

Focused Spine Assessment (Wilderness Medicine)

- Scene Size-Up & Safety
- BSI (Body Substance Isolation)
- MOI ? (Mechanism of Injury)
- If suspected spinal injury - Stabilize Neck
- If patient is on their stomach - Roll over while stabilizing neck
- Ask Name (their talking verifies breathing and viable airway)
- Ask What Happened (their talking verifies breathing and viable airway)
- Check: Airway, Breathing, Mouth (any mouth or tooth injuries)
- Check Body for Bleeding - Hand scan body under clothing
- Check for any Medical I.D. Jewelry
- Check Ears (any CSF? / any Bruising, Battle Signs)
- Check Pupils - Round, Equal, Evenly Constrict & Dilate
- Check Neck, Shoulders, Torso
- Check Stomach - Gently press on each of the 4 quadrants
- Check Legs - Press legs on sides

Signs/Symptoms of a spine injury (observe and ask patient about):

- Pain, tenderness or obvious injury along the spine
- Numbness, tingling, unusual hot or cold sensations
- Weakness or paralysis
- Respiratory difficulty
- Signs & Symptoms of shock

If no to the above, start a focused spine assessment.

- A&O x3 or 4 (Alert and oriented to)
 - i. Person
 - ii. Place
 - iii. Time
 - iv. Events
- Patient must be reliable, sober, not on any drugs, alcohol or meds that might impair judgement
- Patient not distracted by pain in other areas of the body

Continued

- CSM (Circulation, Sensation, Movement) Normal in all 4 extremities:
 - Hands - Wiggle fingers, which finger am I touching?
 - Hands - Have them squeeze your hands
 - Hands - Warm, Pink digits. Good radial pulse
 - Hands - No Numbness, tingling or unusual sensations
 - Have them bend their knees
 - Feet - Wiggle toes, which toe am I touching?
 - Feet - Gas on/off against your hands
 - Feet - Warm, pink toes. Good pedal pulse
 - Feet - No Numbness, tingling or unusual sensations
- Spine Check (if hands and feet exam is normal)
 - Roll patient on side (keep head aligned) (person at head calls the roll)
 - Palpate along entire spine for pain and tenderness pushing on each vertebrae
- Take SAMPE History (Signs & Symptoms / Allergies / Medications / Pertinent Medical History / Events leading up to incident)

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