BOKSMART SERIES 9/11 HEAD, NECK & SPINE PAGE 1 OF 3



HEAD, NECKS SPINE INJURY IDENTIFICATION AND MANAGEMENT

YEARLONG NECK PREVENTION SAFE & EFFECTIVE STRENGTHENING PREVENTION SAFE & EFFECTIVE

TRADITIONAL SIGNS AND SYMPTOMS OF A POTENTIAL SPINAL CORD INJURY:

- · A visible deformity or change in shape of the player's spine
- · The player may experience severe pain at the site of injury
- · The player is unable to move their arms or legs
- They are unable to feel anything in their arms or legs
- · Pins and needles in the arms or legs is common
- · There might or might not be swelling visible in the injured area
- The player breathes using their stomach only, and not using their chest
- In males, they could also experience priapism or have an erection
- They have an abnormally low heart rate for someone who has been exerting themselves on the rugby field



ADDITIONAL CUES RECEIVED THAT MIGHT ASSIST IN CONFIRMING A SUSPECTED SPINAL CORD INJURY:

- Sudden inability to move
- Felt a 'buzzing' sensation
- · Heard something like gunshots in the head
- · Felt like a tree branch bending then breaking
- · Started feeling numb from feet and finger tips
- Confused and frequently trying to get up or asking others to help them up
- · Immediate loss of feeling and struggling to breathe
- Wanted to stand up, but could not understand why they couldn't
- · Had no pain, but could not move
- Could not see or smell anything; sensory shutdown
- · Unable to hear or talk
- Severe pain and feeling like 'on fire'; an intense burning sensation, or feeling incredibly 'hot'
- · Feeling like legs were floating in the air

SIGNS AND SYMPTOMS + MECHANISM OF INJURY - GREATER POTENTIAL FOR GETTING IT RIGHT!

THE QUICKER YOU ACT, THE BETTER THE OUTCOME!

WATCH THE GAME!

DON'T SIMPLY MOVE OR ROLL THE PLAYER OVER!

IS THERE A PROBLEM?

YES

Stop the game and manage Full spinal precautions on-field Activate your Emergency Action Plan (EAP) NO

Carry on, assess and clear or remove the player

KEEP THEM ON THE FIELD, BY PUTTING IN THE HARD WORK, OFF IT!







TREATMENT FLOW DIAGRAM

FOR SUITABLY TRAINED MEDICAL SUPPORT PERSONNEL

HAZARDS

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PLAYER RESPONSIVE & BREATHING NORMALLY **HELLO**

PLAYER UNRESPONSIVE

AND NOT BREATHING, NOT BREATHING NORMALLY OR GASPING

HELP

CALL BOKSMART SPINELINE, ADDITIONAL FIELDSIDE MEDICS, AND FOR AN **AED** IF AVAILABLE

HELP CALL FOR FIELDSIDE MEDICS

SECONDARY SURVEY

CALL BOKSMART SPINELINE IF REQUIRED

RENDER APPROPRIATE TREATMENT PLAYER FACE UP (SUPINE)

LIFE-THREATENING SITUATION PLAYER FACE DOWN (PRONE)

LIFE-THREATENING SITUATION

NO MEDICAL SUPPORT

ROLL PLAYER OVER (HAINES TECHNIQUES) **MEDICAL SUPPORT**

ROLL PLAYER OVER (LOG-ROLL, PUSH TECHNIQUE)

PERFORM 30 CHEST COMPRESSIONS

Push hard and fast at a rate of at least 100-120 compressions per minute, 5-6 cm depth

OPEN THE AIRWAY

CHIN-LIFT / JAW-THRUST

CPR MASK/MOUTHPIECE

Rescuer able to provide ventilations and willing

CPR MASK/MOUTHPIECE

Rescuer unable to provide ventilations or unwilling

GIVE 2 RESCUE BREATHS

No longer than 10 seconds duration

HANDS-ONLY CPR

Chest compressions only at a rate of at least 100-120 compressions per minute

CHEST RISE - YES

RE-ATTEMPT TO OPEN THE AIRWAY

CHEST RISE - NO

HEAD-TILT-CHIN-LIFT

Try to reposition the airway, don't delay compressions. Minimise interruptions in compressions to less than 10 seconds!

CHECK FOR AND CLEAR ANY OBSTRUCTIONS

GIVE 2 RESCUE BREATHS

No longer than 10 seconds duration

BOKSMART SPINELINE 0800 678 678

OPERATED BY



CONTINUE CPR (30:2) UNTIL:

Help arrives, an AED is applied
(automated external
defibrillator),
the player becomes
responsive, or it becomes
unsafe to continue







TREATMENT FLOW DIAGRAM FOR NON-MEDICAL, UNTRAINED, LAY RESCUERS

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HAZARDS

PLAYER RESPONSIVE & BREATHING NORMALLY **HELLO**

PLAYER UNRESPONSIVE

AND NOT BREATHING, NOT BREATHING NORMALLY OR GASPING

HELP CALL FOR FIELDSIDE MEDICS

SECONDARY SURVEY

CALL BOKSMART SPINELINE IF REQUIRED

RENDER APPROPRIATE TREATMENT

HELP

CALL BOKSMART SPINELINE, ADDITIONAL FIELDSIDE MEDICS, AND FOR AN **AED** IF AVAILABLE

PLAYER FACE UP (SUPINE)

LIFE-THREATENING SITUATION

PLAYER FACE DOWN (PRONE)

LIFE-THREATENING SITUATION

NO MEDICAL SUPPORT

ROLL PLAYER OVER (HAINES TECHNIQUES)

HANDS-ONLY CPR

Push hard and fast at a rate of at least 100-120 compressions per minute, 5-6 cm depth

CONTINUE COMPRESSIONS UNTIL:

Help arrives, an AED is applied (automated external defibrillator), the player becomes responsive, or it becomes unsafe to continue

BOKSMART SPINELINE 0800 678 678







