



Checklist for On-Site Examination of the Thorax and Abdomen

Primary Survey

- ☐ Consciousness
- ☐ Airway, breathing, circulation
- ☐ Signs of severe bleeding, evidence of severe trauma
- ☐ Vital signs
 - ☐ Pulse (rate, rhythm, strength)
 - ☐ Respirations (dyspnea, rate, depth)
 - ☐ Blood pressure
 - ☐ Skin appearance

Secondary Survey

History

- ☐ Mechanism of injury
- ☐ Location, direction, and severity of impact if blunt trauma
- ☐ Chief complaint
- ☐ Location, type, and quality of pain
- ☐ Presence and location of referred pain
- ☐ Difficulty breathing or pain with inspiration
- ☐ Feelings of nausea

Observation

- ☐ Response and position of athlete, willingness to move
- ☐ Signs of respiratory or cardiac distress (dyspnea, cyanosis, neck vein distension, tracheal shift)
- ☐ Signs of shock (wet, white, weak appearance)
- ☐ Skin coloration
- ☐ Signs of swelling, discoloration, lacerations, deformity, or asymmetry (superficial screen)
- ☐ Expansion and equal rise of the chest wall
- ☐ Abdomen for signs of guarding, rigidity, or distension

- ☐ Genitalia for swelling and abnormal appearance
- ☐ Continued monitoring of vital signs

Palpation

- ☐ Palpate the chest wall for tenderness, swelling, deformity, crepitus, and asymmetry for the following:
 - ☐ Bony landmarks: clavicle, sternum, xiphoid process, costochondral cartilage, thoracic vertebrae, scapula, ribs (anterior, lateral, and posterior)
 - ☐ Soft tissue: pectoralis major and minor, intercostals, serratus anterior, erector spinae, scapular muscles
 - ☐ Absence of palpable signs may indicate internal injury.
- ☐ Palpate abdomen in all four quadrants for the following:
 - ☐ Soft tissue tenderness or muscle guarding
 - ☐ Rigidity and distension
 - ☐ Rebound tenderness
- ☐ Continue to monitor vital signs (pulse, respirations, blood pressure, and skin appearance).

Special Tests (None)

When to refer:

- ☐ Decreased blood pressure
- ☐ Rapid and weak pulse
- ☐ Wet, white, weak appearance
- ☐ Rapid and shallow respirations
- ☐ Dyspnea or cyanosis
- ☐ Cardiac arrhythmia
- ☐ Abdominal tenderness, rigidity, or distension
- ☐ Any abnormal vital signs