

AT 200
Emergency Response to Injury/Illness

PATHOLOGY OF INJURIES AND ILLNESSES

Cognitive Domain

18 - Describes the signs and symptoms of deep and superficial vein thromboses, pulmonary embolism and other emboli, and myocardial infarction.

Affective Domain

2 - Recognizes that physician consultation is a moral and ethical necessity in the diagnosis and treatment of pathologic conditions.

ASSESSMENT AND EVALUATION

Cognitive Domain

23 - Describes the signs and symptoms of injuries to the abdominal viscera.

Psychomotor Domain

13 - Performs and interprets appropriate palpation techniques and special tests of the abdomen, chest, cranium, and musculoskeletal system.

ACUTE CARE OF INJURIES AND ILLNESSES

Cognitive Domain

1 - Explains the legal, moral, and ethical parameters that define the scope of first aid and emergency care, and identifies the proper roles and responsibilities of the certified athletic trainer.

2 - Describes the availability, contents, purposes, and maintenance of contemporary first aid and emergency care equipment.

3 - Determines what emergency care supplies and equipment are necessary for event coverage, such as biohazardous waste disposal containers, splints, short-distance transportation equipment, emergency access tools, primary survey instruments (CPR mask, bag-valve-mask), and ice.

4 - Interprets standard nomenclature of athletic injuries and illnesses.

5 - Recognizes appropriate written medical documentation and abbreviations.

6 - Describes the principles and rationale for a primary survey of the airway, breathing, and circulation.

7 - Differentiates the components of a secondary survey, including obtaining a history, inspection and observation, palpation, and the use of special tests to determine the type and severity of the injury or illness sustained.

8 - Interprets vital signs as normal or abnormal including, but not limited to, blood pressure, pulse, respiration, and body temperature.

9 - Assesses pathological signs of injury including, but not limited to, skin temperature, skin color, skin moisture, pupil reaction, and neurovascular function.

10 - Applies the current standards of first aid, emergency care, rescue breathing, and cardiopulmonary resuscitation for the professional rescuer, including (1) use of a bag-valve-mask, (2) use of a pocket mask, and (3) the chin lift-jaw thrust maneuver.

11 - Describes the role and function of an automated external defibrillator in the emergency management of acute heart failure and abnormal heart rhythms.

12 - Describes the role and function of oxygen administration as an adjunct to cardiopulmonary resuscitation techniques.

13 - Recognizes the characteristics of common life-threatening conditions that can occur either spontaneously or as the result of direct trauma to the throat, thorax and viscera, and identifies the management of these conditions.

14 - Describes the management of external hemorrhage, including the location of pressure points, use of universal precautions, and proper disposal of biohazardous materials.

15 - Recognizes signs and symptoms associated with internal hemorrhaging.

16 - Recommends the appropriate use of aseptic or sterile techniques, approved sanitation methods, and universal precautions for the cleansing and dressing of wounds.

17 - Discriminates those wounds that require medical referral.

18 - Explains the application principles of cold application, elevation, and compression in treatment of acute non-limb-threatening pathologies.

19 - Cites the signs, symptoms, and pathology of acute inflammation.

20 - Recognizes signs and symptoms of head trauma, including loss of consciousness, changes in standardized neurological, cranial nerve assessment, and other symptoms that indicate underlying trauma.

