

Clinical Competency: Abdominal Evaluation and Treatment

History

- _____ Survey scene () safety () victim's position/movement
 _____ Primary survey () airway () breathing () circulation () level of consciousness
 _____ Obtain history (four questions appropriate for abdominal trauma)

Secondary survey

- _____ Assess vital signs
 () pulse () quality _____ () quantity _____
 () respiration () quality _____ () quantity _____
 () skin temperature () cold () clammy () profuse sweating
 () Blood pressure if applicable
- _____ Activate EMS if needed
- _____ Stabilize person in a comfortable supported position (immobilize for additional evaluation)

Observation & palpation

- Observe for () ecchymosis about the flank or umbilicus – indicates _____
 () abdominal distention, visible muscle rigidity – indicates _____
- Palpation of the 4 quadrants of abdomen
 () supple vs. rigid
 () ULQ () URQ () LLQ () LRQ
- Provide appropriate first aid
 () PRICES () referral if necessary
 () Provide protective equipment if appropriate [demonstrate application]

Actions During Life Threatening Injury

- _____ Identify four signals of life threatening injury
 - () Activate EAP/EMS if life-threatening injury
- _____ Demonstrate actions for athlete who is breathing and has a pulse, demonstrating s/s of shock
 - () Care for shock
- _____ Address need to carefully monitor the effect of treatment and changing condition of patient