

Objectives and Program Schedule

MedBridge

Emergency Management: Shock, Soft Tissue Injuries, Sickle Cell, and Sudden Cardiac Death

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Course Objectives:

Upon completion of this course, learners will be able to:

1. Provide proper emergency care to athletes of all ages and sports
2. Provide proper emergency care to individuals in the clinic and the community
3. Recognize the need for immediate proper care for soft tissue injuries
4. Understand types of possible shock
5. Recognize and manage different types of shock
6. Recognize health conditions that may lead to sickle cell disease
7. Recognize the signs and symptoms of athletes suffering from sickle cell disease
8. Describe epidemiology of sudden cardiac arrest in young athletes

Chapter 1: Soft Tissue Injuries

Danny Smith provides a comprehensive overview of soft tissue injuries for the athlete, including both closed and open wounds, as well as immediate management of these wounds. This chapter includes information on care for traumatic amputation and blisters. The chapter concludes with a question and answer session on return to play guidelines.

Chapter 2: Shock

In this chapter, Danny Smith delves into a life threatening condition: shock. This chapter covers both types and causes of shock and relates each of these types of shock specifically to athletic conditions. Different signs and symptoms of shock are also discussed before detailing the important steps for treatment of shock. This chapter also includes a question and answer session with Justin Smith, discussing different types of shock and their treatment and prevention. Included is a demonstration of an epinephrine autoinjector for treating anaphylactic shock.

Chapter 3: Sickle Cell

This chapter discusses the unusual situation of sickle cell trait in an athlete. Danny Smith covers exertional sickling, situations that affect sickling, and death as a result of sickle cell trait. Finally,

this chapter covers the signs and symptoms of sickling, precautions, and treatment for athletes with sickle cell trait.

Chapter 4: Sudden Cardiac Death

This chapter provides an overview of sudden cardiac death in athletes and breaks down the examination into SCD in athletes under thirty and athletes over thirty. Several conditions associated with sudden cardiac death such as Hypertrophic Cardiomyopathy, Marfan's Syndrome, and Myocarditis are covered in this chapter. The chapter concludes with a note on screening and a question and answer session with Justin Smith.