- 21 - Explains and interprets the signs and symptoms associated with increasing intracranial pressure.
 - 22 - Explains the importance of monitoring a patient following a head injury, including obtaining clearance from a physician before further patient participation.
 - 24 - Recognizes the signs and symptoms of trauma to the cervical, thoracic and lumbar spines, the spinal cord, and spinal nerve roots, including neurological signs, referred symptoms, and other symptoms that indicate underlying trauma.
 - 25 - Selects a cervical stabilization device that is appropriate to the circumstances of the injury.
 - 26 - Recites the indications and guidelines for removing the helmet and shoulder pads from an athlete with a suspected cervical spine injury.
 - 27 - Describes the proper techniques for removing the helmet and shoulder pads from an athlete with a suspected cervical spine injury.
 - 28 - Describes the proper techniques and necessary supplies for removing equipment and clothing in order to evaluate and/or stabilize the involved area.
 - 29 - Recognizes proper positioning and immobilization of a person with a suspected spinal cord injury when using a spine board or body splint, including preparatory positioning prior to placement of the spine board or body splint.
 - 30 - Explains the need for leadership and teamwork when using a spine board or body splint.
 - 31 - Identifies the appropriate short-distance transportation method for an injured athlete or other physically active individual, including immobilization if applicable.
 - 32 - Recognizes the signs and symptoms of shock.
 - 33 - Identifies the different types of shock type (traumatic, hypovolemic, anaphylactic, septic) and the proper management of each.
 - 34 - Differentiates the signs and symptoms of diabetic coma and insulin shock.
 - 35 - Describes the proper treatments of diabetic coma and insulin shock.
 - 36 - Describes the appropriate treatment of a seizure.
 - 37 - Recognizes the signs and symptoms of toxic drug overdose.
 - 38 - Describes the signs, symptoms, and causes of allergic, thermal, and chemical reactions of the skin.
 - 40 - Recognizes the signs and symptoms of common infectious diseases, and takes appropriate steps to prevent disease transmission through appropriate medical referral (see General Medical Clinical Proficiencies, 61-64, for a list of common infectious diseases). {~X-REF}
 - 41 - Recognizes the signs, symptoms, and treatment of individuals suffering from adverse reactions to environmental conditions.
 - 42 - Uses the information obtained during the examination to determine when to refer an injury or illness for further or immediate medical attention (e.g., a life- or limb-threatening situation).
 - 43 - Describes the proper immobilization techniques and selects the appropriate splinting material to stabilize the injured joint or limb and maintain distal circulation.
 - 44 - Recognizes the proper technique for using ambulatory aids, including selecting an aid appropriate for the injury and person.
 - 45 - Recommends ambulatory aids to coordinate movement on flat, slippery, or uneven terrain and to navigate steps, ramps, doors, or obstacles, and evaluates the patient's technique in using the aids.
- Psychomotor Domain
- 1 - Acquires and maintains skills in first aid and emergency care.
 - 2 - Acquires and maintains skill in rescue breathing and CPR, including two-person skills and the use of a bag-valve-mask and a pocket mask.
 - 3 - Performs a primary survey/assessment in appropriate situations.
 - 4 - Performs a secondary survey/assessment, including obtaining a history, inspection/observation, palpation, and using special tests.
 - 5 - Palpates a variety of anatomic locations to assess the pulse in resting (non-emergency) and trauma situations.
 - 6 - Demonstrates proper use of universal precautions and aseptic or sterile techniques when controlling external hemorrhaging.
 - 7 - Demonstrates proper wound cleaning and care, including the use of barriers, aseptic protocols, and disposal of biohazardous waste.
 - 8 - Administers cryotherapy, elevation, and compression to a limb and/or joint.
 - 10 - Demonstrates the proper technique for removing a face from a helmeted athlete in respiratory distress or arrest.
 - 11 - Demonstrates the proper technique for removing the helmet, shoulder pads, and other protective equipment from an athlete with a possible cervical injury.

12 - Demonstrates the proper technique for removing the helmet, shoulder pads, and other protective equipment from an athlete with an injury to the trunk or extremities.

13 - Applies various cervical stabilization devices correctly, with the victim in various positions.

14 - Performs the correct technique for moving an injured person safely onto a spine board for stabilization and transportation purposes.

15 - Palpates for the rigidity, guarding, and rebound tenderness of the abdomen associated with internal injury or illness.

16 - Performs proper care and positioning of an individual suffering from shock.

17 - Applies various types of splints to different body parts, employing different constructions of splinting materials and allowing for distal pulse palpation.

18 - Performs short-distance transportation using proper positioning techniques, immobilization, and appropriate transportation methods.

19 - Demonstrates the proper techniques for using ambulatory aids to coordinate movement on flat, slippery, or uneven terrain and to navigate steps, ramps, doors, or obstacles.

20 - Fabricates, applies, adjusts, and removes commonly used immobilization devices.

