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SPORTS MEDICINE SOCIETY OF KENYA (SMSK)

On-field Emergency Care and Sports Medicine Emergencies

Background

This fully comprehensive short course of the On-field Emergency Care and Sports Medicine Emergencies of the seriously injured or ill athlete has been devised, developed and accredited by the Sports Medicine Society of Kenya (SMSK) Scientific Committee. Given the more serious nature of sporting events and the greater demand for high quality and competent medical care at these fixtures, the OECSME has been designed for the medical practitioner who has the responsibility for the care of athletes or sporting teams of all levels. The course focuses on the on-field management of the seriously injured athlete and involves the essential theory although predominantly focuses on hands-on management and is designed around systems and skills stations, whereby the doctor becomes competent at recognising and managing serious incidents without immediate hospital backup. Each station is sport based, and focuses specifically on the four major systems requiring acute medical intervention. The systems covered and some of the skills learnt will include the identification and management of:

Main Course Content

1. Standard assessment Procedure

Demonstrate DR ABC is important as it provides a structured approach to assessment and without A you cannot have B. Without B you cannot have C. Candidates to explain the sequence and importance of DR ABC. Highlight the importance of this structure over dramatic but non-life threatening injuries like badly broken legs

2. Airway problems

The participants will learn how to identify a compromised airway or an airway which has the potential of becoming compromised. The basics of establishing and maintaining an airway will be reinforced and practiced, including: Cervical spine control, Oxygen Therapy and appropriate delivery systems, Bag and mask resuscitation, inserting an oral/nasal airway, ETT insertion and LMA insertion.

3. Breathing and Choking problems

The participant will recognise and learn how to manage the athlete suffering from both medical and surgical problems of this system including asthma and pneumothorax. Understand airway blockage and opening techniques with DR ABC application

4. Limb Injuries

Candidate to profile limb injuries in sports. Management of soft tissue injuries. Recognition of fractures. Management of fractures and dislocations.

5. Circulatory, Shock and Bleeding problems

Includes the athlete in shock and the various types of shock, fluid resuscitation and fracture management and stabilisation.

6. Head Injury (Concussion) and Spinal injuries

The candidate will learn how to assess and manage these patients, such as determining ominous neurological signs and how to immobilise a patient with a spinal injury.

How to recognise and manage concussion. How to recognise a potentially serious neck injury. How to safely manage an unconscious player or conscious player with neck pain. How to move an unconscious player with a potential spinal injury if you have to.

7. Medical problems

Medical problems such as Asthma, Diabetes or Fits (epilepsy) are frequently seen in Rugby players.

Simple first aid measures can often prevent a worsening situation and avoid panic.

8. Cardiac arrest/ CPR / AED workshop

Demonstrate understanding of recognition of cardiac arrest. Perform high quality chest compressions. Safely use an AED.

9. Emergency Action Planning

Open discussion around factors that may be anticipated and addressed to help the first aid management of an injured rugby player be more effective.

10. Practical Scenario Assessments

Candidate's to use all the experiences to check their understanding in a practical format. To revise practical scenarios. Encourage problem solving within groups. Case studies and assessments

Course Facilitators

Dr Joseph Kalanzi

is an emergency care provider practicing in Uganda. He is currently a resident in the emergency medicine program at Makerere University College of Health Sciences. He is a World Rugby Medical Trainer, conducting training in First aid in Rugby, Immediate care in Rugby and medical educator training. He also serves in various capacities in advancement of emergency care education, training, and policy initiatives across Africa.

Aileen Taylor

is a chartered physiotherapist with an MSc in Sport and Exercise Medicine. Over her career Aileen's focus and specialist interest has been in the field of musculoskeletal and sports physiotherapy and she has had the opportunity to work both with elite and recreational athletes. Alongside her clinical work, Aileen also works with Dr Colin Fuller in implementing the World Rugby injury and illness surveillance studies and also enjoys being involved in teaching and training. Aileen has worked with the Kenya Rugby 7s squad, the English Cricket Academy, Loughborough University Sports Medicine team, and the medical team for Great Britain Canoe Slalom at the 2008 Beijing Olympics.

Dr Mbugua Francis

is a board certified orthopedic surgeon with fellowship in sports medicine and arthroscopy. Currently he is the Head of Orthopaedic surgery, program director Orthopaedic residency, A.I.C. Kijabe Hospital. He serves with Kenya Rugby Union and a number of other professional teams. He has vast experience in surgeries for shoulder having trained under Dr. Brian Cole of the Chicago Bulls and Chicago White Sox. He has Advanced Immediate Care in Rugby

Dr Mailu Jeff

Mailu is a board certified orthopedic surgeon with fellowships in sports medicine and arthroscopy. Currently is the Head of Sports Medicine Centre at Nairobi Hospital and Gertrude Children Hospital. He serves with Kenya Rugby Union and a number of other professional teams. He is the President of the Sports Medicine Society of Kenya (SMSK). He has Advanced Immediate Care in Rugby

Dr Ondiege James

is a board certified orthopedic surgeon with specialization in sports medicine and arthroscopy. Currently he practices in the Nairobi Hospital Sports Medicine Centre, Kenyatta National Hospital and Nairobi Spine and Orthopaedic Centre. He is the chief medical officer for the Kenya Rugby union and National Olympic Committee of Kenya (NOC-K). He is the a world rugby trainer with Advanced Immediate Care in Rugby

Dr Peris Nduta

Consultant Orthopedic Surgeon, Clinical Fellow in Arthroscopy and Sports Medicine Kiambu County and AIC Cure Hospital. Peris is a board certified surgeon who completed her clinical Fellowship at Cure. She is passionate about training and skills transfer, and has special interest in Exercise and Sports medicine.

