OHLONE COLLEGE

KIN 381 – CLINICAL EXPERIENCES IN ATHLETIC TRAINING I

COMPETENCY MANUAL
Competency Evaluation Sheet

All skills must be viewed, dated, and initialed by a staff Athletic Trainer.

<table>
<thead>
<tr>
<th>Competency</th>
<th>Competence</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>TAPING and WRAPPING</strong></td>
<td></td>
</tr>
<tr>
<td>♦ Medial longitudinal arch</td>
<td></td>
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<tr>
<td>♦ Great toe</td>
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<tr>
<td>♦ Valgus support</td>
<td></td>
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<tr>
<td>♦ Hyperextension/hyperflexion</td>
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<tr>
<td>♦ Ankle</td>
<td></td>
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<tr>
<td>♦ Closed basket weave</td>
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<tr>
<td>♦ Basic preventative – inversion/eversion</td>
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<tr>
<td>♦ Compression wrap with horseshoe</td>
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<tr>
<td>♦ Quadriceps/hamstring wraps</td>
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<tr>
<td>♦ Medial/lateral</td>
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<tr>
<td>♦ Adductor/groin wrap</td>
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<tr>
<td>♦ Hip flexor wrap</td>
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<tr>
<td>♦ Thumb</td>
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<tr>
<td>♦ Hyperextension/hyperabduction</td>
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<tr>
<td>♦ Wrist/hand/thumb combo</td>
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<tr>
<td>♦ Fingers</td>
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<tr>
<td>♦ Buddy taping</td>
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<tr>
<td>♦ Single joint hyperextension</td>
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<tr>
<td>♦ Wrist/hand</td>
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<tr>
<td>♦ Hyperflexion/hyperextension</td>
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<tr>
<td>♦ General compression taping</td>
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</table>

<table>
<thead>
<tr>
<th>Competence</th>
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</thead>
<tbody>
<tr>
<td><strong>PADDING/SPLINTING</strong></td>
<td></td>
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<tr>
<td>♦ Materials (foams, felts, etc.)</td>
<td></td>
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<tr>
<td>♦ Friction pad/moleskin</td>
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<tr>
<td>♦ Donut pad</td>
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<tr>
<td>♦ Muscle contusion</td>
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<tr>
<td>♦ Bony Prominence</td>
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</tbody>
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EMERGENCY ASSESSMENT

- Emergency plan understanding
  - Demonstration of proper preparation
  - Knowledge of procedures
  - Proper blood-borne pathogen disease prevention and disposal

- Check surroundings for physical and/or environmental hazards

- Triage

- Patient assessment
  - Primary survey (ABCD)
  - Control of bleeding
  - Vital signs (HR/RR/BP)
  - Level of consciousness (oriented x 4)

- Shock

- Pulse: Identify the signs and symptoms of the following cardiac rhythms
  - Tachycardia
  - Bradycardia
  - Arrhythmia

- Respiration: Identify signs and symptoms of the following breathing patterns
  - Apnea
  - Tachypnea
  - Dyspnea
  - Bradypnea
  - Hyperventilation

- Temperature
  - Oral
  - Axillary
  - Tympanic

- Skin
  - Color
  - Temperature

- Diabetic emergencies
  - Diabetic Coma
  - Insulin Shock

- Fractures/Dislocations
  - Proper packaging for transportation
  - Guidelines for splint application
  - Vacuum splints/cardboard gutter splint
  - Moldable splints (Sam splint)

- Open wound management
  - Control bleeding
  - Wound cleansing principles
  - Apply superficial skin closures
  - Apply appropriate dressings
  - Apply and remove gloves and other protective equipment
  - Properly dispose of biohazardous waste
### PHYSICAL EVALUATION
- Snellen eye chart
- Height
- Weight

### EQUIPMENT, PADDING & BRACING
- Crutch fitting
  - Instruct patient on use of crutches
- Cane fitting
  - Instruct patient on use of cane

### MODALITIES
- Demonstrate a knowledge of and proper set-up and application of the following modalities
  - Ultrasound
  - Electrical stimulation- Premodulated
  - Electrical stimulation- Interferential
  - Electrical stimulation – Russian
  - Light therapy
  - Ice
  - Moist heat pack

### DOCUMENTATION
- Demonstrate a knowledge of and proper use of the following documents
  - Daily treatment log
  - Rehabilitation charts

### EVENT COVERAGE
- Demonstrate a knowledge of and proper execution of the following
  - Event coverage set-up
  - Event coverage take-down