Affective Domain

1 - Appreciates the medical-legal and ethical protocol governing the referral of injured and ill athletes and other individuals engaged in physical activity.

2 - Appreciates the legal, moral, and ethical parameters that define the scope of first aid and emergency care, and values the proper role of the certified athletic trainer in providing this care.

3 - Appreciates the roles and responsibilities of various community-based emergency care personnel (paramedics, emergency medical technicians, emergency room personnel).

4 - Appreciates the role and function of various medical/paramedical specialties, and values their respective areas of expertise in the definitive treatment of acute injuries and illnesses.

5 - Values the importance of certification in first aid and emergency care and cardiopulmonary resuscitation.

6 - Appreciates the systematic approach to acute injury or illness of the secondary survey components of obtaining a history, inspection/observation, palpation, and using special tests.

7 - Realizes the importance of identifying signs and symptoms in cases of possible shock, internal bleeding, and closed-head trauma.

8 - Advocates the principles of proper splinting techniques to prevent further injury.

9 - Appreciates the construction of various splinting devices and the appropriate uses for each.

10 - Appreciates state laws, rules, and regulations governing the application of immobilization devices

11 - Values the proper positioning and securing of a person with a suspected spinal injury onto a spine board or body splint, including preparatory positioning prior to placement of the spine board or body splint, as critical for prevention of further trauma.

12 - Appreciates the need for leadership and teamwork when using a spine board or body splint.

13 - Respects short-distance transportation techniques as a crucial means of moving an injured person.

14 - Supports the application of cryotherapy, elevation, and compression as primary care for a non-threatening injury.

15 - Accepts the approved aseptic and sterile methods for cleaning, treating, and bandaging wounds and for disposing of biohazardous waste.

16 - Empathizes with individuals facing the daily challenges of using ambulatory aids.

PHARMACOLOGY

Cognitive Domain

19 - Lists the general indications, contraindications, and adverse reactions of bronchodilators and other prescription and nonprescription respiratory medications as they relate to physical activity.

21 - Identifies the general indications, contraindications, and adverse reactions of anaphylaxis medications.

Psychomotor Domain

6 - Replicates the procedure for using an emergency epinephrine injection to prevent anaphylaxis as per physician instruction.

7 - Replicates procedures for using an asthmatic inhaler to prevent and treat exercise-induced bronchial spasms and/or asthmatic conditions.

Affective Domain

3 - Accepts physician (or other qualified health care provider) and pharmacist consultation as a legal, moral, and ethical necessity in the prescription and dispensation of medication.

GENERAL MEDICAL CONDITIONS AND DISABILITIES

Cognitive Domain

31 - Recognizes the main cerebral lesions caused by trauma (e.g., subdural, epidural hematoma, aneurysm).

Psychomotor Domain

2 - Manages acute asthma attacks and takes appropriate steps to reduce the frequency and severity of asthma attacks.

5 - Recognizes and applies the appropriate treatments for diabetic coma and insulin shock.

7 - Takes the appropriate steps to treat a seizure.

11 - Uses a penlight to examine pupil responsiveness, equality, and ocular motor function.

12 - Palpates the abdominal quadrants for tenderness and rigidity.

13 - Uses the stethoscope correctly to auscultate the heart, lungs, and bowel.

14 - Assesses body temperature.

15 - Assesses vital signs.

NUTRITIONAL ASPECTS

Psychomotor Domain

4 - Includes the proper percentages of carbohydrates, protein, and fat in a diet based on age, gender, and type and level of physical activity.

PSYCHOSOCIAL INTERVENTION AND REFERRAL

Psychomotor Domain

2 - Communicates with appropriate health care professionals in a confidential manner.

HEALTH CARE ADMINISTRATION

Cognitive Domain

31 - Describes the necessary communication skills for interaction with physicians, allied health care providers, caretakers, and others who work closely with the certified athletic trainer.

Affective Domain

2 - Appreciates the roles and functions of various medical and paramedical specialties as well as their respective areas of expertise in the acute care of injuries and illnesses to athletes and others involved in physical activity.

5 - Accepts the value of a common medical language and terminology to communicate within and between the health professions.

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