**Altered Mental Status: Hypoglycemia**

**Presentation: Sitting in a chair, holding head, looking anxious. Slow, slurred speech and movements**

**Chief Complaint:** My car is stuck, I need to go home!

**Symptoms:** I don’t feel well. I think I need to leave now.

**O**nset: um, Just now.

**P**rovokes: I don’t know?

**P**alliates: I don't know?

**Q**uality: I am really tired and hungry.

**R**adiation: My whole body is weak.

**S**everity: It’s bad.

**T**rending: I don’t know, I was ok this morning.

**Allergies:** Some yes, Not sure right now.

**Medication:** No, I don’t like to take drugs.

**Past Medical & Mental Health History:** I am kind of freaking out here, can I just go now?

**Last Intake & Output:** I ate some granola and yogurt this morning. I peed and pooped this morning.

**Events:** I made some runs this morning, my friends ditched me! I forgot my lunch at home, it’s on the bench by the door. I need to go home, I don't feel good. I think my sugar is low. I have not checked it today, the app on my phone messed up. It keeps beeping and says 45, that can’t be right!

**What do you think is wrong with me?**

**\*Confusion from low blood sugar\***

**If they got it right, give’em a high-five!**

**Now STAND UP and discuss the situation.** What additional assessments and treatments would you recommend for this patient?

Would you call an ambulance?

What else could it be:

Trauma (head injury), Temperature related (too hot or cold?) Recreational drugs....? If this were the case, what other signs/symptoms might you see?

**Scenario 1**

**Ski Patrol Situation**

**You are responding to a report of a minor car crash in the parking lot. When you arrive, you see an adolescent person sitting in the driver’s seat of a small pickup. They are awake and talking. By-standers state the person ran into a large steel tower and then tried to drive away. There is noticeable damage to the vehicle.**

**VS: A&Ox3, Confused?**

**Skin: cool, pink, & dry**

**Radial pulse: 96, strong/regular**

**Resp: 24, easy/shallow**

**Oxygen sat. 94%**

**Scenario 1**

**Altitude Related Illness**

**Presentation: Sitting on the floor, touching head, focused on breathing. (Texan drawal for the bonus!)**

**Chief Complaint:** I can’t (breath) catch my breath (breathlessly)!

**Symptoms:** I don’t feel well. I have a wicked headache. I think I almost passed out.

**O**nset: This morning.

**P**rovokes: I don’t know?

**P**alliates: I don't know?

**Q**uality: I am really tired and can’t seem to get enough air.

**R**adiation: My whole body is weak.

**S**everity: It’s bad.

**T**rending: It’s getting worse, I need to go back to my room.

**Allergies:** Penicillin.

**Medication:** Lisinopril - it’s for blood pressure.

**Past Medical & Mental Health History:** Only some mild high blood pressure. I have not been sick since Covid last year. No mental health problems that I know of but my kids would not agree!

**Last Intake & Output:** I ate dinner last night at the restaurant and had a few drinks. Nothing since then cuz I’m nauseated. Peeing and pooping fine.

**Events:** I am not a skier. My family is up here on holiday. We are from Houston. We arrived yesterday. I did not sleep well and was nauseated with a headache this morning. I thought I would meet them here for lunch but I am feeling worse. I need some fresh air!

**What do you think is wrong with me?**

**\*Acute Mountain Sickness\***

**If they got it right, give’em a high-five! (if they need a hint: Elevation of Houston is whopping 79’)**

**Now STAND UP and discuss the situation.** Discuss what additional assessments and treatments you would recommend for this patient. Would you call an ambulance? What else could it be:

Cardiac? Flu-like illness? Food related or toxic exposure (carbon monoxide)? If this were the case, what other signs/symptoms might you see?

**Scenario 2**

**Ski Patrol Situation**

**You respond to the lodge for a guest who fell in the dining room.**

**As you enter the room you see an adult sitting on the floor. They are awake. There is a small amount of blood near their right eye. By-standers report the person stood up and then fell forward into a table.**

**VS: A&Ox3**

**Skin: pale, dusky lips, warm, & dry**

**Radial pulse: 106, strong/regular**

**Resp: 24, focused/shallow**

**Oxygen sat. 81%**

**Scenario 2**

**Hyperglycemia - New Onset Diabetes**

**Presentation: vomiting, abdominal pain, weakness.**

**Chief Complaint:** I am so sorry! I couldn't make it outside. I don’t know why I am so sick!

**Symptoms:** I don’t feel well. I have a wicked headache, abdominal pain, nausea, weakness. Maybe I have the flu but no fever, no cough…I don't know what this is but something is kicking my butt!

