

15 – SLIP, STREAM BED

NEW HAMPSHIRE



THE STORY:

A group of college students were on a springtime hike along a trail in the White Mountains on a warm spring day. While crossing a small stream, a 19 y/o student slipped on wet, slippery rock and fell to the stream bed. He called his companions over stating that he had injured his ankle. His fellow hikers arrived to find their friend lying in the shallow stream bed and complained of pain in his left ankle. He denied hitting his head, neck, or back. On exam

at 1600hrs., the patient was awake and anxious. He was tender in his left ankle with decreased range of motion. There was no deformity, swelling, or bruising immediately evident. The patient's lower extremities and clothing were wet from the fall into the shallow stream. The patient was assisted to the shore and vitals were taken: Pulse: 96, Resp.: 20, Skin: pale, cool, clammy.

Put the appropriate information from the story above into the correct spaces provided in the SOAP note. Develop an Assessment for 1600hrs. with Anticipated Problems and an appropriate Treatment Plan. What assessment criteria might be most helpful to the rescuer in determining how best to treat this injury.

After a half an hour had passed, the Pt calmed down and was reassessed with a repeat exam revealing that the Pt could in fact move his ankle through its full range of motion although it remained “sore.” There was no point tenderness noted and the Pt was able

to flex and extend against resistance. Further weight bearing trials were attempted until it was determined that the Pt could bear his full weight without a pack when the ankle was wrapped with vet wrap.

Put the appropriate information from the story above into the correct spaces provided in the SOAP note. Develop an Assessment for 1630hrs. with Anticipated Problems and an appropriate Treatment Plan.

QUESTIONS

1. Which assessment criteria are most reliable and practical for determining the degree of musculoskeletal injury in these cases?
2. What treatment strategies might be useful for borderline musculoskeletal injuries (those that are not *obviously* stable or unstable)?

