



CHAPTER 20

SKILL GUIDES

Outdoor Emergency Care: A Patroller's Guide to Medical Care, Sixth Edition

Edward C. McNamara, BS, NRP, David H. Johe, MD and Deborah A. Endly, BA, DH, NREMT

Skill Guide 20-1

Date: _____

(CPI) = Critical Performance Indicator

Candidate: _____

Start Time: _____

End Time: _____

Applying a Sling and Swathe

Objective: To demonstrate how to apply a sling and swathe.			
Skill	Max Points	Skill Demo	
Criteria met: Determines the Scene is Safe, Initiates Standard Precautions, Introduces Self & Obtains Permission to treat/help	-	-	
Rescuer 1: Stabilize the patient's elbow while it is bent to about a 90-degree angle.	1		CPI
Rescuer 2: Assess CMS.	1		CPI
Rescuer 2: Place a triangle bandage on the patient's chest, under the injured arm. Position the long edge of the bandage so that it lies opposite the midclavicular line and just medial to the fingertips of the injured arm. The upper corner should pass over the opposite shoulder with apex of triangle at elbow of injured arm. Fold the lower corner of the bandage anteriorly around the forearm and then up and over the shoulder on the injured side. Raise or lower the arm to an appropriate level. Tie the two long ends of the sling together at the side of the neck. if the knot is placed over the midline of the neck, pad it for the patient's comfort. Bring the apex forward and pin it to the front of the sling or tie a knot in the apex.	1		
Reassess CMS.	1		CPI

<p>Make sure the tips of the fingers are visible to allow for CMS checks. Properly applied, the forearm should be cradled in the sling, with its weight evenly distributed.</p> <p>To make the swathe: Fold a second triangular bandage to form a cravat that is 4 inches wide (or 6 inches, for humerus fractures).</p> <p>Wrap the cravat around the patient's chest, with the middle of the swathe over the injured arm that is resting on the side of the chest. Place the two ends of the swathe under the opposite arm.</p> <ul style="list-style-type: none"> • Tie the two ends snugly with a square knot. 	1		
Must receive 4 out of 5 points.			

Comments: _____

Failure of any of the CPIs is an automatic failure.

Evaluator: _____ NSP ID: _____

PASS FAIL

Skill Guide 20-2

Date: _____

(CPI) = Critical Performance Indicator

Candidate: _____

Start Time: _____

End Time: _____

Applying a Blanket Roll Splint to a Shoulder

Objective: To demonstrate how to apply a blanket roll splint to a shoulder.			
Skill	Max Points	Skill Demo	
Criteria met: Determines the Scene is Safe, Initiates Standard Precautions, Introduces Self & Obtains Permission to treat/help	-	-	
Rescuer 2: Stabilizes arm.	1		CPI
Rescuer 1: Place an open blanket on a flat surface. Fold it longitudinally in thirds or fourths lengthwise according to how large a splint you need based on the deformity of the injured shoulder. Place four cravats crosswise on one end of the folded blanket. Roll the blanket firmly, including the cravats.	1		
Rescuer 1: Check CMS.	1		CPI
Rescuer 1: Position/place the roll snugly up in the axilla of the dislocated shoulder. Hold the roll in place. Rescuer 2: Tie one of the cravats over the opposite shoulder and around the neck.	1		
Tie the other cravat around the patient's waist.	1		
Stabilize the hand and forearm on the blanket with the other two cravats.	1		
Reassess CMS.	1		CPI
Must receive 6 out of 7 points.			

Comments: _____

Failure of any of the CPIs is an automatic failure.

