Level 1A Clinical Proficiencies

These proficiencies are to be completed by students in the fall semester of their first year. The proficiencies are primarily based on the knowledge obtained in KIN 219 Introduction to Athletic Training and KIN 312 Care and Prevention of Athletic Injuries.

A demonstration of the student’s decision-making and critical thinking abilities is paramount. It is important that the student demonstrate an overall ability to apply the skills and knowledge associated with each clinical proficiency and listed requirement, not just perform a series of psychomotor skills. Successful completion of the clinical proficiency requires the student to perform, at the minimum, the items listed under “Requirements”. Students should be prepared to answer questions from the ACI, who may challenge the student’s knowledge by questioning the student’s purpose and reasoning for doing things and/or ask the student to explain and/or demonstrate what would be done to address a specific situation.

Clinical Proficiency 1A1: Risk Management and Injury Prevention

Select, apply, evaluate, and modify appropriate standard protective equipment and other custom devices for the patient in order to prevent and/or minimize the risk of injury to the head, torso, spine and extremities for safe participation in sport and/or physical activity. Effective lines of communication shall be established to elicit and convey information about the patient's situation and the importance of protective devices to prevent and/or minimize injury. (RM-CP1: 4th Edition)

Requirements:
In order to complete this proficiency, the student will:

Construct, apply, and remove the following items AND convey information about the patient’s situation and the importance of these devices to prevent and/or minimize injury:

1A1.1 – custom bony prominence pad
1A1.2 – custom muscle contusion pad
1A1.3 – soft playing cast or brace (i.e. silicone, thermofoam, Scotchcast, etc.)
1A1.4 – hard, immobilization splint or cast (i.e. thermoplastic, plaster, fiberglass, etc.)
1A1.5 – friction pad

Select, fit, apply, modify, and remove the following items AND convey information about the patient’s situation and the importance of these devices to prevent and/or minimize injury:

Head & neck:
1A1.6 – protective headgear
  ➢ Must include a football helmet
  ➢ May also include headgear from other sports (i.e. ice hockey, wrestling, lacrosse, etc.)
1A1.7 – hard and soft cervical collar
1A1.8 – mouth guard
Shoulder:
1A1.9 – sling
1A1.10 – compression wrap/spica
1A1.11 – elastic wrap for immobilization (i.e. “sling & swathe”)
1A1.12 – instability brace
1A1.13 – shoulder pads
  ➢ Must include football shoulder pads
  ➢ May also include shoulder pads from other sports
    (i.e. ice hockey, lacrosse, etc.)

Elbow:
1A1.14 – compression wrap
1A1.15 – neoprene sleeve and / or protective pad
1A1.16 – tape job and/or brace to prevent hyperextension
1A1.17 – tape job and/or brace to prevent valgus and/or varus stress
1A1.18 – immobilization splint

Wrist, hand & fingers:
1A1.19 – tape job and / or brace to prevent hyperextension
1A1.20 – immobilization splint
1A1.21 – tape job to support a sprained or fractured finger
1A1.22 – immobilization splint for the hand / fingers

Back & trunk:
1A1.23 – lumbar support (i.e. brace, neoprene sleeve,
   Backplaster, etc.)
1A1.24 – Protective rib brace and / or rib protector (i.e. “flack jacket”, etc.)

Hip, pelvis & thigh:
1A1.25 – elastic wrap / spica to assist hip flexion
1A1.26 – elastic wrap / spica to assist hip abduction
1A1.27 – elastic wrap / spica to assist hip adduction
1A1.28 – elastic wrap / spica to assist hip extension
1A1.29 – compression wrap to the thigh
1A1.30 – protective pad to the hip and / or thigh

Knee:
1A1.31 – knee immobilizer
1A1.32 – compression wrap
1A1.33 – knee sleeve and / or knee pad
1A1.34 – prophylactic or post injury brace

Lower leg:
1A1.35 – immobilizing splint for the lower leg
1A1.36 – tape job to support the Achilles Tendon / calf muscles
1A1.37 – compression wrap to the lower leg
Ankle, foot & toes:
1A1.38 – tape job to prevent an ankle sprain / support the ankle
1A1.39 – Aircast splint or similar supportive device
1A1.40 – immobilizing splint for the ankle / foot
1A1.41 – compression wrap for the ankle / foot
1A1.42 – walking boot / shoe
1A1.43 – prophylactic or post-injury ankle brace
1A1.44 – proper footwear for physical activity
1A1.45 – steel plate insert
1A1.46 – tape job to support the arch
1A1.47 – tape job to support / prevent turf toe
1A1.48 – heel cup and/or lift

**Clinical Proficiency 1A2: Risk Management & Injury Prevention**

Demonstrate the ability to develop, implement, and communicate effective policies and procedures to allow safe and efficient physical activity in a variety of environmental conditions. This will include obtaining, interpreting, and recognizing potentially hazardous environmental conditions and making the appropriate recommendations for the patient and/or activity. Effective lines of communication shall be established with the patient, coaches and/or appropriate officials to elicit and convey information about the potential hazard of the environmental condition and the importance of implementing appropriate strategies to prevent injury. (RM-CP3: 4th Edition)

**Requirements:**

In order to complete this proficiency, the students will:
1A2.1 – obtain and interpret environmental data (i.e. heat, wind, humidity, lightning, etc) and make appropriate recommendations for activity based on that data

- Students are to demonstrate proper use of a sling psychrometer, wet bulb globe index, computerized monitoring device, or similar equipment and interpret the data obtained from that equipment when making recommendations

1A2.2 – assess for and recognize potential hazardous conditions and situations (i.e. environmental and physical hazards) involving the activity setting and make the appropriate recommendations for activity

1A2.3 – use and interpret weight charts in order to make appropriate recommendations for activity
**Clinical Proficiency 1A3: Acute Care of Injuries and Illnesses**

Demonstrate the ability to manage acute injuries and illnesses. This will include surveying the scene, conducting an initial assessment, utilizing universal precautions, activating the emergency action plan, implementing appropriate emergency techniques and procedures, conducting a secondary assessment and implementing appropriate first aid techniques and procedures for non-life-threatening situations. Effective lines of communication should be established and the results of the assessment, management and treatment should be documented. (AC-CP1: 4th edition)

**Requirements:**

In order to complete this proficiency, the students will:

1A3.1 – demonstrate the ability to manage a life threatening cardiac and/or respiratory emergency medical incident

1A3.2 – demonstrate the ability to manage a variety of environmental illnesses and conditions (i.e. heat syncope, heat cramps, heat exhaustion, heat stroke, hypothermia, etc.)

1A3.3 – demonstrate the ability to manage a patient with a spine/spinal cord injury

1A3.4 – demonstrate the ability to manage a patient, wearing shoulder pads and/or a helmet, with a spine /spinal cord injury

1A3.5 – demonstrate the ability to manage an unconscious patient

1A3.6 – demonstrate the ability to manage an unconscious patient wearing a helmet

1A3.7 – demonstrate the ability to manage a limb threatening orthopedic injury (i.e. closed fracture, open fracture, joint dislocation, etc.)

1A3.8 – demonstrate the ability to manage acute, non-emergent orthopedic injuries and conditions (i.e. mild to moderate sprains, strains, contusions, etc.)

1A3.9 – demonstrate the ability to manage open wounds