



2018 OEC Refresher Cycle B workbook update – pages 26 and 27

Case Review 1 (modified)

You are on your usual Saturday mountain ski patrol. It is a sunny but cold day. Your rotation takes you to an intermediate rated slope when you come across a group of folks huddling over a skier.

Once you have made the scene safe, you then radio your location and the injury location to your patrol dispatch. At the scene is a 50+-year-old male lying on his right side strapped into his sit-ski. His friends are very concerned. Your general impression finds this patient in extreme discomfort. His host who was skiing with him tells you he is a disabled skier and this is rare for him to fall over. After the scene size up you identify him as a 54-year skier who describes to you that he lost his balance and flipped his sit-ski on top of himself as he slid. He stated he tried to stop sliding with his right arm and came to rest on his right side.

He is experiencing a “lot of anxiety” since he fell and states that he has been out all day with no breaks and this is the first mishap he has had. His anxiety is getting worse and he is developing a headache and blurred vision. His original chief complaint was pain to the right arm, which took the brunt of the fall, and is showing as “deformed”. It appears that the wrist is deformed and angulated. Exam will find a pulse. He is alert and oriented and is communicating appropriately with you. He describes the pain in his arm as an 8 out of 10. His headache and blurred vision set in quickly along with the anxiety once he fell. Your exam produces no other findings other than the possible fracture of the right arm.

You ask his friend who is the host for the day to assist you with removing his sit-ski as you focus your care on the fractured right arm and determining the cause of the blurred vision and headache.

1. What considerations should you have used during your primary and secondary assessment?
2. What communication skills make for a safe, consistent and effective exam?
3. How might it be best to manage his extreme anxiety, blurred vision and headache?
4. What concerns do you have about the equipment?
5. What might be the best way to have his host help you with the equipment?
6. Discuss your method of transportation for the patient and the equipment.
7. Could this patient be suffering from Autonomic Dysreflexia and what might be the causes?