Evaluator: _____ NSP ID: _____

PASS FAIL

Skill Guide 20-3

Date: _____

(CPI) = Critical Performance Indicator

Candidate: _____

Start Time: _____

End Time: _____

Splinting a Humerus Fracture

Objective: To demonstrate how to splint a humerus fracture.			
Skill	Max Points	Skill Demo	
Criteria met: Determines the Scene is Safe, Initiates Standard Precautions, Introduces Self & Obtains Permission to treat/help	-	-	
Stabilize upper arm.	1		CPI
Select an appropriate splint (a wire, ladder, or malleable splint). Measure and form the splint using the opposite arm as a guide. The splint should be bent to hold the elbow at approximately a 90-degree angle and should be long enough to immobilize the wrist.	1		
Assess CMS.	1		CPI
Support Arm. Gently place the splint under the arm.	1		
Secure the arm to the splint with roller gauze or cravats. Gently place the upper arm against the patient's chest and the forearm on the patient's abdomen. Apply a sling and a wide swathe. Another option is to use a sugar tong SAM splint. Use a sugar tong SAM Splint from the armpit around the elbow and back up the outside of the humerus to the top of the shoulder. Use a sling and swathe with this method. If the patient will not let you bend the elbow, a long rigid splint from the shoulder to the wrist can be applied. The arm is then strapped to the body.	1		
Reassess CMS.	1		CPI
Must receive 5 out of 6 points.			

Comments: _____

Failure of any of the CPIs is an automatic failure.

Evaluator: _____ NSP ID: _____

PASS FAIL

Skill Guide 20-4

Date: _____

(CPI) = Critical Performance Indicator

Candidate: _____

Start Time: _____

End Time: _____

Alternate Method of Applying a Rigid Splint to an Injured Elbow

Objective: To demonstrate how to alternate method of applying a rigid splint to an injured elbow.			
Skill	Max Points	Skill Demo	
Criteria met: Determines the Scene is Safe, Initiates Standard Precautions, Introduces Self & Obtains Permission to treat/help	-	-	
Rescuer 1: Stabilize the injured arm.	1		CPI
Rescuer 2: Assess CMS.	1		CPI
Apply rigid splints to the medial and lateral aspects of the arm, extending past the wrist and past the upper third of the humerus. Secure splints in place using three roller bandages or cravats: Cravat 1 is applied around the splints and the upper arm. Cravat 2 is applied around the splints and the forearm. Cravat 3 is applied around both splints (but not the arm) in the hollow of the elbow.	1		
Apply a sling and swathe.	1		
Reassess CMS.	1		CPI
Must receive 4 out of 5 points.			

Comments: _____

Failure of any of the CPIs is an automatic failure.

Evaluator: _____ NSP ID: _____

PASS FAIL

Skill Guide 20-6

Date: _____

(CPI) = Critical Performance Indicator

Candidate: _____

Start Time: _____

End Time: _____

Splinting to Immobilize the Hand

Objective: To demonstrate how to splint to immobilize the hand.			
Skill	Max Points	Skill Demo	
Criteria met: Determines the Scene is Safe, Initiates Standard Precautions, Introduces Self & Obtains Permission to treat/help	-	-	
Rescuer 1 stabilizes the bones above and below the injury.	1		CPI
Rescuer 2 does the following: Assess CMS.	1		CPI
Select an appropriate splint. Size the splint. Gently place the hand and fingers in a position of function. Place an unrolled roller gauze in the palm of the hand to maintain the position of function. Secure the wrist and hand to the splint using soft roller gauze or cravats. Leave the fingertips exposed.	1		
Place the palm side of the forearm, wrist, and hand on a cardboard, wooden, or SAM splint (the wrist should be slightly dorsiflexed).	1		
Apply a sling and swathe.	1		
Reassess CMS.	1		CPI
Must receive 4 out of 5 points.			

Comments: _____

Failure of any of the CPIs is an automatic failure.

Evaluator: _____ NSP ID: _____

PASS FAIL

Skill Guide 20-7

Date: _____

(CPI) = Critical Performance Indicator

Candidate: _____

Start Time: _____

End Time: _____

Applying a Traction Splint to a Femur

Objective: To demonstrate ability to apply a traction splint to a femur.			
Skill	Max Points	Skill Demo	
Criteria met: Determines the Scene is Safe, Initiates Standard Precautions, Introduces Self & Obtains Permission to treat/help	-	-	
Rescuer 1: Manually stabilize the fracture site both above and below the injury.	1		CPI
Rescuer 2: Assess the injury to determine its proximity to the hip or knee joint. Check for bleeding and treat it if present. If bleeding is present, remove overlying clothing by cutting or ripping along a seam.	1		
Rescuer 2: Check on distal CMS on the injured leg indirectly (e.g., tap on boot, ask the patient to wiggle the toes); remove the boot only when environmental conditions do not present additional hazards to the patient and your local protocols say you should do this.	1		CPI
Rescuer 2: Prepare a traction splint and adjust it to the proper size according to the manufacturer's instructions; use the uninjured leg to measure the splint. Remove the ski or snowboard if present and then apply the ankle hitch while Rescuer 1 continues to manually stabilize the fracture site.	1		
Rescuer 2: Firmly grasp the ankle hitch with one hand; place the other hand under the calf and cooperate with Rescuer 1 in using manual traction to straighten the leg into anatomic alignment. Maintain traction while Rescuer 1 releases the manual stabilization of the fracture site.	1		
Rescuer 1: Position the splint snugly against the patient's ischial tuberosity. Secure the groin strap around the patient's upper thigh.	1		

