

SINGLE SKILL STATION

Immobilization Skills

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Objective

Demonstrate proper manual stabilization of the head and neck.

Reference

PHTLS: Prehospital Trauma Life Support, 9th ed.

Evaluation

The instructor will verify the accuracy of the participant's ability to properly apply and maintain manual stabilization of the head and neck on a manikin or volunteer patient by observing the participant's procedures and technique.

Equipment

- Volunteer patient or manikin
- Cervical collars—multiple sizes
- Standard precautions equipment

NOTE: A cervical collar is an adjunct device that is one step in a multiple-step process to provide spinal immobilization. The cervical collar by itself does not provide complete spinal immobilization.

Instructor Guidelines

1. Ensure each student has all required materials.
2. Read the objective and evaluation statement to student.

Performance Steps

Manual Stabilization of the Head and Neck

1. The first provider applies and maintains manual stabilization of the patient's head and neck in a neutral in-line position until the patient has been appropriately managed.

2. The second provider utilizes his or her fingers to measure the distance between the patient's lower jaw and shoulder.
3. The second provider keeps his or her fingers parallel to the patient's jaw.
4. The second provider selects a cervical collar that matches the patient's measurements or adjusts a sizable collar to fit the measurement and locks the collar into position.
5. The second provider follows the manufacturer's recommendations for adjusting a sizable collar.
6. While the first provider continues to provide manual in-line stabilization, the second provider positions the correctly sized cervical collar around the patient's neck and secures it in place.
7. The first provider maintains manual stabilization of the patient's head and neck until the patient's head has been appropriately positioned for movement to or transport on the ambulance stretcher.

Critical Criteria

1. Failure to correctly place the cervical collar.
2. Failure to maintain inline stabilization of the patient's head and neck.
3. Performed procedure in a manner that was dangerous to the patient.