

# FIPS Val Thorens 2022

# Lessons learned from the Pandemia!

SMR

SMR = Spinal Motion Restriction

# Spinal Motion Restriction

# Cervical collar





Cervical collar:  
50% stabilization  
Warning sign  
Can impact ventilaton  
Can impact venous return

# Nexus



# Nexus

**(National Emergency X-Radiography Utilization Study)**

## Nexus:

No tenderness in the midline

No intoxication

Not unconscious

No neurological deficit

No other bigger distracting injury

SMR:

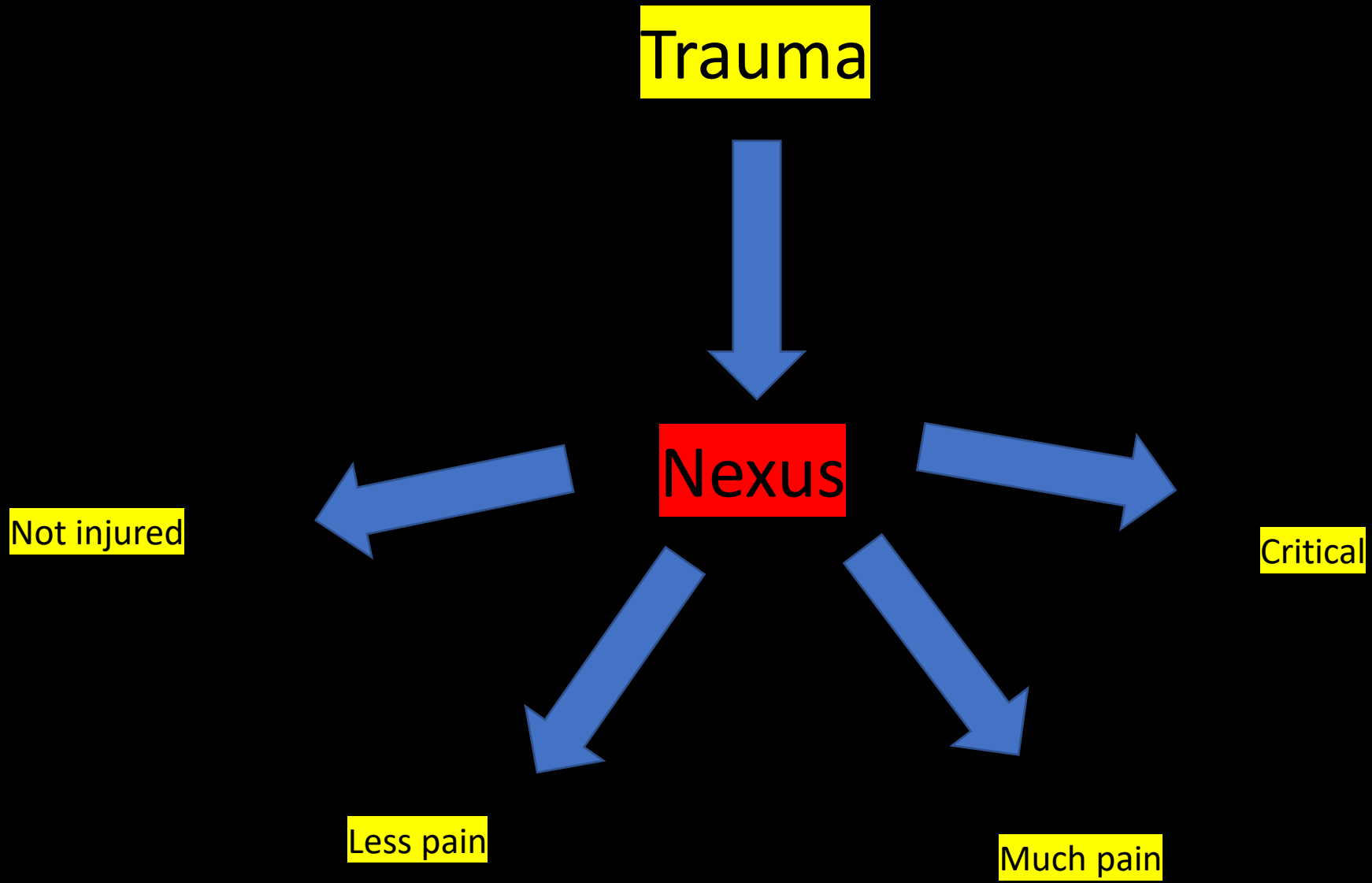
4 different patients:

