
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 | |