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.