**O**nset: About a week now.

**P**rovokes: I don’t know?

**P**alliates: Nothing helps.

**Q**uality: I am really tired and can’t seem to get enough to drink.

**R**adiation: My whole body is weak.

**S**everity: That is hard to say, mabe a 7 on the miserableness scale?

**T**rending: Seems like I am getting worse every day.

**Allergies:** Dairy products.

**Medication:** None that I know of.

**Past Medical & Mental Health History:** I am usually healthy. I have 20 days on the slope this year already! I see a therapist for some relationship stuff but no real mental health issues.

**Last Intake & Output:** I have not been eating much lately because of the nausea. I am super dehydrated, thirsty all the time. Peeing like a horse recently. Have not pooped in a couple days.

**Events:** I took work off yesterday because I was so sick! I have not had a good night’s rest for days. Today I signed up for 3 patrol shifts in a row thinking I could just hang out. Just sitting here, I feel like I am panting. Honestly - I don’t know if I could run a toboggan right now. I'm so weak.

**What do you think is wrong with me?**

**If the rescuer asks about checking this person's blood sugar, it’s 490.**

**\*New onset diabetes - High Blood sugar\***

**If they got it right, give’em a high-five!**

**Now STAND UP and discuss the situation.** What additional assessments and treatments would you recommend for this patient? Would you call an ambulance? What else could it be: Covid or other Flu-like illness? Food related or toxic exposure (carbon monoxide)? Dehydration? Stress? If this were the case, what other signs/symptoms might you see?

**Scenario 3**

**Ski Patrol Situation**

**It’s your turn to staff the “top shack” (a small patrol hut near the top of the mountain staffed in 1 hour shifts throughout the day). You enter the building and find one of your patrollers vomiting into the trash can.**

**VS: A&Ox4**

**Skin: slightly pale, warm, & dry**

**Radial pulse: 96, strong/regular**

**Resp: 24, easy/deep**

**Oxygen sat. 97%**

**Scenario 3**

**Gastrointestinal Bleeding**

**Presentation: laying down, too dizzy to sit up.**

**Chief Complaint:** Feeling very weak, abdominal pain & cramping (rubbing stomach). I am so weak I can’t ski!

**Signs:** Skin is pale, diaphoretic.

**Symptoms:** Weakness. I feel like I might pass out! Abdominal pain & cramping.

**O**nset: Started with mild abdominal pain 2 days ago.

**P**rovokes/**P**alliates: If I lay down, I feel a bit better.

**Q**uality: Just feel weak.

**R**adiation: Not really, mainly my belly.

**S**everity: 6/10

**T**rending: Worse now than it has been.

**Allergies:** Black licorice and Neosporin. Haven’t been exposed as far as I know.

**Medication:** Ibuprofen 800mg, 3-4 times a day for the past 2 weeks.

**Past Medical & Mental Health History:** Tendonitis in both elbows. Taking Ibuprofen to clear it up. Just starting to get better. (Move elbows to show they are better)

**Last Intake & Output:** Eating and drinking no problem, up until a couple days ago - nausea and belly pain worse today. Peeing fine. Pooping often. Smells

bad & looks black.

**Events:** I didn’t do anything. Thought some skiing would do me good. Feeling super weak and dizzy, like I might pass out, so I laid down.

**What do you think is wrong with me!?**

Tell them you have **“Gastrointestinal Bleeding”** from too much NSAIDS (Ibuprofen).

**If they got it right, give’em a high-five!**

**Now STAND UP and discuss the situation.** What additional assessments and treatments would you recommend for this patient? Would you call an ambulance? Are they in shock? What else could it be: Gastroenteritis - food related or toxic exposure? Dehydration? Stress? If this were the case, what other signs/symptoms might you see?

