

Acute and Emergency Care in Athletic Training: The Ultimate Guide



Acute and Emergency Care in Athletic Training

by Katie Walsh Flanagan

★★★★☆ 4.5 out of 5

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As an athletic trainer, you are responsible for the health and well-being of athletes. This includes providing acute and emergency care for injuries that occur during sports and other physical activities.

Acute care is the immediate treatment of an injury. This may involve stopping the bleeding, splinting a broken bone, or applying ice to reduce swelling. Emergency care is needed for more serious injuries, such as those that involve a loss of consciousness, severe bleeding, or difficulty breathing.

This comprehensive guide will provide you with the knowledge and skills you need to provide acute and emergency care for athletes. You will learn how to assess injuries, perform first aid, and transport injured athletes to the hospital.

Chapter 1: Assessment of Injuries

The first step in providing acute and emergency care is to assess the injury. This involves gathering information about the athlete, the injury, and the mechanism of injury.

To assess an injury, you will need to ask the athlete the following questions:

- What is your name?
- What is your age?
- What sport do you play?
- What happened?
- Where does it hurt?
- When did the injury occur?
- How severe is the pain?
- Have you had any other injuries?
- Are you taking any medications?

Once you have gathered this information, you will need to examine the injury. This involves looking for signs of swelling, bruising, deformity, and tenderness.

Based on your assessment, you will need to determine the severity of the injury and decide on the appropriate course of treatment.

Chapter 2: First Aid

First aid is the immediate treatment of an injury. This may involve stopping the bleeding, splinting a broken bone, or applying ice to reduce swelling.

The following are some of the basic first aid techniques that you should know:

- **How to stop bleeding:** Apply direct pressure to the wound with a clean cloth or bandage. If the bleeding does not stop, elevate the injured limb and continue to apply pressure.
- **How to splint a broken bone:** Use a splint or rigid object to immobilize the injured bone. Pad the splint with soft material and secure it with tape or bandages.
- **How to apply ice:** Apply an ice pack to the injured area for 15-20 minutes at a time. Do not apply ice directly to the skin, as this can cause frostbite.

It is important to note that first aid is not a substitute for medical care. If an injury is severe, you should seek medical attention immediately.

Chapter 3: Transportation of Injured Athletes

If an injury is severe, you may need to transport the injured athlete to the hospital. This should be done by ambulance or other emergency vehicle.

When transporting an injured athlete, it is important to stabilize the injury and prevent further damage. This may involve splinting the injured limb, applying ice, and keeping the athlete comfortable.

It is also important to monitor the athlete's vital signs, such as their breathing, pulse, and blood pressure. If the athlete's condition changes,

you should seek medical attention immediately.

Acute and emergency care is an essential part of athletic training. By following the guidelines in this guide, you can provide the best possible care for your athletes and help them return to play as soon as possible.

To learn more about acute and emergency care in athletic training, I recommend that you read the following books:

- **Acute and Emergency Care in Athletic Training** by Brian Garrison and Eric Hegedus
- **Emergency Care and Transportation of the Sick and Injured** by the American Academy of Orthopaedic Surgeons
- **First Aid for Sports Injuries** by the National Athletic Trainers' Association



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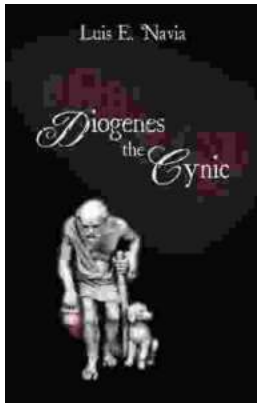
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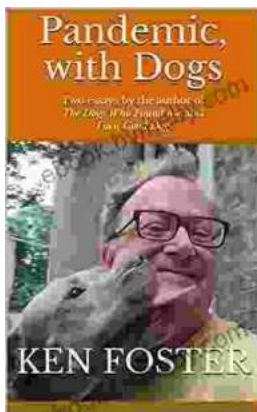
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