



Kitsap County EMS and Trauma Care Council
Training Scenario
Spinal Motion Restriction
Scenario 3

Behavioral objective: Given a simulated patient, the BLS team will:

- Identify a possible spinal injury.
- Appropriately determine the need for Spinal Motion Restriction.
- Appropriately package the patient for transport.
- Make the appropriate transport decision for the patient.

EMS Level: EMT

Skills:

- Patient Assessment
- Airway management
- C-collar placement

Materials needed:

- C-collar(s) either adjustable or various sizes.
- Ambulance with stretcher
- Appropriate strapping
- Patient assessment supplies
- Blankets

References:

- Kitsap County “Spinal Motion Restriction” procedure.

Time Frame: 20 minutes

Preparation:

- In preparation for the this station the student should have:
 - Read the *Kitsap County “Spinal Motion Restriction” procedure*.
 - Reviewed the accompanying slide presentation on the KCEMS website.
 - Completed the “Spinal Motion Restriction” worksheet.

Performance Drill:

Dispatch time: 1300hrs. Suburban residence.

Scenario: Patient is a 74 year old male (or female). The patient reportedly tripped on a loose rug in a laundry room. The patient fell forward. The patient hit his/her face on the front of a clothes dryer.

1.	Team wears PPE to include eye protection.
2.	Size-up: Single patient. Patient is alert lying in a lateral recumbent position.
3.	Initial Assessment: <ul style="list-style-type: none">• The patient is lying on the floor with a small amount of dried blood at the patient's nose.• The patient is conscious and alert and oriented (GCS – 15).• The patient did not lose consciousness.• The patient is breathing without distress. It is noted that the patient has a normal rate and good tidal volume.• The patient's skin is pink, warm and dry. No signs of active bleeding.
4.	Expected Actions: <ul style="list-style-type: none">• Manually stabilize c-spine.• Perform a rapid trauma assessment.• Obtain a patient history.
5.	Further Assessment: <ul style="list-style-type: none">• S – Patient is complaining of pain to his/her nose. The patient denies neck or back pain.• A – NKDA• M – Amlodipine, Xarelto, Aspirin, Metformin• P – High blood pressure, Type II Diabetes• L – Last meal was lunch at 1200hrs: A quarter pound hotdog at Costco with an almond ice cream bar chaser.• E – Mechanical fall.• Initial vitals show a BP - 144/92, Pulse –98, Respirations. – 20 SpO2 = 94% on ambient air, Blood sugar – 122 mg/dl.• Patient has no neurological deficits.• The patient denies alcohol or drug use.
6.	Expected Actions: <ul style="list-style-type: none">• Place a properly sized cervical collar to the patient's neck.• Assist the patient onto the EMS stretcher.• Secure the patient to the stretcher in the supine position with enough seatbelts to insure minimal movement during transport.• Assist the patient to move into a position of comfort.• Use pillows, blankets and straps to secure the patient for a comfortable transport.• Transport.

7.	Further Evaluation: <ul style="list-style-type: none">• BP - 142/94, Pulse – 96, Respirations. – 18 SpO2 = 95% on ambient air.• Patient reports increased back pain lying supine.• Patient remained stable enroute to the hospital.
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Application: The scenario should be performed as close to actual field performance as possible. A team approach should be used to set up equipment and procedures as needed.

Evaluation: The team should discuss the scenario performance in the usual after action format.

Assignment: None.