Scenario 4

**Ski Patrol Situation**

**Skiing on a crowded blue groomer. You encounter a guest sitting on the side of the run. As you approach, you notice they look pale and have a worried look on their face.**

**VS: A&Ox4, anxious**

**Skin: pale, cool, sweaty**

**Radial pulse: 120 rapid/weak**

**Resp: 20, easy/quiet**

**Oxygen sat. 94%**

**Scenario 4**

**Ski Patrol Situation**

**You respond to an injury on a black diamond mogul run, close to where you are patrolling. When you arrive, you see several by-standers gathered around an early- teens pediatric patient. They are sitting complaining of severe abdominal pain. They look pale and frightened. You realize you know this kid as a “regular” who is always pushing the envelope.**

**VS: A&Ox4, anxious**

**Skin: pale, cool, sweaty**

**Radial pulse: 128 rapid/weak**

**Resp: 32, shallow & quiet**

**Oxygen sat. 96%**

**Scenario 5**

**Ruptured Spleen: Intra-abdominal Bleeding**

**Presentation: sitting, leaning forward, guarding left abdomen.**

**Chief Complaint:** My belly hurts - mostly right in here (point to your Left Upper Quadrant)!

**Signs:** Skin is pale, diaphoretic.

**Symptoms:** My belly hurts and I’m scared something is wrong.

**O**nset: About 10 min ago.

**P**rovokes/**P**alliates: I don’t know.

**Q**uality: Like something kicked me.

**R**adiation: Not really, mainly my belly. (Rub your left side)

**S**everity: 6/10

**T**rending: It’s not getting better.

**Allergies:** Oranges, limes, and some jelly beans.

**Medication:** Adderall for ADHD

**Past Medical & Mental Health History:** I have ADHD. I broke my arm playing baseball last summer - it’s fine now.

**Last Intake & Output:** I had a burrito and some french fries for lunch. A RedBull and some pot a bit ago. I peed at lunch. Pooped yesterday.

**Events:** Caught a ski edge and I fell into my ski pole. It knocked the wind out of me. **I’m getting too dizzy to sit, I need to lay down now.**

**What do you think is wrong with me!?**

**\*Abdominal Trauma: Ruptured spleen with internal bleeding\***

**If they got it right, give’em a high-five!**

**Now STAND UP and discuss the situation.** What additional assessments and treatments would you recommend for this patient? Would you call an ambulance? Are they in shock? What else could it be: Rib injury? Lung injury? Liver injury? If this were the case, what other signs/symptoms might you see?

**Scenario 5**

**Ski Patrol Situation**

**You respond to an incident on a sidecountry run just out of bounds. There is no good toboggan route in or out of this spot. When you arrive, you see a couple people holding a person down who is trying to stand up. They report they do not know this person, they just passed him on a skin track and he was like this.**

**VS: Awake, slurred speech**

**Skin: pale, cool, sweaty**

**Radial pulse: 128 rapid/weak/irregular**

**Resp: 32, irregular, alternating shallow & deep,**

**Oxygen sat: not reading on cold fingers**

**Scenario 6**

**Stroke**

**Presentation: Act this out: NON-VERBAL looking to the left, trying unsuccessfully to stand. NOT USING Right arm or Right leg.**

**Now: put the hat on to say “I’m now the bystander” Patient remains as presented above.**

**Chief Complaint:** Not sure what’s up- he/she is super anxious. I don't’ know him/her. I think his/her head hurts

**Symptoms:**

**O**nset: “I passed him/her about 25 min ago”

**P**rovokes/**P**alliates: No answer

**Q**uality: Pressure - No answer

**R**adiation: No answer.

**S**everity: No answer.

**T**rending: I think he/she is getting worse.They were talking some before and not now.

**Allergies:** No answer.

**Medication:** No answer.

**Past Medical & Mental Health History:** No answer.

**Last Intake & Output:** No answer.

**Events:** I passed him/her on the skin track. He/she was going really slow and dragging their right pole. When I stopped, he/she sort of sat/slumped down and now it seems like he/she can’t stand.”

**What do you think is wrong with him/her!?**

**\*Stroke\***

**If they got it right, give’em a high-five!**

**Now STAND UP and discuss the situation.** What additional assessments and treatments would you recommend for this patient? Would you call an air rescue? If so, what do you need to know before calling them? What else could it be: Head trauma? Recreational drug related? Altitude? If this were the case, what other signs/symptoms might you see?