Connect the ankle strap of the hitch to the end of the splint and turn the crank/knob gradually to replace the manual traction of the splint with mechanical traction. As the mechanical traction is being applied, Rescuer 2 releases the manual traction. It may take some time for muscle spasms to ease off before the patient feels relief. Rescuers secure Velcro support straps per the manufacturer's instructions. (If needed, cravats can be used in place of Velcro straps.)	1		
Reassess CMS in the injured leg.	1		CPI
Strap the patient to a long spine board. Treat for shock by keeping the patient warm and by providing high-flow oxygen.	1		
Reassess CMS.	1		(CPI)
Must receive 5 out of 6 points.			

Comments: _____

Failure of any of the CPIs is an automatic failure.

Evaluator: _____ NSP ID: _____

PASS FAIL

Skill Guide 20-8

Date: _____

(CPI) = Critical Performance Indicator

Candidate: _____

Start Time: _____

End Time: _____

Applying an Airplane Splint

Objective: To demonstrate ability to apply an airplane splint to leg			
Skill	Max Points	Skill Demo	
Criteria met: Determines the Scene is Safe, Initiates Standard Precautions, Introduces Self & Obtains Permission to treat/help	-	-	
Rescuer 1: Manually stabilize the extremity.	1		CPI
Rescuer 2: Check CMS.	1		CPI
Rescuer 2 Adjust the splint to the approximate correct angle. Turn the knob to lock the splint at the appropriate angle. Apply the splint to the extremity, and readjust the angle, if necessary. Rescuer 1: Hold the splint and leg in place. Rescuer 2: Use cravats to attach the splint to the extremity—two above and two below the knee (not over the zone of injury).	1		
Secure the leg and airplane splint by applying a quick splint.	1		
Reassess CMS.	1		CPI
Must receive 4 out of 5 points.			

Comments: _____

Failure of any of the CPIs is an automatic failure.

Evaluator: _____ NSP ID: _____

PASS FAIL

Skill Guide 20-9

Date: _____

(CPI) = Critical Performance Indicator

Candidate: _____

Start Time: _____

End Time: _____

Applying a Quick Splint

Objective: To demonstrate ability to apply a quick splint.			
Skill	Max Points	Skill Demo	
Criteria met: Determines the Scene is Safe, Initiates Standard Precautions, Introduces Self & Obtains Permission to treat/help	-	-	
Rescuer 1: Open the splint flat, either parallel to the patient's injured extremity or in line with/ distal to the foot. Rescuer 2: Take a position opposite Rescuer 1 if the splint is at the side of the patient's leg, or on either side of the leg if the splint is distal to the foot.	1		
Rescuer 2: Stabilizes by grasping the patient's foot with one hand and place the other hand just below the knee or under the lower thigh to support the extremity.	1		CPI
Rescuer 1: Assess CMS.	1		CPI
On the count of three, lift the extremity. Rescuer 1: Slide the splint underneath the leg from the bottom to the top or from the side. Rescuer 2: Gently lower the extremity into the center of the splint. Rescuer 1: Close the sides of the Quick Splint like a clamshell, thereby holding the leg snugly with the splint. Rescuer 2: Firmly secure the splint straps, rope, or webbing.	1		
Reassess CMS.	1		CPI
Must receive 4 out of 5 points.			

Comments: _____

Failure of any of the CPIs is an automatic failure.

