

# Today, October 19<sup>th</sup>



- **All** – Warm-ups out (and your notes *after* the warm-up)
- **Intro** – Pick-up a BLS Manual, mask and valve (try to touch only one); gloves out
- **Advanced** – Pick-up page of notes (put name on it); laptop/headphones out
- **Reminders n’ Stuff:**
  - **Splash Zone** tomorrow!
  - Bring your laptop/tablet for tomorrow’s Employability Skills Reflection #6
  - Binder Check #1 *next Friday, October 27<sup>th</sup>* (instructional video posted on website)
  - All missing 1<sup>st</sup> Quarter “stuff” due Tuesday, October 31<sup>st</sup>!



# Today, October 19<sup>th</sup>

## Introduction to Sports Medicine

- **Warm-Up:** BLS Basics Review
- **Video/Notes:** BLS Course
  - 1-Rescuer Adult BLS
- **Skills:** Pocket Mask Use and 1-Rescuer BLS

## Advanced Sports Medicine

- **Warm-Up:** Shorthand/Symbols Review
- Medical shorthand/symbols key on website
- **Lecture:** Continue Evaluation Techniques
- **Task:** Read Goniometry Article (on website)



# Warm-Up (No notes, no blanks)

## Intro

1. List the sequence of events for responding to an unresponsive victim:
  1. Check the scene for safety
  2. ...
  - ?. Begin compressions
2. What are three characteristics of *high quality CPR*?
3. Compressions should be to a *depth* of...
4. The rate of compressions is \_\_\_\_\_ to \_\_\_\_\_ compressions per minute.

## Advanced

Define the following symbols:

1. hx
2. WP
3. WNL
4. ABD
5. prn
6. MMT

Provide the shorthand for:

1. Partial weight bearing
2. Without
3. Left
4. Rule out
5. Movement
6. Diagnosis

# Warm-Up Key

## Intro

1. Sequence:
  1. Check the scene for safety
  2. Enter; tap and shout
  3. "Call 911 and bring back an AED!"
  4. Put gloves on while watching chest for breathing
  5. Head tilt, chin lift; take carotid pulse for no more than 5 seconds
  6. Begin 30 compressions
2. *High quality CPR?* Allow full chest recoil, compressions not interrupted for >10", #3 and #4
3. *Depth* of at least 2 inches (or 5cm).
4. The rate of compressions is 100 to 120 compressions per minute.

## Advanced

Define the following symbols:

1. History
2. Whirlpool
3. Within Normal Limits
4. Abduction
5. As needed
6. Manual Muscle Test

Provide the shorthand for:

1. PWB
2.  $\bar{s}$ , s or c
3. (L)
4. R/O or RO
5. mvt
6. Dx or dx