Dr Eva Lagat

Consultant Orthopedic Surgeon, Clinical Fellow in Arthroscopy at AIC Kijabe Hospital. She is a board certified surgeon with passion about training and skills transfer, and has special interest in Exercise and Sports medicine. Currently Practicing at Nairobi Orthopaedic and Spine Centre

Lamech Francis

Has vast experience in sports physiotherapy, with special interest in injury prevention. He is a doctoral candidate at Kenyatta University, part time lecturer and clinician in physiotherapy and sports science. He has worked with several professional clubs and teams in South Africa and Kenya. Currently he is the sports physiotherapist for the Kenya Rugby 7s with Advance Immediate Care in Rugby and World Rugby Medical Educator

Course Delivery Mode

- Theory Online
- Face to Face Practical

Course Certification

The course will be a mixture of classroom and “light” practical tasks. Please bring appropriate clothing for both contexts. Practical tasks may take part outside. Therefore, please bring plenty of warm, cool and waterproof clothing.

Course ASSESSMENT

The course will be a competency-based course and Certificate of completion awarded

Course Content Breakdown and Key Pointers

- Dr ABC
- Primary and Secondary Survey
- SAMPLE
- SAFE
- AVPU
- Recognize and Remove
- Exposure and Environment
- Initial Assessment ABCDE
- Airway Management and Ventilation

Airway mgmt equipment

- MCGILL FORCEPS
- Hanel Suction machine (suction on Pull out)
- Catheters
- Cervical Collar
- Airway adjuncts/ Endotracheal Tube/OPA
- I-GEL supraglottic
- ROBERTAZZI NasoPharyngeal Airway
- Epinephrine 0.5g IM
- Look Listen and Feel
- Non REbreather mask

Breathing

- Pulse Oximeter
- Look listen and feel
- Rigid strapping for rib fracture
- Morphine
- Respiratory Rate
- Pulse/circulation /Pulse oximeter
- Distress / Unequal chest expansion
- Chest elevation/O2 supplementation
- Heart rate
- IV line
- 2 rib across the nipple
- Low blood pressure/low pulse
- O2 supplement 10-15 ml per Min
- Non rebreather mask
- Salbutamol/Ventolin Inhaler
- Stethoscope
- Ample Bag

Circulation

- BP
- Pulse oximeter
- Shock
- Internal bleeding/hidden injuries/abdomen
- Women (Uterus)/Liver and Spleen
- Pulse (increase) Breeding
- Hypovolemic shock (clummy/cold/sweat/reduced capillary refill/fast pulse)
- Stethoscope
- Pelvic Fractures (SAMS PELVIC SLING)

4Ts

- Tamponade/Tachcardia
- Tension Pneomothorax
- Thrombus/Embolism
- Toxins

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Day 1 Program

Suggested - 8 hour practical programme to support on line learning.

T 0 **Introduction (including key messages/ chain of surv.)** (15 mins)
- Lecture

T+15 **Standard Assessment Workshop – the injured rugby player – intro to Dr ABC and MILS** (30 mins)
- Discussion based workshop

T+45 **Airway workshop** (45 mins)
- Practical workshop

T+90 **Breathing and choking workshop** (45 mins)
- Practical workshop

-Break (15 mins)-

T+150 **Circulation, bleeding and shock** (30 mins)
- Discussion based workshop

T+180 **CPR / AED** (60 mins)
- Practical workshop

T+240 ***-Food Break (30 mins)-***

T+270 **Head and spinal injury workshop** (60 mins)
- Practical workshop

T+330 **Limb injury workshop** (45 mins)
- Practical workshop

T+375 **Medical problems** (30 mins)
- Discussion based workshop

T+405 ***-Break (15 mins)-***

T+420 **Practical scenario practice (60 mins)**

- Practical workshop

T+480 **EAP and closure (20 mins)**

- Discussion workshop and feedback

+500 total. (8 hrs 20 mins including breaks)

Equipment needed (- per 6 candidates):

- Flip chart/white board and pens
- BLS manikin
- AED trainer/simulator
- Broad arm sling x3
- Malleable splint x 3

Per course – 1 projector/laptop with DVD facility.

Day 2 Program

Time	Topic	Venue	Facilitator	Duration
09:00 – 01:00	Registration		Self	15 min
10:00 – 10:30	Introduction and Welcome	V1 (ALL)		30 min
10:30 – 10:10	Initial Assessment: SABCDE + Breathing + Circulation Discussion	V1 (ALL)		40 min
10:10 – 10:40	Skill Station: SABCDE	V1 (1 - 7) V2 (8 - 15)		30 min
10:40 – 11:00	Break			20 min
11:00 – 11:40	Skill Station: Airway	V2 (1 - 7) Airway adjuncts/Suction V1 (8 - 15) Head tilt/jaw thrust/ Pocket mask and BVM		20 min 20min
11:40 – 12:30	Neurological Disability incl Concussion	V1 (All)		50 min
12:30- 13:15	Lunch	Restaurant		45
13:15 – 15:00	Spinal trauma -Discussion Spinal Trauma Skills - Collars + Part 2 + 3(P) Log roll and board - Collars + Split device and vacuum mattress (pelvic Fract + lower limb frac)	V1 (All) V1 (1 - 7) V2 (8 - 15)		30min 35 35
15:00	Break			15 min
15:15 – 16:15	MSK Trauma and Assessment & Mx	V1- Intro (All) V1- Upper limb Slings + dislocation (1-7)		10 min 25

		V2 – Lower limb Traction Splint etc (8-15)		25
16:15 – 16:40	Mentoring	All together first V1 (1-7) V2 (8-15)		25 min
16:40 – 17:00	Close	V1 (All)		20 min

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