

Spinal Immobilization

Maine EMS Integrated Practical Exam for First Responder

Station #5 General Information

Objective

Demonstrate skills and knowledge pertaining to spinal immobilization. Students will be tested on manual immobilization of the cervical spine, application of a cervical collar, log roll and application of a final spinal immobilization device for a supine patient.

Equipment

- ✓ Station 5 score sheets (*Spinal Immobilization - Supine Patient*)
- ✓ 4 – Immobilization straps and buckles (9 foot each; “spider” or “quick clip straps” may be stocked in addition to the 4 straps).
- ✓ 3 – Hard cervical collars (S – M – L)
- ✓ 5 – Towels (regular size)
- ✓ 2 – Cotton bath blankets
- ✓ 1 – Heavy weight blanket
- ✓ 3 – Rolls 1 inch tape
- ✓ 6 – Rolls 3 or 4 inch stretch roller bandage
- ✓ 1 – Bandage shears
- ✓ 1 - Standard long spinal immobilization device
- ✓ 1 - Non re-breather O2 mask
- ✓ 1 - Stethoscope
- ✓ 1 - blood pressure cuff

Personnel

Practical Test Assistant meeting the training requirements for licensure at the First Responder level, or other appropriately trained people. Programmed patient.

Procedure

Programmed patient will be lying on the floor for this procedure. This is a two-student station. Each student will manually immobilize the patient’s spinal column in an in-line neutral position, preventing anterior / posterior and lateral movement. One student will correctly size and securely apply a cervical collar while maintaining in-line neutral position. The cervical collar will then be removed and the students will switch positions to provide for evaluation of each student by the Practical Test Assistant.

Students will move the patient onto a long spinal immobilization device, while maintaining continuous spinal stabilization and immobilization. Each candidate will secure one portion of the patient's torso to the device.

Each candidate is scored independently from the other.

Time

The time allowed for this station is 20 minutes. Start timing the students after all instructions and scenarios are explained and the students have indicated that they are ready to begin. Stop timing the station when the students indicate they have finished the skill. Do not count the time between each skill when you are explaining the next skill to perform or when explaining a new scenario.

Skill Sheet Completion

The Practical Test Assistant will complete the following NREMT skill sheets as part of this station:

- Spinal Immobilization – Supine Patient

To complete the skill sheet:

- Fill-in the "Start Time", "Stop Time", "Date", Student's Name " (i.e. the student's name) and "Evaluator's Name" (i.e. the Practical Test Assistant's Name)
- Fill-in the "Points Awarded" section of each skill task. If the student performs the task, award the point. If the student fails to complete the task, enter "0" in the "Points Awarded" box
- Make a note at the bottom or on the reverse side of the sheet indicating why the point was not awarded for each task that the student fails to perform. The note should include what the student did or did not do and why the point was not awarded
- Use the Critical Skills Section at the bottom of the skill sheet to note any missed critical skills. Each missed critical skill deducts 3 points from the "top" score.
- Total the numbers at the "top", then deduct (missed) critical skill points from the "top" number; this is the student's final score for the station.
- Circle the final score and sign your name at the bottom of the skill sheet.
- Return the skill sheet to the assignment area coordinator as directed by the IC.
- Send the student back to the assignment area coordinator

Reminders

- ✓ Don't teach or lead students.
- ✓ Do not ask additional knowledge questions.
- ✓ Students are generally nervous. Please attempt to create a relaxed atmosphere.
- ✓ Students who make and correct mistakes on their own should not be penalized for the (self-corrected) mistake.
- ✓ All tasks that the student failed to perform must have a specific explanation written on the bottom or reverse of the skill sheet on which the task appears.

- ✓ Do not discuss the skill station or outcome of the skill examination. Refer all questions regarding student performance or outcome of the skill examination to the Instructor Coordinator.
- ✓ There are many ways to complete spinal skills, please keep in mind that general principles are being tested.

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Station #5 Examiner Instructions

Introduction

1. Introduce yourself to the students.
2. Write the candidate's name on the exam skill sheet.

Procedure:

1. Read the following to the students:

"This is the spinal immobilization station. Working as partners you will be expected to immobilize a patient and secure him/her onto a long spine board. Each of you will be scored independently and I will be asking you to switch roles during the procedure. I will be observing you so it is unnecessary to explain to me what you are doing."

You will have 20 minutes to complete this station. When you are ready to begin, please tell me and I will indicate that the exam has started and I will begin timing you. When you complete each skill, tell me that you are finished. I will notify you when you have no other skills to perform at this station. At that time, I will complete your skill sheet and return it to you. You'll then return it to the Assignment Area Coordinator."

(Note for Examiners: If the student does not tell you that he or she is finished performing a skill, after a reasonable time ask the student "Have you finished performing the skill". Do not ask such questions as "Is there anything else you'd like to do" or "Are you sure you've completed all of the tasks?" Once the student indicates that he or she has completed the skill, move onto the next skill or, if the student has had the opportunity to perform all of the required skills, inform the student that the skill station has concluded, total and circle the total points awarded on the skill sheet, sign the skill sheet and give it to the student, instructing him or her to return the skill sheet immediately to the Assignment Area Coordinator.)

Observe the student's performance carefully. Do not ask other spinal questions.

For each skill area, award point the corresponding point if the skill was completed. If you place a "0" in any skill area, please provide a specific written explanation at the bottom of the sheet.

Completing the Exam Process

1. Fill-in the "Start Time", "Stop Time", "Date", Student's Name " (i.e. the student's name) and "Evaluator's Name" (i.e. the Practical Test Assistant's Name)
2. Fill-in the "Points Awarded" section of each skill task. If the student performs the task, award the point. If the student fails to complete the task, enter "0" in the "Points Awarded" box
3. Make a note at the bottom or on the reverse side of the sheet indicating why the point was not awarded for each task that the student fails to perform. The note should include what the student did or did not do and why the point was not awarded

4. Use the Critical Skills Section at the bottom of the skill sheet to note any missed critical skills. Each missed critical skill deducts 3 points from the “top” score.
5. Total the numbers at the “top”, then deduct (missed) critical skill points from the “top” number; this is the student’s final score for the station.
6. Circle the final score and sign your name at the bottom of the skill sheet.
7. Return the skill sheet to the assignment area coordinator as directed by the IC.
8. Send the student back to the assignment area coordinator