Assessment
Sprains, Strains, and Broken Bones

Name _____

SCENARIO/TASK: You have come across the following three patients and must administer first aid to them:

1.   A girl with severe pain to her left wrist. She was playing basketball and the ball hit the hand, pushing it backwards; the wrist is now swollen and very painful to the touch.
2.   A boy with blood coming from a cut on his right arm with a bone sticking out (protruding) from the skin of the arm between his wrist and elbow.
3.   Someone with a twisted ankle that is swelling up quite a bit.

CORRECT PROCEDURE IN ALL THREE CASES:

1.   Be sure the scene is safe.
2.   Treat the victim for shock by covering them with a blanket, reassuring them, and elevating their feet.
3.   Put on protective gloves. Be sure not to move the broken bone or injured area.
4.   Stop bleeding in the case of scene 2 above by direct pressure without applying pressure to the broken bone itself.
5.   Check for C-M-S.
a.   Can the victim move the extremities below the wound (fingers in the case of scenarios 1 and 2, toes in scenario 3)?
b.   Is the area blue from a lack of circulation?
c.   Can the victim feel sensation in the extremities below the wound?
6.   Apply a splint using materials in the vicinity. Splint them with minimal movement of the area and apply the splint immobilizing the joint above the wound until the joint below the wound.
7.   Check for C-M-S again.

RUBRIC FOR EACH RESCUE:

4 = Rescuer completed all seven steps in the above procedure correctly and efficiently without prompting from the evaluator. Rescuer displayed confidence and a calm demeanor.
3 = Rescuer completed all seven steps in the above procedure correctly and efficiently but with prompting from the evaluator. Rescuer displayed confidence and a calm demeanor.
2 = Rescuer completed all seven steps in the above procedure but with some difficulty and/or inefficiency and/or out of order. Rescuer was somewhat confident and/or unsure of what to do.
1 = Rescuer completed only some of the above steps in the procedure and/or had