

Name: _____

Date: _____

Block: _____

Introduction to Sports Medicine

Section 4: Injuries to the Soft Tissue

Multiple Choice

1. A deep (third-degree) burn is (circle all that apply)
 - a. A burn in which only the top layer of skin is affected
 - b. A burn involving the top layers of skin**
 - c. A burn in which all layers of skin are destroyed**
 - d. A critical burn**
 - e. The same as a chemical burn
2. The severity of a burn depends on: (circle all that apply)
 - a. The location of the burn on the body**
 - b. The temperature of what caused the burn**
 - c. The size of the burn**
 - d. The position the athlete plays on the team
 - e. The length of time the athlete was burned**
3. Electrical burns may result in serious medical conditions, such as: (circle one)
 - a. Breathing difficulty
 - b. Fractures
 - c. Spinal Injury
 - d. Unconsciousness
 - e. All of the above**

True or False

- | | | |
|-----------------|--------------|--|
| 4. True | False | Internal bleeding is not serious because the blood stays in the body. |
| 5. True | False | Help keep an athlete who may be going into shock from getting chilled or overheated. |
| 6. True | False | Hot, flushed skin & slow breathing are signals of shock |
| 7. True | False | For external bleeding, cover the wound with a dressing, clean cloth or the athlete's own hand before applying pressure with your hand. |
| 8. True | False | For minor scrapes and cuts, first aid focuses on preventing infection |
| 9. True | False | Use a roller bandage for an arm or leg wound by wrapping it very tightly as Tourniquet |
| 10. True | False | Most chemicals continue to burn as long as they are on the skin. |
| 11. True | False | A sunburn is a type of heat burn |
| 12. True | False | Deep burns can affect an athlete's ability to breathe. |

Matching

	Shock	Closed Wound	Avulsion	Dressing	Bandage	Pressure Point
13.	___Closed Wound_____	A wound in which the skin is not broken and bleeding is internal				
14.	___Avulsion_____	A wound in which body tissue is almost torn from the body				
15.	___Pressure Point_____	A site where major artery can be squeezed closed				
16.	___Bandage_____	Any material used to wrap or cover a body part or apply pressure				
17.	___Shock_____	A serious condition in which not enough blood reaches all parts of the body				
18.	___Dressing_____	A soft pad put directly on the wound				

Steps of First Aid

19. Put the following steps in correct order for the control of serious external bleeding

- ___2_____ Elevate the wound above the level of the heart
- ___5_____ Squeeze the artery against the bone
- ___1_____ Press firmly against a dressing over the wound
- ___3_____ Cover the dressing with a bandage
- ___4_____ Apply more dressings

20. Put the following first aid steps in correct order for the control of a deep burn

- ___4_____ Minimize shock
- ___3_____ Prevent Infection
- ___1_____ Stop the burning
- ___2_____ Cool the burn (except electrical burns)

Scenarios

21. **Scenario 1:** A young skier loses control on the slope and strikes a tree. You check the skier and find he is lying on his side with knees bent up, barely conscious, and clutching his abdomen in pain. You do not find any external bleeding. His pulse and breathing are both rapid. *Write YES or NO for the correct course of action.*

- ___No_____ Straighten out the athlete to lie flat on his back with the legs elevated
- ___Yes_____ Send someone to call EMS personnel
- ___Yes_____ To minimize shock, keep the athlete from getting chilled
- ___No_____ Give the athlete lots of fluid to drink.
- ___No_____ Try to get the athlete on his feet to walk to a warmer location
- ___Yes_____ Reassure and comfort the athlete

22. **Scenario 2:** On a very hot day, a cross country runner has tripped and fallen to the ground. When you reach her, she is conscious and moaning with pain, and her arm is bleeding profusely from a wound below the elbow. A large piece of glass protrudes from the wound.

- I. Your immediate goal is (circle one)
 - a. Transport her to a hospital
 - b. Pull out the glass
 - c. Control the bleeding**
 - d. Elevate her legs to prevent shock
- II. You send another runner to get the first aid kit that includes dressing and bandages. While you wait for the first aid kit, you should (circle one)
 - a. Use any clean cloth as a dressing on the wound
 - b. Apply pressure on the wound around the glass
 - c. Elevate the arm
 - d. All of the above**
- III. The other runner returns with the first aid kit. Write here what you will do with the glass in the wound.
Leave glass in wound, bandage around it
- IV. You have wrapped the wound with a roller bandage over the dressings, but blood is soaking through it. What is the next thing you should do? (circle one)
 - a. Apply more dressings over the bandage**
 - b. Remove the bandage and wrap it more tightly
 - c. Remove the bandage, add more dressings and wrap the bandage again
- V. This athlete has become confused and disoriented and is breathing rapidly, though the bleeding is now almost stopped. What additional actions should you take?
(Write Yes to the correct actions in the following list; write NO next to the actions you should not take)
_Yes_____ Call EMS personnel
_Yes_____ Reassure and calm the athlete
_No_____ Help the athlete walk back to your car
_No_____ Cover her with blankets
_Yes_____ Have her lie down, and elevate her legs
_No_____ Release pressure on the wound as soon as the bleeding stops
_No_____ Open the bandage and remove the glass from the wound if the athlete says it is hurting her

23. **Scenario 3:** One of your swimmer tells you that a teammate is in the locker room crying in pain and rubbing her eyes. As you enter the locker room to care for the swimmer, you smell bleach and notice that a container of disinfectant has spilled on the floor. The swimmer appears frightened and in considerable pain.

(Write Yes to the correct actions in the following list; write NO next to the actions you should not take)

- _No_____ Delay care until you have a chance to call the Poison Control Center
- _Yes_____ Begin flushing the swimmer's eyes with cool water
- _Yes_____ Send someone to call EMS personnel
- _Yes_____ Attempt to find out what the swimmer got in her eyes
- _No_____ Have the swimmer stay on her feet and keep moving

24. **Scenario 4:** After practicing all morning without a shirt, one of your tennis players complains of sunburn. His back and shoulders are hot and extremely red and painful both to the touch and movement.

Circle the correct answers below (more than one answer may be correct- circle all that apply)

I. Your first action(s) is (are) to:

a. Call EMS personnel

b. Get the athlete out of the sun

c. Cool the burn, preferably with a sunburn first aid product

II. Step 2: Next you make sure that the athlete:

a. Waits an hour before returning to the practice court

b. Stays out of the sun for at least the remainder of the day

c. Continues to cool the burn until the heat and pain subside

d. Drinks plenty of juice

25. **Scenario 5:** In the lodge after practice, a member of a bobsledding team suffers a burn while putting a log on the fire. When you go to care for the burn, you find that the spark landed on the athlete's synthetic stretch pants, melted the fabric, and left a painful, deep (second-degree) burn.

I. What is the first course of action you should take? (circle one)

a. Send someone to call EMS personnel

b. Pour cool water on the burn area to ensure that the burning has stopped and cool the burn.

c. Have the athlete remove his stretch pants.

II. Step 2: The burn has left a blister, but it is not open. How do you provide care? (circle one)

a. Transport the athlete to a medical facility.

b. Leave the burn area uncovered

c. Cover the burn with a dry, sterile dressing.

III. What should you do the following day? (circle one)

a. Check for signals of infection and cover the burn with a fresh sterile dressing.

b. Pop the blister, apply an antibiotic ointment and cover the burn with a dry, clean dressing.

c. Seek medical attention.