

Rolled Ankle Review RED



Date: _____ Reviewed Staff: _____ Reviewers: _____

Situation: A student has rolled his/her ankle badly during an intramural badminton contest.

Victim: Roll back and forth on the ground holding your ankle in serious pain. Answer the questions you are asked but start to show signs of shock as the review progresses

Witness: Run to the information counter 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*

- ___ Grab the AED, first aid kit, radio and cell phone*
- ___ 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 (Victim: “**My ankle hurts when I move it**”)
- ___ Radio other staff for bag of ice
- ___ Radio other staff and offer assistance of the transportation chair
- ___ Apply ice to the injury (Victim: “**The ice makes my ankle hurt more**”, start to show signs of shock)
- ___ Direct someone to call 911 and University Police *
- ___ Ensure bystanders or other staff open doors and meet EMS
- ___ Assist person to a lying down position
- ___ Monitor signs of life until EMS arrive *

___ Fill out an accident report* (Facilitator: **What information should be included on the report?**) Explain what SAMPLE stands for

After EMS 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

Please write comments on back of sheet →

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

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

Signature of Facilitator: _____ Signature of Reviewee: _____