

DLP Case Study Homework

You are on a week-long spring backpacking trip with a friend, Ann Thompson, in North Cascades National Park. There is still a fair amount of snow in the high country and lower down, where you have been hiking, there are still large patches of snow in the trees on north-facing slopes. Two days into the point-to-point trip the weather suddenly warms and the snow begins to melt. The third day again clear, sunny, and almost hot at 75° F; run-off from the rapidly melting snow is swelling the streams. Day four's weather is identical to the previous days and at 15:00 you find yourself by the side of a rising stream that you need to cross to get to your vehicle the next day. The water appears to be about waist high and swift. You and Ann decide to attempt a crossing knowing that the water is likely to be higher tomorrow. Turning around is not an option as there are larger streams behind you. Within a few minutes you find a relatively shallow, but still potentially waist deep, spot to cross. During the crossing Ann slips and is carried downstream by the current. She is able to discard her pack and after hitting a few large rocks make it to the far shore. As Ann is struggling to reach shore, you complete the crossing without mishap. When you reach Ann she is sitting on rocks in six inches of very cold water (you estimate the water temperature to be about 40° F), shivering, and holding her right ankle which has already started to swell. Ann tells you her foot caught on a rock and twisted as she was making her way to shore; she says she felt something pop. She also reports that she hit a rock pretty hard on the left side of her chest but doesn't think she broke a rib. She says her ankle doesn't hurt a lot right now but she can't seem to move it or feel her toes. After carefully assisting her out of the water and into dry clothes (yours) you pull out your first aid kit.

Roughly fifteen minutes after the incident her right ankle is swollen, bruised, and extremely tender. The pain has increased (7) and while she still can't move it, she can now feel and wiggle her toes. The tissue over her left lower ribs is beginning to bruise and the area is very tender; however, she can take and hold a deep breath without pain. She appears to have no other injuries. At 15:25 she is awake and alert with a non-tender spine and normal motor and sensory exams.

She is allergic to penicillin, is taking a oral contraceptive, and has no significant medical history. Ann has been drinking water all day but noticed her urine was darker than usual the last time she peed. She reports that her normal resting pulse is 62 and regular.

Ann is 26 years old and rents in a small apartment in Seattle, Washington where she attends graduate school. Her parent's cell phone is 482-584-9846. Her mailing address is POB 14200, Seattle, WA. Ann weighs 125 pounds and was in good health prior to the accident. A quick search downstream shows no sign of her pack. At 15:40 she is no longer shivering.

Vital Signs at 15:45

P: 78 and regular

R: 14 and easy

O₂Sat: Not Taken

BP: Not Taken

S: pale, slightly cool, and dry

T: Not Taken

AVPU: Awake and Cooperative

Complete an entire SOAP note on Ann and bring it to the first day of your practical session. Try to place everything in the right place. What is your problem list, your anticipated problem list, and your treatment plan at 15:45? What level of evacuation is required?