Proficiency 5

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* Ask patient “What is your chief complaint?”
* Take vital signs necessary
  + Blood pressure, Temperature, Pulse, Respiration rate.
  + Consider looking in ears or mouth
* Ask relevant questions to get more in depth, specific answers.
  + i.e. What is making you feel sick?
  + Is pain confined to this area?
  + How long have you been feeling like this?
  + Have you been around any other sick people? What did they have?
  + Does this feel like anything you’ve had before?
  + Any vomit or diarrhea?
* Observe patient’s general appearance.
  + Do they look pale? Dizzy?
  + What is the shape/appearance of the area of skin described?
  + Any deformities or asymmetry?
* When necessary (i.e. GI condition) palpate appropriate area.
  + Begin superficial, slowly move more deep.
  + Listen for abnormal sounds in the area.
* COVER YOUR BASES
  + i.e Spinal meningitis – 99.99% the fever, headache, and neck is probably still just a cold. Get them checked anyway.
  + Schedule them to see the team doctor/primary care physician for diagnosis and necessary prescription, as well as any necessary referral to specialist.
* Medications
  + Give appropriate OTC/prescription drugs and dosage for symptoms.
* Finally, always check up with athlete and see how they are feeling.