**enario 6**

**Anxiety - Acute Stress Responce (Panic Attack)**

**Presentation: sitting upright, looking anxious, breathing and talking fast!**

**Chief Complaint:** You need to call an ambulance and get me off of here! My airway is closing and I can't breathe!

**Symptoms:** Short of breath, chest pain, cramping in my hands. (rub your chest)

**O**nset: 20 minutes ago.

**P**rovokes/Palliates: Nothing!

**Q**uality: Terrifying!

**R**adiation: It’s everywhere! I need an ambulance!

**S**everity: 8/10

**T**rending: Getting worse. Feel like I am going into “analeptic” shock!

**Allergies:** Clams, shrimp, and other things that swim. I get a rash and I almost died a couple of times.

**Medication:** I have an Epi pen. But I dropped it off the lift. Had to talk my doctor into prescribing it for me. I also take Celexa and sometimes Valium. I need to get off of here

**Past Medical & Mental Health History:** I have life-threatening problems with

allergies. I am really sensitive. Last time in the ER, the PA was super rude. Told me it was acute stress, not an allergic reaction. She just told me to increase my dose of Valium- what an idiot!

**Last Intake & Output:** That is not a concern right now! My hands are cramping (look at hands with fingers curled up) and you can see I can't breathe!

**Events:** I was in the lodge. A guy was smoking and eating some nasty dried fish. I just got a soda, but I think I was exposed to the fish! I could smell it! I think I should use my epi pen. This minimum wage lifty wont let me ride back down, it’s too icy, someone is going to get hurt.

**What do you think is wrong with me!?**

Tell them you are having an \***ACUTE STRESS RESPONSE\* or Panic Attack**

**If they get it right- give them a high five!**

**Now STAND UP and discuss the situation.** What additional assessments and treatments would you recommend for this patient? Give Epi? Why or why not ? Would you call an ambulance? What else could it be: Anaphylaxis? Recreational drugs? If this were the case, what other signs/symptoms might you see?

**Scenario 7**

**Ski Patrol Situation:**

**You get a call to the top of the triple by the Lifty who has a problem with a guest. When you get off the chair you see a person sitting in the control room doorway. They are talking fast and look irritated, anxious, and frightened.**

**VS: A&Ox4**

**Skin: face flushed, warm, & sweaty**

**Radial pulse: 88, strong/regular**

**Resp: 30, rapid/shallow**

**Oxygen sat. 97%**

**Scenario 7**

**Cardiac Related: Angina vs Acute Myocardial Infarction**

**Presentation: sitting upright, breathing deeply, looking anxious.**

**Chief Complaint:** I got a little light headed, I just need to rest.

**Symptoms:** Short of breath, chest pressure.

**O**nset: 5 minutes ago.

**P**rovokes/Palliates: I am feeling a little better.

**Q**uality: Pressure, heaviness (rub chest).

**R**adiation: Center of my chest. Maybe my arm or back. Not sure.

**S**everity: 7/10

**T**rending: Starting to ease up a bit.

**Allergies:** None

**Medication:** I have a prescription for nitroglycerine. I never use it.

**Past Medical & Mental Health History:** I have an issue with my heart. Just some blockages that my doctor is keeping an eye on. He gave me the nitro for episodes of Angina. I have not had any issues in over a year. I see my psychiatrist every year for a checkup - no issues.

**Last Intake & Output:** I had a green smoothie and a protein drink for breakfast, nothing since. I’m a little nauseated right now. Peeing and pooping fine.

**Events:** I was feeling a little tired so I tried to take a nap in the car. I wanted to see the grand kids ski some more so I was headed back to the lodge. I got light headed while going up the stairs. My chest also started feeling heavy so I sat down.

**What do you think is wrong with me!?**

**\*Cardiac Related chest Pain - Angina vs Acute Myocardial Infarction\***

**If they get it right- give them a high five!**

**Now STAND UP and discuss the situation.** What additional assessments and treatments would you recommend for this patient? Would you give them any medications? Would you call an ambulance? What else could it be: Anxiety? Altitude? Sleep deprivation? If this were the case, what other signs/symptoms might you see?

**Senario 8**

**Ski Patrol Situation**

**You are responding to a guest who has collapsed just outside the rental shop. You arrive to see a person sitting at the top of the stairs. They are awake but looking anxious.**

**VS: A&Ox4**

**Skin: pale, sweaty**

**Radial pulse: 88, strong/regular**

**Resp: 24 labored**

**Oxygen sat. 95%**

**Scenario 8**

**Gastroenteritis: Probable Food Poisoning**

**Presentation: On hands and knees, vomiting**

**Chief Complaint:** I’m sicker than a dog!

**Symptoms:** Abdominal cramping, nausea

**O**nset: About 1 hour ago.

**P**rovokes/Palliates: Feeling a little better.

**Q**uality: I have not vomited for years! This isn’t fun.

**R**adiation: Just my belly.

**S**everity: 5/10

**T**rending: The nausea has been building up all day and turned to actual vomiting about an hour ago.

**Allergies:** Cephalosporins- a type of antibiotic.

**Medication:** None

**Past Medical & Mental Health History:** I had an elbow dislocation a year ago playing rugby. Had surgery to get it fixed. Then I got MRSA and was in the hospital for 3 weeks. (think I'm gonna vomit again- turn and pretend to vomit.)

