Chapter 11
Focused History and Physical Examination for Trauma Patients

Overview
- Mechanism of Injury
- Evaluating Patients with Serious Injuries or Mechanisms of Injury
  - Performing the Rapid Trauma Assessment
  - Baseline Vital Signs and SAMPLE History
- Evaluating Patients with No Significant Mechanism of Injury
**Mechanism of Injury**

- The event or forces that caused the patient’s injury

**High-risk mechanisms**
- Ejection from a vehicle
- Same passenger compartment where another died
- Fall of more than 20 feet
- Greater than 10 feet (or twice patient’s height) for infants and children
- Vehicle rollover
Mechanism of Injury

- High-risk mechanisms (continued)
  - High-speed collision
  - Vehicle-pedestrian collision
  - Motorcycle crash
  - Unresponsive or altered mental status
  - Penetrating trauma to head, chest, or abdomen

Evaluating Patients with Serious Injuries or Mechanisms of Injury

Focused History and Physical Exam—Trauma Patients

Unresponsive Patient or Responsive Patient with Significant Mechanism

Rapid Head-To-Toe Physical Exam

Responsive or No Significant Mechanism of Injury

Focused History and Physical Exam
Evaluating Patients with Serious Injuries or Mechanisms of Injury

Focused History and Physical Exam — Trauma Patients

Unresponsive or Significant Mechanism
- Rapid Head-to-Toe Exam
- SAMPLE History
- Baseline Vitals

Responsive or No Significant Mechanism
- Focus Based on Complaint
- SAMPLE History
- Baseline Vitals

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Evaluating Patients with Serious Injuries or Mechanisms of Injury

D-C-A-P-B-T-L-S
- Deformities
- Contusions
- Abrasions
- Penetrations
- Burns
- Tenderness
- Lacerations
- Swelling

Reminder of injuries and signs of injuries to look for while assessing.

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Evaluating Patients with Serious Injuries or Mechanisms of Injury

- Assess the head
Evaluating Patients with Serious Injuries or Mechanisms of Injury

- Assess the neck

Evaluating Patients with Serious Injuries or Mechanisms of Injury

- Assess for JVD

Evaluating Patients with Serious Injuries or Mechanisms of Injury

- Once the neck has been assessed, apply a cervical collar
Evaluating Patients with Serious Injuries or Mechanisms of Injury

- Assess the patient’s chest

- Assess the breath sounds

- Assess the abdomen
Evaluating Patients with Serious Injuries or Mechanisms of Injury

- Assess the four quadrants of the abdomen

- Assess the pelvis

- Assess the lower extremities
Evaluating Patients with Serious Injuries or Mechanisms of Injury

- Assess pulse, motor, and sensation in the lower extremities

Evaluating Patients with Serious Injuries or Mechanisms of Injury

- Assess the upper extremities

Evaluating Patients with Serious Injuries or Mechanisms of Injury

- Log-roll the patient and assess the posterior
Evaluating Patients with Serious Injuries or Mechanisms of Injury

- Assess baseline vital signs
  - Breathing
  - Skin
  - Pupils
  - Blood pressure

Evaluating Patients with Serious Injuries or Mechanisms of Injury

- Assess SAMPLE History
  - Signs and Symptoms
  - Allergies
  - Medications
  - Past medical history
  - Last oral intake
  - Events leading to injury or illness

Evaluating Patients with No Significant Mechanism of Injury
Evaluating Patients with No Significant Mechanism of Injury

- In responsive patients with no significant mechanism of injury, assess the patient based on complaint using the components of the head-to-toe exam.

Evaluating Patients with No Significant Mechanism of Injury

- Assess baseline vital signs
  - Breathing
  - Skin
  - Pupils
  - Blood pressure

Evaluating Patients with No Significant Mechanism of Injury

- Assess SAMPLE History
  - S: Signs and Symptoms
  - A: Allergies
  - M: Medications
  - P: Past medical history
  - L: Last oral intake
  - E: Events leading to injury or illness
Summary

- Mechanism of Injury
- Evaluating Patients with Serious Injuries or Mechanisms of Injury
  - Performing the Rapid Trauma Assessment
  - Baseline Vital Signs and SAMPLE History
- Evaluating Patients with No Significant Mechanism of Injury