



Emergency Medical Technician Psychomotor Examination

Spinal Motion Restriction (SMR)

Attempt:

#1 _____

#2 _____

#3 _____

Candidate: _____ Examiner: _____

Date: _____ Signature: _____

PRESENTATION:	PASS / FAIL
Patient #1: Adult patient involved in minor TC, c/o midline neck pain	
Directs the patient to remain seated and not move or turn head	
Demonstrating placing the patient's head in neutral position and maintains axial stabilization	
Assesses all four extremities for circulation, motor movement, and sensation (CMS)	
Sizes and applies a cervical collar using appropriate technique	
Verbalizes to direct patient to stand and move to gurney, sitting in comfortable position	

Patient #2: Adult patient found lying supine involved in high speed TC with ALOC and ETOH	
Directs assistant to place/maintain head in the neutral position and maintains axial stabilization	
Assesses all four extremities for circulation, motor movement, and sensation (CMS)	
Sizes and applies a cervical collar using appropriate technique	
Positions the long board device appropriately	
Directs movement of the patient onto the device without compromising the integrity of the spine	
Applies padding to void between the torso and the device as necessary	
Secure the patient's torso to the device	
Evaluates and pads behind the patient's head as necessary	
Secure the patient's extremities to the device	
Secure the patient's head to the device	
Reassesses all four extremities for circulation, motor movement, and sensation (CMS)	

You must factually document your rationale for checking any of the above critical items on this form.

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CANDIDATE MUST BE SUCCESSFUL IN ALL STEPS IN ORDER TO PASS SKILL STATION

Performance Objectives

Demonstrate competency in applying a cervical collar

Demonstrate competency in securing a patient to a rigid spine board

Equipment

- PPE (eye protection, masks, gown, gloves, etc.) Can use an image of PPE in place of actual items
- Adult or pediatric manikin; full-sized
- Cervical Collar
- Vest-type extrication device
- Rigid spine board or scoop stretcher
- Head bed securing device

Key Concepts

- **Personal protective equipment**
 - Gloves, goggles
- **Spinal Motion Restriction - General**
 - **Indications:** Patients with suspected injuries to the spinal column
 - **Contraindications:** Patients with isolated penetrating torso or neck injury. Transportation must be expedited. DO NOT place these patients in spinal motion restriction.
- **Spinal Motion Restriction – Seated (Cervical Collar + Seated on Gurney)**
 - **Indications:** Responsive patient with midline tenderness, pain, and/or deformity of the spine.
 - **Complications:** Respiratory compromise (hypoventilation, aspiration, asphyxia)
- **Spinal Motion Restriction – Seated (Vest-type Extrication Device)**
 - **Indications:** Responsive patient with midline tenderness, pain, and/or deformity of the spine.
 - **Complications:** Respiratory compromise (hypoventilation, aspiration, asphyxia)
- **Spinal Motion Restriction – Supine (Backboard)**
 - **Indications:** Altered or intoxicated patient with MOI, any patient with midline neck or back pain/tenderness, focal neurological signs and symptoms, anatomic traumatic deformity of the spine, distracting injury or circumstances
 - **Contraindications:** Patients with isolated penetrating torso or neck injury. Transportation must be expedited. DO NOT place these patients in spinal motion restriction.
 - **Complications:** pain, discomfort, respiratory compromise, and pressure ulcer sores.
- **Spinal Motion Restriction – Helmet/ Sports Equipment**
 - Full-face motorcycle helmets must be removed (to maintain airway access capabilities)
 - Football helmet facemasks should be removed regardless of the current respiratory status
 - Football shoulder pads should remain in place when the helmet (without facemask) is still in place
 - If football shoulder pads have been removed, the helmet must be removed.
 - It takes two people to safely remove the helmet from a patient