**Last Intake & Output:** I had a chicken sandwich from Fred Meyers this morning and 2 Redbulls. I tried eating a few french fries but that’s it. Peeing and pooping fine.

**Events:** I got into town late. Picked up some groceries. I Watched a movie at the AirB&B and everything was fine. This morning I got up early, stopped to get some gas, then got my lift ticket. Everything seemed fine, then I started getting nauseated and my belly started cramping. Now I am puking - feeling like an idiot!

**What do you think is wrong with me!?**

**\*Gastroenteritis - Probable Food Poisoning\***

**If they get it right- give them a high five!**

**Now STAND UP and discuss the situation.** What additional assessments and treatments would you recommend for this patient? Would you call an ambulance? What else could it be: Flu-like illness? Allergic reaction? Anxiety? If this were the case, what other signs/symptoms might you see?

**Scenario 9**

**Ski Patrol Situation:**

**You are ripping down some soft snow alongside your favorite groomer when you see a guest vomiting by the fence.**

**VS: A&Ox4**

**Skin: pale, sweaty**

**Radial pulse: 100, strong/regular**

**Resp: 24, rapid/shallow**

**Oxygen sat. 95%**

**Scenario 9**

**Ski Patrol Situation**

**You cut between the main ski runs through some trees and almost crash into a guest who is pulling up their snow pants (apparently they were pooping). They look embarrassed and distressed.**

**VS: A&Ox4**

**Skin: pale, sweaty, red dots on their neck**

**Radial pulse: 80, strong/regular**

**Resp: 20, even and easy**

**Oxygen sat. 94%**

**Scenario 10**

**Allergic Reaction - Possible Food Allergy**

**Presentation: Vomiting/Diarrhea**

**Chief Complaint:** I’m sorry - I had to go, I am super sick!

**Symptoms:** Abdominal cramping, nausea, diarrhea, itchy skin

**O**nset: 30 min ago.

**P**rovokes/Palliates: Nothing.

**Q**uality: My insides are coming out!

**R**adiation: Everywhere!

**S**everity: 7/10

**T**rending: It’s getting worse.

**Allergies:** Mushrooms

**Medication:** Focalin - for ADD

**Past Medical & Mental Health History:** I have Chronic Lymphocytic Leukemia, it's not as bad as it sounds, mostly I just have high white blood cell counts and low immunity. I had Covid but I’m over that.

**Last Intake & Output:** I had a pizza and a Coke for lunch. Had two water bottles so far today so I am well hydrated. I am peeing clear. Pooped yesterday and all was fine but now I have diarrhea at the same time as I am puking - ever tried that? It’s NOT fun!

**Events:** I was having a great day until right after lunch. I split an Hawaiian Pizza calzone with my daughter (she is with her friends now). Right after that I started getting abdominal cramping, then the vomiting and diarrhea started. I have red welts on my legs. I am miserable!

**What do you think is wrong with me!? (hint: there were mushrooms in the pizza bomb)**

**\*Allergic Reaction - Possible Food Allergy \***

**If they get it right- give them a high five!**

**Now STAND UP and discuss the situation.**  What additional assessments and treatments would you recommend for this patient? Would you call an ambulance? What else could it be: Food Poisoning? Flu-like illness? Anaphylaxis? If this were the case, what other signs/symptoms might you see?

