

8 AREAS TO EXAMINE WHEN A PLAYER IS INJURED



- PULSE
- RESPIRATION
- TEMPERATURE AND SKIN
- SKIN COLOR
- PUPIL SIZE
- MOVEMENT ABILITY
- PAIN REACTION
- LEVEL OF CONSCIOUSNESS

★ Pulse

Normal Range: 60-80 beats per minute in children;
80-100 beats per minute in adults

- A rapid, weak pulse indicates SHOCK
- Absence of a pulse indicates CARDIAC ARREST

Please note that athletes may have slower pulses than the typical population because of the effects of training.

★ Respiration

Normal: 12-20 breaths per minute in children;
13-17 breaths per minute in adults

- Shallow breathing indicates shock
- Irregular or gasping indicates there is an air obstruction
- Frothy blood from the mouth indicates a chest injury

★ Temperature and Skin Reaction

Normal Temperature: 98.6 F

- Temperature changes are caused by disease or trauma

Skin

- Infection: Hot, dry skin
- Shock: Cool, clammy skin

★ Skin Color

Red

Lack of Oxygen

Heat Stroke

High Blood Pressure

White

Shock

Heart Disease

Blue

Air not being carried adequately

Airway Obstruction

★ Pupil Size

Injuries can alter the size of pupils:

- Dilated Pupils: May indicate an unconscious athlete
- Unequal Pupils: May indicate neurological problems

However, some people naturally have unequal pupils. If so, it should be noted during a pre-season screening.

★ Movement Ability

Inability to move a muscle part may indicate a serious Central Nervous System (CNS) injury.

★ Pain Reaction

Pain or lack of pain can assist the athletic trainer in making a judgment:

- Immovable body part with severe pain, numbness or tingling indicates a CNS injury
- Injury that is extremely painful, but not sensitive to touch may indicate a lack of circulation

★ Level of Consciousness

Is the injured individual alert and aware? Use the AVPU scale:

Alert: Evaluate the level of alertness

Verbal: Is the person able to respond verbally?

Pain: What is the response to pain?

Unresponsive: The patient does not respond to eye, voice, motor or pain stimulus