

A great fall

Scenario Overview:

Quick and basic scenario for a sprained ankle. The first aider is walking outside and sees someone sitting at the bottom of a staircase, looking slightly distressed.

Difficulty:

First Aider Easy

How the scenario should progress:

If the first aider carries out appropriate treatment, the patient should feel a little better and should not be able to move the ankle. If the first aider doesn't, the patient shouldn't change much and may accidentally move their ankle, causing more pain.

Actor Tips:

Patient 1:**Name:** Vivian Gill **Age:** 15 **Sex:** Female**Medication:**

Epinephrine, Fluoxetine

Allergies:

Latex

Past medical/family/social history:

Has sprained the same ankle once, is an athlete

Findings on examination:

The patient seems confused and sweaty, their skin slowly gets paler. No other injuries. The ankle feels tingly and the pain radiates to the knee. They are able to move the ankle, but it hurts.

Possible treatment from first aiders:

After establishing that the pt has sustained an MSK injury, they should treat the pt for shock and immobilize the ankle. The first aider should recommend the pt to see a doctor, but paramedics aren't needed.

Time after start:	2	5
Response:	Alert	Alert
Airway:	Yes	Yes
Breathing?	Yes	Yes
Respirations:	18	16
Pulse:	100	92
Oxygen Sats:	98%	98%
Pain Score:	6/10, 7/10 when moving	5/10
Blood Pressure:	110/70	110/70
Temperature:	36.7C	36.6C