
FIRST RESPONDER INITIAL CERTIFICATION/LICENSURE OR RE-LICENSING PRACTICAL EVALUATION

3.5 Chest Injury

Key Performance Outcomes

- C-spine consideration
- Chest wall stabilization for a flail chest

Patient Instructions

C/C:	"My ribs hurts, it hurts to breath" - and point to your left side of your chest
HxC/C:	"Another player ran into me with his helmet
Pain Assessment (PQRST)	Sharp pain on my left side that radiates into by breastbone (sternum), 8/10, hurts more when I breath
Relevant symptoms:	Guarding, complain if the area is touch
Relevant past Med Hx:	None - healthy
Medications:	None
Allergies:	None
Other:	If asked, you had your helmet on , did not bang your head, did not lose consciousness, and have no neck pain

Scenario Information

Dispatch Information

You are sent to the local high school for a sports injury.

Scene Information

You are directed to the football playing field and are met by the football coach who leads you to the injured player. You see a teenage boy laying on the grass in obvious pain. He is holding his left chest.

Witnessed or Secondary Information (as required)

If asked, witnesses will tell you that the patient was practicing without his shoulder pads and chest protector. Another player ran into him at full speed, head down, hitting the patient with their helmet in the left side of the chest.

Criteria	Relevant findings		Required actions			
RSE	None					
LOC	Alert but in obvious pain		Calm and reassure patient			
D	None		Determine mechanism of injury, rule out spinal injury			
A	Open clear					
B	Laboured, shallow, but adequate					
C	Radial pulse present and regular					
RBS	Chest injury - flail segment on left side of chest		Find injury			
Critical Interventions	Flail chest		Position patient semi-sitting. Stabilize			
C/C	"My ribs hurt - it hurts to breath"					
HX C/C	"Another player ran into me with his helmet"					
Med Hx	None					
Medication	None					
Allergies	None					
Vital Signs	Initial Set		Second Set (if applicable)			
	LOC	Alert and anxious	LOC	Alert		
	PULSE	112 regular	PULSE	100 regular		
	RESP	28 shallow and guarded	RESP	24 shallow and guarded		
	SKIN	Pale, cool, clammy	SKIN	Pale, cool		
Other/Misc.	The pain will decrease somewhat when the chest wall is stabilized		Oxygen therapy as soon as practical once it is determined the patient has a chest injury			