

12 – FALL, DESCENDING

NEW YORK



THE STORY:

An 18 y/o male slipped off a 12' (3.6 m) cliff while descending a peak in the Adirondacks. The fall was observed by the Pt's partner who watched as he landed on a patch of dirt below, bounced on his side and then stood up yelling that he was ok. The Pt's partner advised him not to move and the Pt complied. On climbing down to the Pt's location, his partner found him breathing rapidly and complaining of pain in his left hip. The patient was sitting up, alert, and extremely anxious denying any pain in his

neck or back or a loss of consciousness. The Pt stated he had an allergy to codeine, denied any regular medication, stated he had lunch at 1300. On exam @1500hrs., the Pt was non-tender along the spine. Chest and abdomen were non-tender. Pelvis was stable and non-tender with an abrasion noted on the left posterior hip. CSM x 4 extremities. Vitals were: Resp.: 24, Pulse: 100, B/P: UTA, Skin: pale, cool, clammy, Pt was alert and anxious.

Put the appropriate information from the story above into the correct spaces provided in the SOAP note. Develop an Assessment for 1500hrs. with Anticipated Problems and an appropriate Treatment Plan.

At 1545, the Pt had calmed considerably. Another exam was conducted without new findings.

Pulse: 80, Resp.:16, Skin: normal, Pt was awake, calm, and oriented.

What additional assessment might be conducted at the time? How would you note it on a SOAP note.



QUESTIONS

1. Do you think the patient sustained a positive mechanism of spine injury?
2. Why did the care provider wait until 1545 before clearing the patient of a spine injury?

ASSESSMENT AND TREATMENT PLAN

A = Assessment (Problem List)	A' = Anticipated Problems	P = Treatment Plan
1500		
Unable to clear spine 2° ASR	swelling	stabilize
ASR	cont. ASR	reassurance
Abrasion to L post. hip	infection	clean and dress
1545		
Spine clear of significant injury		hike out
(see notes)		

NOTES

Spine clear of significant injury @1545 per spine assessment protocol. Pt awake, alert and calm w/o distracting injury. Spine non-tender on exam. No deficits noted in Motor/Sensory exam.

What Actually Happened Next ...

The only difficulty during the hike out stemmed from the fact that the Pt had horrible vision and had broken his glasses in the fall. Nonetheless, the Pt walked out to the trailhead by nightfall and was evaluated in the emergency dept. without findings.