Not injured

Positive Nexus but mobile

Positive Nexus not mobile

Critical injured patient





# SMR in children

# SMR for children

1. SMR as adults when trauma alert criteria fulfilled
2. Use comfortable position in tobaggon
3. < 3yrs can use baby seat
4. < 9 yrs should have pillow under shoulders
5. Children with syndroms (ex Downs sdr) individual setting
6. Triage tool could be used - ex Nexus – but not validated

*Scoring according Piretti – Vanmarke*

< 3yrs

GCS < 14 3

GCS eye 2

Motor vehicle accident 2

>2 yrs 1

Total amount 0 or 1 – no risk at all for cervical injury, 99,93%



*Scoring according: PECARN de Novo 3-16 yrs*

Diving accident

Axial trauma

Neck pain

Immobility to move neck

Altered mental status

Respiratory impairment

Intubation

If non of these – no risk for cervical injury (99,6%)

# Sciwora

Spinal cord injury without radiographic abnormality



32% in children 8yrs with medullar spt after trauma



# Recommendation for medical treatment in FIPS

Recommendation  
Guidelines  
Directory  
Protocol

Rely on other organisations?

FIS

ICAR

Canadian Race Protocol

Recommendations

Evidence based?



Evidence based:

Litterature, articles

Grading system

Cohort

Significant results

Blinded

Randomized

Prospective studies

# Science and proven experience

Proven experience :

When a case has been in Court

or when National Medical Authority has proven it correct

Recommendations for procedures

or

Recommendations for a Core Curriculum of Education

# Suggestions of guidelines/curriculum: examples

## *Examination*

The primary examination of vital function is made according to the ABCDE-system

Secondary examination of patients is made in the sequence top to toe

## *Report*

The report to medical services is made according to Situation, Background, Assessment, Recommendation (SBAR)

## *Wounds*

Be able to put on a tourniquet if needed and available

## *Abdominal trauma*

Be able to examine the patient and discover trauma to the abdomen



## *Thoracic trauma*

Be able to recognize an insufficient breathing and be familiar to saturation monitoring if this available

## *Head trauma*

Suggestion: To evaluate consciousness the AVPU scale is used.

Be able to support A;B,C -problems to avoid secondary brain trauma

## *Shoulder trauma*

Be able to recognize shoulder dislocation and stabilize the patient for transport. If patient with recurrent dislocation and no suspicion of overarm fracture one attempt can be made to help the patient to get the shoulder joint in place.

## *Arm trauma*

Be familiar with different types of lower arm trauma and splinting methods

## *Hand trauma*

Be familiar with different types of hand trauma and largely how to handle amputation injuries

## *Pelvic trauma*

Recognize a suspicion of a pelvic injury and how to manage it for transportation. If available how to manage a pelvic sling.

## *Femoral trauma*

Recognize a femoral trauma with or without fracture and vessel injury. Manage to stop an bleeding with compression or torniquet.

## *Knee trauma*

Manage to help av patient for transportation with or without splinting.

## *Tibial trauma*

Manage to handle tibial trauma to the soft tissue as well as open and closed fractures. Be able transport in different ways. If needed and legally allowed alignment should be an option for the ski patroller.



## *Spinal trauma*

Identify spinal trauma and neurological deficit as well as manage full spinal motion restriction.

# Discussion!

After lunch:

1. 1330 Dog on pist/Avalanche  
Free skiing
2. 1700 Medical SIG

1700 Medical SIG: 1. Recommendation cont. Richard S Au  
2. New medical topics for next congress

# Today program before lunch:

Snapshots from different countries

Avalanche dogs

Kids book

Disabled skiers

Avalanche Val Thorens

GPS

Drones



