Garbled	_____	_____
- Combative	_____	_____
- None	_____	_____
· Ability to move right/left upper extremities	_____	_____
Ability to move right/left lower extremities	_____	_____