Evaluator: _____ NSP ID: _____

PASS FAIL

Skill Guide 20-10

Date: _____

(CPI) = Critical Performance Indicator

Candidate: _____

Start Time: _____

End Time: _____

Replacing a Quick Splint with a Rigid Splint

Objective: To demonstrate ability to replace a quick splint with a rigid splint.			
Skill	Max Points	Skill Demo	
Criteria met: Determines the Scene is Safe, Initiates Standard Precautions, Introduces Self & Obtains Permission to treat/help	-	-	
First manually stabilize the injury site.	1		
Detach and remove the Quick Splint.	1		
Remove the patient's boot in your emergency facility if appropriate and required by local protocol.	1		
Assess CMS.	1		CPI
Carefully support and lift the injured extremity and then slide a preformed cardboard splint into position under the leg, in the same manner as you did when applying the Quick Splint.	1		
Lower the leg into the splint and pad all voids between the extremity and the cardboard. Pad under the knee to keep it slightly flexed. Tape the top of the pre-bent sides to hold the leg in place. Reassess CMS.	1		CPI
Must receive 5 out of 6 points.			

Comments: _____

Failure of any of the CPIs is an automatic failure.

Evaluator: _____ NSP ID: _____

PASS FAIL

Skill Guide 20-11

Date: _____

(CPI) = Critical Performance Indicator

Candidate: _____

Start Time: _____

End Time: _____

Immobilizing a Tib-Fib Fracture with Two Rigid Splints

Objective: To demonstrate ability to immobilize a tib-fib fracture with two rigid splints.			
Skill	Max Points	Skill Demo	
Criteria met: Determines the Scene is Safe, Initiates Standard Precautions, Introduces Self & Obtains Permission to treat/help	-	-	
Rescuer 1: Stabilize the bones above and below the injury.	1		CPI
Rescuer 2: Assess CMS.	1		CPI
<p>Rescuer 2:</p> <p>Place one long padded splint on the medial aspect of the patient's leg such that it is above the knee and below the ankle.</p> <p>Place a second, long padded splint on the lateral aspect of the patient's leg in the same relationship to the knee and the ankle.</p> <p>Thread a cravat near the top of the splints and tie the two splints together. (Roller gauze may be used if cravats are not available.)</p> <p>Thread a second cravat just above the knee (above the injury) and tie the two splints together.</p> <p>Thread a third cravat below the injury and tie the two splints together.</p>	1		
Reassess CMS.	1		CPI
<p>Alternatively, perform the following steps to splint a tib-fib fracture using a vacuum splint (this procedure is best accomplished with two rescuers):</p> <ol style="list-style-type: none"> 1 Rescuer 1: Stabilize the bones above and below the injury. 2 Rescuer 2: Assess CMS. <ul style="list-style-type: none"> • Prepare the vacuum splint according to the manufacturer's instructions. • Place the splint next to the patient's leg. 3 Rescuer 1: Gently lift the patient's leg. 4 Rescuer 2: Slide the vacuum splint under the patient's lower leg. 5 Rescuer 1: Gently lower the patient's leg onto the vacuum splint. 6 Rescuer 2: Remove air from the splint following the manufacturer's instructions. 7 Reassess CMS. 	1		
Reassesses CMS after splint is applied.	1		(CPI)

Treats for shock, if appropriate.	1		
Prepares patient for transport.	1		
Must receive 3 out of 4 points.			

Comments: _____

Failure of any of the CPIs is an automatic failure.

Evaluator: _____ NSP ID: _____

PASS FAIL

Skill Guide 20-12

Date: _____

(CPI) = Critical Performance Indicator

Candidate: _____

Start Time: _____

End Time: _____

Removing a Boot

Objective: To demonstrate ability to remove snow sports boot on injured lower limb.			
Skill	Max Points	Skill Demo	
Criteria met: Determines the Scene is Safe, Initiates Standard Precautions, Introduces Self & Obtains Permission to treat/help	-	-	
Rescuer 1: Stabilize the boot that is to be removed.	1		CPI
Rescuer 2: Unbuckle or unlace the boot completely. Spread the boot shell, pulling the tongue forward as far as it can go, or open a rear entry boot's back as far as it can go.	1		
Rescuer 1: Stabilize the leg/ankle either by placing one hand on the front of the ankle and one hand on the back of the ankle, or by holding both sides of the ankle. Hold this position firmly as the boot is removed. Rescuer 2: Gently remove the boot by sliding its heel away from the foot, followed by the toe.	1		
Assess distal CMS.			
Prepare and apply a splint.	1		
Reassess distal CMS.	1		
Must receive 4 out of 5 points.			

Comments: _____

Failure of any of the CPIs is an automatic failure.

Evaluator: _____ NSP ID: _____

PASS FAIL