**Scenario 10**

**Ski Patrol Situation**

**You are packing up gear having spent a second night in your snow shelters to complete the MTR (Mountain Travel and Rescue Certification). One of the participants, who was really slow yesterday, is sitting on their pack, not looking well. You decide to go talk to them.**

**VS: A&Ox3**

**Skin: pink, warm, dry**

**Radial pulse: 68, strong/regular**

**Resp: 18, even & easy**

**Oxygen sat. 95%**

**Scenario 11**

**Carbon Monoxide Posioning**

**Presentation: Confused, headache**

**Chief Complaint:** I have a wicked headache and I can't find my belay device. You go on without me.

**Symptoms:** Headache, weakness, confusion

**O**nset: Woke up like this.

**P**rovokes/Palliates: Nothing.

**Q**uality: My whole body is weak.

**R**adiation: Not really.

**S**everity: 7/10

**T**rending: I don’t know.

**Allergies:** Um, some kind of antibiotic.

**Medication:** None.

**Past Medical & Mental Health History:** Just normal coughs and colds once in a while.

**Last Intake & Output:** I had dinner with you guys last night. Nothing yet today. Peed I think in the night as I somehow got snow in my sleeping bag.

**Events:** I am getting ready for the rope thing we are doing today....wait, did we do that yesterday? I thought I dreamed it. I’m not 100% here, this headache is kicking my butt. It was super cold last night, so I had to heat up a water bottle in the night. My stove kept going out. It’s so tight in there - not really great for cooking.

**What do you think is wrong with me!? (hint- yes, you were sleeping in your own snow shelter, alone)**

**\*Carbon Monoxide Poisoning\***

**If they get it right- give them a high five!**

**Now STAND UP and discuss the situation.** What additional assessments and treatments would you recommend for this patient? Would you call an ambulance? What else could it be: Dehydration? Sleep deprivation? Altitude? Hypothermia? If this were the case, what other signs/symptoms might you see?

**Scenario 11**

**Ski Patrol Situation**

**You are standing in the patrol entrance to the chair when a guest asks you to look at their friend who is “not acting right.” The friend is trying to put on their ski which is facing backwards. You notice their goggles, that are hanging off their helmet, have no lens.**

**VS: A&Ox3**

**Skin: pink, warm, dry**

**Radial pulse: 68, strong/regular**

**Resp: 20, even & easy**

**Oxygen sat. 95%**

**Scenario 12**

**Concussion: Closed Head Injury, Intracranial Bleeding**

**Presentation: Confused, headache**

**Chief Complaint:** Everything is good.

**Symptoms:** Just a headache.

**O**nset: I don’t know, not too long.

**P**rovokes/Palliates: What? Not sure- just a headache man.

**Q**uality: I don’t know.

**R**adiation: Not really.

**S**everity: 7/10

**T**rending: It will go away. Just need my ski on.

**Allergies:** No

**Medication:** No

**Past Medical & Mental Health History:** Broken arm, fell off a gate at the fair. We smoked some weed at lunch.

**Last Intake & Output:** I don’t know lunch I guess? Feel like I might puke now.

**Events:** Friend Reports: He (or she) fell hard onto the cat track. Knocked them out for about 5 seconds, they seemed ok but now they are acting really strange.

**What do you think is wrong with me!?**

**\*Concussion - Closed Head Injury.**

**Possible Intracranial Bleeding\***

**If they get it right- give them a high five!**

**Now STAND UP and discuss the situation.** What additional assessments and treatments would you recommend for this patient? Would you call an ambulance? What else could it be: Drug reaction? Stroke? Altitude? If this were the case, what other signs/symptoms might you see?

**Scenario 12**

**Ski Patrol Situation**

**It’s a warm spring day with bright sunshine! You took the afternoon off to ski some shady out-of-bounds slopes behind the resort. The climb out is steep and in direct sun.There is a line on the skin track, you see the problem, someone is lying on the track.**

**VS: A&Ox4**

**Skin: red, hot, sweaty**

**Radial pulse: 120, regular**

**Resp: 24, shallow & easy**

**Oxygen sat. 96%**

**Scenario 13**

**Heat Exhaustion, Dehydration**

**Presentation: Laying on the side of the skin track.**

**Chief Complaint:** I am feeling super weak, I just need a break. I’ll be good.

**Symptoms:** Weakness, Nausea, Headache

**O**nset: A couple hours, that last lap, I don’t know.

**P**rovokes/Palliates: Just let me rest for a minute.

**Q**uality: My whole body.

**R**adiation: Not really.

**S**everity: 7/10

**T**rending: I don’t know, worse I guess.

**Allergies:** No

**Medication:** Zyrtecl for allergies.

**Past Medical & Mental Health History:** I got heat stroke last summer. Was in the hospital for a few days.

**Last Intake & Output:** I don’t know. I had a gatorade today sometime. I peed one time this morning. Forgot to fill my camelbak bladder.

