



Continuing Education Facilitator Guide Case Study #1 - Bike Packing Crash

Suggested Facilitation Progression and Time Frame:

- Case study (5-10 minutes)
- Discussion (5-20 minutes)
- Optional additional activity (5-15 minutes)

Resources Needed:

- Case study web link or QR code to share with participants
 - Case study webpages are not password protected and are openly available to program participants
- Link to LWM SOAP note or printed SOAP notes
- (Optional) LWM Course Workbook

Relevant LWM Course Workbook Content:

- Scene size up
- Physical exam
- Bleeding control, wound care, cleaning and management
- Communication/call-in procedure

Objectives:

After completing the case study, participants should be able to:

- Complete a SOAP note including problems, anticipated problems and a plan
- Articulate scene safety considerations for self, co-lead, group and patient
- Articulate problems and anticipated problems for patient and group
- Articulate the importance of ongoing patient assessment in order to ensure thorough investigation of a patient's signs and symptoms
- Articulate considerations for cleaning, bandaging and monitoring of minor wounds
- Articulate evacuation criteria for wounds

Case Study Set-Up:

The first step in the facilitation of this continuing education module is to complete a case study. The case study may be completed as a pre-training assignment or be completed during the first part of the training.

Pre-Training:

Case study can be assigned to participants to be completed prior to a scheduled program training. Participants should be encouraged to come to the training with a completed SOAP note that includes documentation on each part of the focused assessment, along with identified problems, anticipated problems and a plan.

During Training:

Case study can be completed in the first 5-15 minutes of a training session. It is recommended that each participant complete the case study individually on a phone, tablet or laptop. Training facilitators should consider having printed SOAP notes available for participants to complete.



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Facilitation Tools:

Case Study Access:

- www.longleafmedical.com/interactive-trauma1.html
- QR code scan with phone

SOAP Note:

- <https://www.longleafmedical.com/resources.html>



Case Study QR Code

Optional Discussion Points:

Case Study

- Review of problem and anticipated problem lists created by participants with consideration towards both the patient and the group
- Identify potential challenges created for the group with the introduction of this accident
- Discuss factors that ruled out potential spine injury in the patient

Medical Related

- Review wound types, how to clean and manage in the field (see LWM Course Workbook)
- Review LWM evacuation guidelines for wounds (see LWM Course Workbook)
- Review mechanisms of injury indicating the potential for spinal cord injury (see LWM Course Workbook)

Program Related

- Scene safety considerations from case study and in specific trip environments
- Evacuation planning from program perspective
- Review of available program field communication technology and call-in protocol
- If applicable, review of internal incident
- Group leader challenges
 - Evacuation considerations - how injury can support a motivational evacuation
 - Self-reliance vs. support - how to manage limited water or other resources when group is behind schedule
 - How to manage the impact of an unexpected incident on the remaining group members

Optional Lesson Extensions:

- Review of program first aid kits for a specific activity with note taken of the following:
 - Cleaning tools available
 - Items available to create a wet bandage layer
 - Items available to create a dry bandage layer
 - Considerations towards agents such as triple antibiotic ointment
- Have students complete a full head to toe exam on another student
- Using communication section of LWM Course Workbook, based on the information received in the case study, have students create and present a call in script for one of the following:
 - Report of information to the program
 - Request for evacuation, including a plan