



Spinal Motion Restriction Worksheet

1. Studies do not support the use of _____ “Spinal Motion Restriction”.
2. Complications from “backboarding” includes:
 - Airway _____
 - _____ aspiration
 - _____ intracranial pressure
 - Pressure _____
 - _____ pain
 - Patient _____ or resistance
3. Any one of the following constitutes the need for spinal motion restriction.
 - Midline bony spinal _____ on exam.
 - Any _____ complaint.
 - High energy mechanism plus any ONE or more of the following:
 - _____ LOC.
 - Drug or Alcohol _____.
 - Inability to _____ (including language barrier).
 - Presence of a distracting _____.
 - Patients less than _____ years of age.
4. The Spinal Motion Restriction procedure:
 - Place the patient in the _____.
 - If the patient is **ambulatory** on scene, or if the patient can safely self-extricate:
 - _____ to the EMS stretcher.

- Transport the patient in a position of _____ if the supine position is not tolerated.
- If the patient is **not ambulatory** or if extrication is required:
 - Use a _____ as needed to move the patient to the EMS stretcher.
 - If possible _____ once the patient is on the EMS stretcher.
- The head may be supported with _____ to prevent rotation of the patient's head.
 - Make sure to pad elderly patients appropriately. Especially those with a noted _____.
- Secure the patient with _____ to the EMS stretcher in the _____ position or a position of _____ if the supine cannot be tolerated. Be sure to have enough or use _____ to ensure the patient is secured to the EMS stretcher.

5. Patients who do not require spinal motion restriction **MUST** have ALL the following:

- Glasgow coma score of _____.
- No spine _____ or anatomic _____.
- No acute _____.
- No _____ injury.
- No evidence of _____.

6. If the patient has a negative spinal assessment:

- Place an _____ C-collar on patients who are _____ years of age or older. (because of a higher incidence of hidden injury.)
- Transport in a _____.

7. NOTES.....

- No patient shall be transported on a rigid extrication device **unless** removing the patient from the device interferes with _____ treatments or interventions. The patient may need to remain on a backboard for _____.
- Patients may be transported on _____ boards or _____ stretchers if available.
- Upon arrival at the receiving hospital, the patient _____ be transferred to the hospital gurney via a sliding board.
- C-collars may be removed if they interfere with _____, or if it is causing the patient _____.
- Examples of a painful distracting injury includes _____ / _____ long bone fractures.