

Rolled Ankle Review GREEN



Date: _____ Reviewed Staff: _____ Reviewers: _____

Situation: A student has hurt his/her ankle before and thinks he/she may have rolled it. The victim does not want University Police or EMS called and feels he/she will just to the doctor to get it checked out.

Victim: Lie on the ground gripping your ankle in pain, telling the responder you do not want the police and you know what's wrong.

Witness: Run to the office/intramural supervisor and explain your friend hurt their ankle badly.

Checklist - (Facilitator/victim will verbalize bold words in parenthesis)

If 3 (*) missed, staff automatically does not meet requirements

- ___ Grab the AED, first aid kit, radio and cellphone*
- ___ Check the scene (Facilitator: **scene is safe**)
- ___ Check the victim and ask "are you okay?" (Victim: "**My ankle hurts a lot**")
- ___ Ask the victim what happened? Where does it hurt? Do you hurt anywhere else? Has this ever happened before? Did you hear or feel anything?*
- ___ Tell victim you are first aid certified and want to help; obtain consent
- ___ Move victim to a comfortable position (sitting/lying down) while stabilizing injury
- ___ Radio other staff for bag of ice
- ___ Radio other staff and offer assistance of the transportation chair
(*If the ice and transportation chair are not prompted, facilitator will instruct them to do so*)
- ___ Apply ice to the injury
- ___ Stay with victim and try to keep calm until he/she feels like he/she is ready to leave. (Facilitator: **What would you do while monitoring the student?**)
 - ___ Watch for signs of shock (See symptoms listed below: must verbalize at least 3)
- ___ Fill out an accident report* (Facilitator: **What information should be included on the report?**) Explain what SAMPLE stands for
- ___ Explain transportation options and give pink transportation slip to victim*
 - ___ Make sure he/she leaves with University Police or a friend

(Victim: "**I am fine and I would like to leave**")

After victim departs:

- ___ Inform Pro Staff about the emergency, call Mo if after hours

<u>Location</u>	<u>Phone Number</u>	<u>Address</u>
REC	608-785-5225	1601 Badger St
Mitchell Hall	608-785-8696	1820 Pine St

Other

- Check for knowledge of building address and appropriate phone number
- Does staff member have CPR pocket mask clipped on?
- Keep in mind "RICE": Rest Immobilize Cold Elevate

Rec info: all staff members
MH info: only if staff member works there

Symptoms of shock: confusion, altered level of consciousness, pale/ashen appearance, cool/moist skin, rapid breathing, excessive thirst, nausea, and vomiting

Please write comments on back of sheet →

Met Requirements Did not meet requirements _____ (Facilitator: **Paige will contact you**)

Signature of Facilitator: _____ Signature of Reviewee: _____