**Events:** We are making laps on the backside, it’s super hot and no breese, I have too many layers on but no room in my pack to carry them. Felt super weak, so just taking a break right here.

**What do you think is wrong with me!?**

**\*Heat Exhaustion, Dehydration\***

**If they get it right- give them a high five!**

**Now STAND UP and discuss the situation.** What additional assessments and treatments would you recommend for this patient? Would you call an ambulance? What else could it be: Heat Stroke? Sleep Deprivation? General physical deconditioning? Altitude? If this were the case, what other signs/symptoms might you see?

**Scenario 13**

**Ski Patrol Situation**

**You are meeting with the patrol director to discuss the staffing plan for the private event scheduled this evening. As you are talking, you notice they seem to be in some distress.**

**VS: A&Ox4**

**Skin: pink, warm, dry**

**Radial pulse: 100, regular**

**Resp: 24, shallow & easy**

**Oxygen sat. 98%**

**Scenario 14**

**Kidney Stone**

**Presentation: sitting uncomfortably, cannot sit still, holding your right flank.**

**Chief Complaint:** My side and abdomen are killing me! I got some kind of gas bubble!

**Symptoms:** Pain, Nausea

**O**nset: 20 min ago.

**P**rovokes/Palliates: Nothing helps so far.

**Q**uality: Like a hot knife. Sorry I can’t focus right now.

**R**adiation: The pain comes around and into my groin.

**S**everity: 9/10

**T**rending: I don’t know, worse I guess.

**Allergies:** Athletic and medical tape adhesives.

**Medication:** I took a Vicodin - it’s not helping.

**Past Medical & Mental Health History:** I got lyme disease last summer at my uncle’s farm in Maine.

**Last Intake & Output:** I don’t usually eat breakfast. I had some grape juice early this morning. I peed when I got up, pooped last night - no issues.

**Events:** I just got back from morning sweep, opened some mail, and started the coffee. Nothing out of the ordinary. This came on so fast. I’m miserable! Sure it is just a gas bubble that needs to move along.

**What do you think is wrong with me!?**

**\*Kidney Stone\***

**If they get it right- give them a high five!**

**Now STAND UP and discuss the situation.** What additional assessments and treatments would you recommend for this patient? Would you call an ambulance? What else could it be: Appendicitis? Gastroenteritis? Muscle strain? Urinary tract infection? If this were the case, what other signs/symptoms might you see?

**Scenario 14**

**Ski Patrol Situation**

**You are staffing the medical tent at an ultra marathon. You are at mile 38 with an elevation of 10,000 feet. Runners cover 75-100 miles with over 8000 feet of elevation change. It is just before 11 am on what is forecasted to be a hot and humid day. One of the other patrollers asks you to look at a runner who just came in.**

**VS: A&Ox3**

**Skin: pink, hot, sweaty**

**Radial pulse: 110, regular**

**Resp: 26, shallow & easy**

**Oxygen sat. 92%**

**Scenario 15**

**Hyponatremia**

**Presentation: sitting uncomfortably, anxious**

**Chief Complaint:** I need to get going, just stopped for water. What mile is this?

**Symptoms:** Nausea, headache

**O**nset: For the last hour. Pretty normal I guess.

**P**rovokes/Palliates: Nothing helps.

**Q**uality: I don’t know. Think everyone that does this feels this way.

**R**adiation: No.

**S**everity: 5/10

**T**rending: I don’t know, worse I guess. What mile is this?

**Allergies:** None

**Medication:** Supplements you know, vitamins, creatine, ginseng, etc.

**Past Medical & Mental Health History:** I run for my mental health. I used to weigh 285 lbs.

**Last Intake & Output:** Fruit snacks, protein drink, lots of water - I have filled my 64 oz reservoir 3 times today so far, no way I'm getting dehydrated. Peeing alot so I know I need to drink more.

**Events:** I’m running out of time. I need to go. Can I fill my reservoir? What mile is this? I am sort of turned around. What way did I come in here?

**What do you think is wrong with me!?**

**\*Hyponatremia - Water Intoxication\***

**If they get it right- give them a high five!**

**Now STAND UP and discuss the situation.** What additional assessments and treatments would you recommend for this patient? Would you call an ambulance? What else could it be: Blood sugar too high or too low? Dehydration? Heat exhaustion? Heat Stroke? If this were the case, what other signs/symptoms might you see?

**Scenario 15**