



Clearing the C-spine: only in wilderness

- totally alert, not intoxicated
- no painful "distracting" injury
- no neck pain
- no neck tenderness
- no numbness, tingling, weakness
- normal motor/sensory exam of extremities
- painless full range of motion of neck

Shoulder Dislocations

- Check and document distal NVI incl. "patch area" and forearm.
- Can pt. bring affected hand to opposite shoulder? If so, unlikely is shoulder dislocation.
- Palpate for deformity: AC sprain? Humerus fx?
- pain medications, muscle relaxants, suggestion, or hypnosis; ask patient to relax muscles
- Milch technique: traction upwards
- Stimson method: face down on ledge/table, padding under shoulder at edge; attach weight to elbow or wrist and monitor for neurovascular impairment from weight; use other method if no results in 30 minutes.

Emergency water disinfection:

- if dirty, flocculate (alum or white campfire ash)
- 8 drops Betadine™ /L for 30 minutes; use more or leave longer if dirty or very cold water
- 4 cc of Clorox™ 5% bleach for 40 L (10 gallons) overnight; double if have to use in an hour



Neurological Exam: Mental Cases Sometimes

Make Deepdish Casserole: MCSMDC

> **Mental Status:** AVPU- Alert, Verbal, Pain, Unresp.

> **Cranial Nerves:**

"How many fingers?" [CN II, optic: vision]

"Look up, look down, look right, look left." EOMI
(ExtraOcular Motions Intact) [CNs III, IV, VI, oculo-
motor, trochlear, abducens: move eyes in all
directions]

"Close your eyes and say "now" when you feel a
touch." (forehead, cheek, chin) [CN V, trigeminal:
bilateral face sensation]

"Smile; raise your eyebrows." [CN VII, facial: bilat-eral
face strength]

"Which side do you hear the sound on?" (rub fin-gers
next to ear, then other) [CN VIII, auditory: hear-ing]

"Hold your shoulders up." (press down on shoul-ders)
{alternate: have patient turn head against resis-tance}
[CN XI, accessory: elevates shoulders, turns head
side to side]

"Stick out your tongue" (tongue in midline?) [CN XII,
hypoglossal: protrudes tongue]

Not tested: CN I, olfactory: smell; CN IX, glosso-
pharyngeal: sensation back of throat; CN X, vagus:
parasympathetic to internal organs

> **Sensory:** light touch, pinprick

> **Motor:** strength

> **Deep Tendon Reflexes:** forearm [brachioradialis],
elbow [biceps], knee jerk [patellar], ankle jerk; also
re-sponse to stroking lateral sole ("Babinski": nor-
mal=↑ >1 yr. old.

> **Cerebellar:** "finger → nose" "heel → shin"

Gait ("Walk a straight line, heel to toe.")