

THE SOCIETY OF SPORTS THERAPISTS



Sports Trauma Management Revision & Preparing for your Moulage Examination



- Enter the room
- Select your moulage scenario
- You will be briefed on this scenario
 - REPEAT THE BRIEF BACK TO EXAMINER **
- Start exam
- ~20 mins
- Videoed for moderation

STAGE	ASSESS
SAFE	Shout for help, Assess the scene, Free from danger, Evaluate player
RESPONSE	Hello can you hear me?
AIRWAY	Listen Look Feel Assess
BREATHING	Rate Expansion Soreness + Auscultation & Percussion & tracheal position
CIRCULATION	Radial Pulse Rate Rhythm Volume +opposite Radial Pulse +/-or Carotid
DISABILITY	AVPU GCS (Eyes, Vocal, Motor) Cxsp (NEXUS) Concussion
EVERYTHING ELSE	Asthma, Anaphylaxis, Hypoglycaemia, Seizure, Heat illness Secondary survey inc. Fracture/Dislocations

STAGE	ASSESS	MANAGE
SAFE	Shout for help, Assess the scene, Free from danger, Evaluate player	
RESPONSE	Hello can you hear me?	Get Help (999)
AIRWAY	Listen Look Feel Assess	Head tilt or Jaw Thrust Suction NPA/OPA iGel Needle/Surgical Cric & Oxygenate
BREATHING	Rate Expansion Soreness + Auscultation & Percussion	Ventilate (BVM) A: as above T:Thoracocentesis O: Russell Chest Seal M: Fluid Therapy F: Pain Relief C:
CIRCULATION	Radial Pulse	IV Fluids 250mls Saline titrated to response
DISABILITY	AVPU GCS (Eyes, Vocal, Motor) Cxsp Concussion	Cxsp Extrication – triple immobilised
EVERYTHING ELSE	Asthma, Anaphylaxis, Hypoglycaemia, Seizure, Heat illness	Airway Cardiac arrest Neurovascular status & relocation

STAGE	ASSESS	MANAGE	THINK
SAFE	Shout for help, Assess the scene, Free from danger, Evaluate player		Catastrophic haemorrhage on approach
RESPONSE	Hello can you hear me?	Get Help (999)	
AIRWAY	Listen Look Feel Assess	Head tilt or Jaw Thrust Suction NPA/OPA iGel Needle/Surgical Cric & Oxygenate	Asthma Anaphylaxis Trauma
BREATHING	Rate Expansion Soreness + Auscultation & Percussion	Ventilate (BVM)	Airway obstruction Tension pneumothorax Open pneumothorax Massive haemothorax Flail Chest Cardiac Contusion
ARREST?	4T's Tension, Toxins, Tamponade, Thrombosis 4H's Hypoxia, Hypothermia, Hypovolaemia, Hyper/hypokalaemia		
CIRCULATION	Radial Pulse	IV Fluids	On the Floor + 5 more: chest, abdo (liver, spleen, bladder), kidney, pelvis, long bones
DISABILITY	AVPU GCS (Eyes, Vocal, Motor) Cxsp Concussion	Cxsp Extrication – triple immobilised	GCS <8 = Airway Neurogenic shock Arrest & fluids
EVERYTHING ELSE	Asthma, Anaphylaxis, Hypoglycaemia, Seizure, Heat illness Secondary survey inc. Fracture/Dislocations	Airway Reducing LOC Cardiac arrest Neurovascular status & relocation	