



The Society of Sports Therapists

SHSS6067

Sports Trauma Management

Revision Session



- Written Paper
- True/False MCQs
- 45 questions each with 5 statements
- Total 225 marks available



- Sections covered

1. Initial assessment & management
2. BLS
3. ALS
4. Advanced airway management
5. Breathing & chest trauma
6. Circulation & shock
7. Head injuries & concussion
8. Facial Injuries
9. Spinal Injuries
10. MSK trauma
11. Wound care
12. Medical emergencies
13. Medical equipment
14. Medical gases
15. EAPs



During the primary survey, when should re-evaluation take place?

- True/ False • If the patient deteriorates
- True/ False • About every 30 minutes in an injured athlete
- True/ False • If there is a cause for concern
- True/ False • Following an intervention
- True/ False • If there is uncertainty in the patient's condition or care



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Using ATMIST for handover of a trauma patient, what does ATMIST stand for?

True/ False

- A = Appearance of the athlete

True/ False

- T = Traumatised areas

True/ False

- M = Mechanism of injury

True/ False

- I = Injuries present and suspected

True/ False

- T = Time of injury

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- **When considering the secondary survey, which of the following statements are true?**

- True/ False • Should be undertaken before the athlete is transported to the hospital
- True/ False • SAMPLE history is part of the secondary survey
- True/ False • Is focused on the injured areas identified in the primary survey
- True/ False • Is after the primary survey and when vital signs are normalising
- True/ False • May involve assessment of the peripheral neurology



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- **In basic life support (2010 guidelines), which of the following statements are true?**

True/ False • Head tilt, chin lift opening of the airway is a safe technique for all patients

True/ False • A patient in respiratory arrest with cardiac output requires 10-12 breaths per minute

True/ False • Chest compressions are to the depth of 5 to 6 cm in the average adult

True/ False • Chest compressions are performed on the lower third of the sternum

True/ False • Chest compressions to rescue breaths with two rescuers are at a ratio of 30:2



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- **The chain of survival includes:**

- True/ False • Early, good quality CPR
- True/ False • Early defibrillation in all cardiac arrest patients
- True/ False • Early recognition and call for help
- True/ False • Immediate post-resuscitation care
- True/ False • Recovery position



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- **When considering airway management and ventilation, in particular the laryngeal mask airway, which of the following statements are true?**

True/ False • Is rapidly and easily inserted in most patients

True/ False • Protects against aspiration

True/ False • Requires a head tilt manoeuvre for insertion

True/ False • Is suitable for patients with high airway pressures or full stomachs

True/ False • Is one type of supraglottic airway



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- **In thoracic trauma, which of the following statements are true?**

- True/ False • Open pneumothorax wounds can be treated by an Asherman or Russell chest seal
- True/ False • Paradoxical segments with a flail segment are clinically apparent immediately
- True/ False • A deviated trachea is an early sign of a tension pneumothorax
- True/ False • Needle decompression of a tension pneumothorax is in the second intercostal space just below the second rib in the mid-clavicular line
- True/ False • By definition, a massive haemothorax contains ~ 20% blood volume



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- **Considering circulation and shock, specifically fluids for an injured player, which of the following statements are true?**

True/ False • Should be given in 250ml aliquots if required

True/ False • Should ideally be given through a large bore cannula

True/ False • Are given if there is no radial pulse in blunt trauma

True/ False • May be required for chest injuries

True/ False • Are given to all patients with class 2 haemorrhagic shock in the field

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- **When considering head injuries, specifically Maddocks questions, which of the following statements are true?**

- True/ False • Are part of the SCAT5 assessment
- True/ False • Are always answered incorrectly when concussed
- True/ False • Include the question – “What is today’s date?”
- True/ False • Include the question – “Which half is it?”
- True/ False • Are used to differentiate moderate from major brain injury



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- **When considering facial, dental and eye injuries, which of the following manoeuvres have been shown to be useful in the control of epistaxis?**

True/ False • Lying the patient down

True/ False • Applying pressure to the fleshy part of the nose for 10-15 minutes

True/ False • Applying ice packs to the neck

True/ False • Blowing of the nose to remove any large clots

True/ False • Tilting the head backwards



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- **Athletes to treat as a potential serious neck injury include:**

- True/ False • Those with a suspicious mechanism of injury
- True/ False • A player with pain in the middle of their neck
- True/ False • Those with loss of movement in their arms or legs
- True/ False • An unconscious player after a collision
- True/ False • An asthmatic player who slumps to the ground after running



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- **When considering immobilisation of fractures, which of the following statements are true?**

True/ False • Increases the risk of fat embolism

True/ False • Potentially reduces haemorrhage

True/ False • Helps with pain relief

True/ False • Often results in more soft tissue damage

True/ False • Should splint above and below an injured joint



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- **The aims of wound treatment are to:**

True/ False • Restore function

True/ False • Allow the athlete to return back to play immediately

True/ False • Minimise the risk of infection

True/ False • Achieve a temporising measure until after the match to allow for more thorough cleaning and exploration before definitive closure

True/ False • Repair tissue integrity with strength and optimal cosmesis



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- **When considering medical emergencies, specifically hypothermia, which of the following statements are true?**

True/ False • Hypothermia is defined as core temperature less than 36 degrees centigrade

True/ False • At 28 degrees centigrade, the athlete is at risk of ventricular fibrillation

True/ False • For mild hypothermia, it may be adequate to wrap the patient once they are dry

True/ False • During rewarming, the patient often becomes hypertensive

True/ False • For marked hypothermia, it may necessary to actively warm the patient using a warm water bath



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- **When considering equipment and medications abroad, which of the following statements are true?**

- True/ False • Selection of equipment is the same for each country you are visiting
- True/ False • Requires home and abroad countries' agreement
- True/ False • Requiring the necessary paperwork for customs is usually a short straightforward process
- True/ False • It is important to ensure adequate medical insurance is in place
- True/ False • All medications are allowed in all countries



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- **When considering medical gases, Entonox would be suitable for use with:**

True/ False • An isolated tibial fracture

True/ False • Rib fractures with severe pain and hypoxia

True/ False • Shoulder dislocation

True/ False • A depressed cheek fracture in a patient with a GCS of 14

True/ False • A concussed player complaining of a headache



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- **Developing standard operating procedures has the following benefits:**

- True/ False • Reduces the need to train as much so saves time
- True/ False • Reduces stress for medical teams
- True/ False • Improves player care when they are injured or ill
- True/ False • Minimises equipment failure through checks
- True/ False • Minimises mistakes



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Practical Moulage

- The most poorly/unwell patient you have ever seen
 - SAFE approach
 - Airway
 - Breathing
 - Circulation
 - Disability
 - Everything else (inc medical emergencies)
 - Handover to paramedics
- Don't forget
 - Call for help/ambulance
 - Oxygen



MOCK EXAMINATION 1:

Player tackled Hi & Lo, in agony on floor with severe leg injury

Satisfactory/ Unsatisfactory Fail



MOCK EXAMINATION 2:

Choke tackle in maul followed by no arm tackle to mid thigh

Satisfactory/ Unsatisfactory Fail



Summary:

- 60 min Written Paper
- 30 min Practical Moulage
- Use World Rugby Immediate Care in Rugby online modules for revision