

Scrum Down

Scenario Overview:

The first aiders are covering a sports event and are called to one of the rugby pitches where it is reported that someone has been hurt when a scrum collapsed. On arrival, the first aiders will find the patient alert by lying in the position they were in when the scrum collapsed because they have pain in their neck and everyone was a bit worried to move them. But they'd quite like to start the match again and so will be encouraging the first aiders to move patient off of the pitch. The weather is pretty bad. This scenario tests query spinal injury management and working in cold and wet conditions.

Difficulty:

First Aider Easy

How the scenario should progress:

The patient doesn't have a serious head injury and seems pretty stable. However, throughout the scenario the patient will be getting colder as a result of the cold/wet conditions.

Actor Tips:

You're a bit annoyed because you are meant to be doing trials next week for the county squad but if you've injured yourself you won't be able to play. Try to shiver a bit etc. as the scenario progresses because of the cold.

Patient 1:

Name: Darrell Craig **Age:** 22 **Sex:** Male

Medication:

None Known

Allergies:

Eggs

Past medical/family/social history:

Usually fit and well and does a lot of sport.

Findings on examination:

When the scrum collapsed, the patient went head first into ground with others pushing from behind. Patient alert and breathing normally. Patient is able to feel and move all limbs. Occasionally gets tingling in hands and feet. Pain in centre of neck (rated 5/10), doesn't radiate. Pain gets slightly worse when poked but not a massive amount. Not showing signs of a serious head injury. No visual abnormalities. No other injuries other than a few cuts and bruises picked up in the match. The patient will get progressively colder throughout scenario as a result of the bad weather. Skin colour a bit pale.

Possible treatment from first aiders:

Good assessment of the patient and c-spine management. Try to keep the patient warm whilst waiting for ambulance.

Time after start:	0 mins	5 mins	10 mins	15 mins
Response:	Alert	Alert	Alert	Alert
Airway:	Yes	Yes	Yes	Yes
Breathing?	Yes	Yes	Yes	Yes

Respirations:	18	16	15	16
Pulse:	125	90	73	75
Oxygen Sats:	96	97	96	95