Medical Coverage of Games and Events:
What’s in the bag and what’s on the sidelines

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Objectives

• How to prepare for an event
• Emergency action plans
• Possible supplies and tools available
Event Coverage

• Who?
  – Participants
  – Spectators

• What?

• When?
  – Time of day
  – Time of year

• Where?
  – Event location
  – Medical Care Center
Prior to Event

• Meet and delineate roles for all team members
• Must have written agreement in place with organizers or administration you have the right to DQ any participant if you feel it is warranted.
• Practice
Key Participants

- Certified Athletic Trainers
- Physicians
- Emergency Management Services
- Administrators and coaches
- Secondary
  - Parents
  - Students
  - Nurses
  - Other volunteers
Emergency Action Plans

• Are designed to be a written plan of action in the case of an emergency.
• Define the plan of action and roles of the key participants
• Should be posted in multiple sites in a facility to be available if needed
• Allow for a plan of care, practice of care, and review of care to prepare for an event
Supplies

• Essential
  – Basic First Aid
  – CPR
  – AED
  – Scissors
  – Equipment removal equipment
Desirable Supplies

– ACLS/ATLS
– IV Fluids
– Heat/Cold Care
– Hyponatremia (endurance events)
– Thermometer (Core temperature)
– Stethoscope
– ABC’s
  - Airway (ETT, LMA, etc)
  - Breathing (bag valve mask, facemask)
  - Circulation
Wound Care

- Simple first aid including ice
- Steri-strips or Glue
- Suture Closure and supplies to do correctly
Splinting

- Cardboard splints
- Aluminum splints
- Casting materials
- Vacuum Splints
Medications

• Remember to follow the law

• OTC medication
  – NSAIDs
  – Acetaminophen
  – GI meds
  – Allergy Meds
  – Corticosteroid Gel
Prescriptions

• Be Careful
• Chart and document appropriately
• Ondansetron
• Antibiotics
• Albuterol
• Pain Medications
• Epinephrine
Eye and Ear Care

- Have what you are comfortable doing
- Fluorescein stain
- Anesthetic drops
- Dilating drops
- Patches
Dental Supplies

• Dental Saving kit
• Milk
• Saline
• Dentist on call
Practice, Practice, Practice

• Think of the uncommon
• Think of rare situations
• Remember when you do it right you are there as a medical provider and not just a fan
• Personal Experience as team physician and marathon director for over 10 years