

The OEC component of the senior program allows patrollers to participate in ski patrol-relevant field exercises. These exercises are designed to develop and enhance the skills of decision making, problem management, and leadership, as applied to the management of emergency care situations in a typical ski patrol environment.

### **Practice Scenarios**

Outdoor Emergency Care supports the OEC standard of training. The Senior OEC clinics provide a setting in which patrollers are evaluated on their ability to meet OEC's standard performance objectives. Patrollers must demonstrate their knowledge and skills in these areas, using decision making, problem management, and leadership abilities. The following scenarios may prove useful in pre-evaluation training clinics. Various factors of the scenario have been rated by a OEC Test Bank Committee to determine the overall degree of difficulty.

#### **OEC Practice Scenario 1**

The following table contains an emergency care scenario in which the senior candidate must manage a humerus fracture with resulting nerve paralysis. The degree of difficulty for each scenario component is provided as well as the overall degree of difficulty.

#### **Injury**

Humerus fracture with complete radial nerve paralysis (3)

#### **Environment**

Entangled in a snow gun (or other man-made obstacle) (1)

#### **Personnel**

Single patient (0)

No trained help (1)

Degree of Difficulty = 3

### **Senior OEC Exercises**

#### General Scenario Description

A snowboarder lost control while jumping a mogul. He became airborne, and when he fell his upper arm struck a snow gun at the edge of the trail. You are the only available patroller for the first 10 to 12 minutes. The patient complains of severe pain in the unstable upper arm, with numbness over the thumb side of the hand and an inability to extend his wrist and fingers.

## **OEC Practice Scenario 2**

The following table contains an emergency care scenario in which the senior candidate must manage an unresponsive patient who has a laceration and a pre-existing medical condition. The degree of difficulty for each component is provided as well as the degree of difficulty.

### **Injury**

Unresponsive (4)

Laceration with minor bleeding (1) Medical condition (0)

### **Environment**

More difficult slope (narrow area if available) (1)

### **Personnel**

Single patient (0) Trained patrollers (0)

Degree of Difficulty = 5

### **General Scenario Description**

A skier on a narrow slope became air-borne off of a mogul. Upon landing, her head hit a tree and she then fell forward onto a jagged rock. The accident was witnessed by the skier's friend, who has remained on the scene. The patient is unresponsive but stable throughout the entire management of the problem. The bleeding from the thigh laceration is only minor, but the friend reveals that the patient is HIV positive.

### **OEC Practice Scenario 3**

The following table contains an emergency care scenario in which the senior candidate must manage a patient with severe respiratory distress and a facial laceration. The degree of difficulty for each component is provided as well as the overall degree of difficulty.

#### **Injury**

Severe respiratory distress with flail chest and tension pneumothorax (4) Facial laceration (1)

#### **Environment**

Most difficult slope with moguls (0)

#### **Personnel**

Single patient (0)

Trained patrollers (0)

Degree of Difficulty = 5

#### **General Scenario Description**

A skier hit a mogul unexpectedly and fell forward. When you arrive on the scene, the skier is sitting on the snow. He tells you that the right side of his chest and face are hurting. He is also experiencing some difficulty breathing, especially if he tries to take a deep breath. This symptom worsens as time passes. All breathing is shallow; and any deep breaths or excessive movement cause increased pain.

## **OEC Practice Scenario 4**

The following table contains an emergency care scenario in which the senior candidate must manage two patients: one with first and second degree burns and the other with glass in his eye. The degree of difficulty for each component is provided as well as the overall degree of difficulty.

### **Injury**

Burns, first and second degree (2) Glass in the eye (2)

### **Environment**

Outside of a maintenance shed or kitchen (0)

### **Personnel**

Multiple patients (1)

Trained patrollers (0)

Degree of Difficulty = 5

### **General Scenario Description**

There has been a flash fire, cause unknown, in which an employee sustained burns to the face, neck, and hands. The employee (Patient A) stumbled into a fellow employee (Patient B), breaking his glasses and knocking him down. Patient A has areas of first and second degree burns on his palms and the peripheral areas of his face. His eyes and breathing are okay. Patient B has glass in one eye from the broken glasses and is very anxious about the possibility of losing his eye.

## **OEC Practice Scenario 5**

The following table contains an emergency care scenario in which the senior candidate must manage a patient who has fractured his wrist and clavicle. The degree of difficulty for each component is provided as well as the overall degree of difficulty.

### **Injury**

Wrist fracture (2)

Clavicle fracture (2)

### **Environment**

Easiest slope (0)

### **Personnel**

Single patient (0)

Obstructive ski instructor (1)

Degree of Difficulty = 5

### **General Scenario Description**

A first-time skier was on one of the area's easiest slopes with a new ski instructor when he fell forward, his binding released, and he put his hands out to break his fall. When you arrive, the instructor is very upset and is being overly apologetic to the skier, blaming the slope's grooming for causing the accident. The patient is complaining of pain in his wrist and shoulder on the same side. As a first-time skier, he is quite anxious about the situation.

## **OEC Practice Scenario 6**

The following table contains an emergency care scenario in which the senior candidate must manage a patient with an open femur fracture and a humerus fracture. The degree of difficulty for each component is provided as well as the overall degree of difficulty.

### **Injury**

Open femur fracture (3)

Humerus fracture (2)

### **Environment**

Most difficult slope (0)

### **Personnel**

Single patient (0)

Trained patrollers (0)

Degree of Difficulty = 5

### **General Scenario Description**

A skier was jumping and caught some really good air but got out of position for the landing and experienced a hard, twisting, tumbling fall. During one of the tumbles, her ski pole got caught under her body and she felt her upper arm snap. She fell a considerable distance, with various equipment scattered along the way. She has an open mid-shaft fracture on the leg against the slope. She complains of terrible pain in her leg as well as pain in the opposite arm.

## **OEC Practice Scenario 7**

The following table contains an emergency care scenario in which the senior candidate must manage a patient with a pelvic fracture, wrist fracture, and who is wearing a medical alert tag. The degree of difficulty for each component is provided as well as the overall degree of difficulty.

### **Injury**

Pelvic fracture (3)

Wrist fracture (2)

Medical history (0)

### **Environment**

Lift line (0)

(alternate location—top of the hill at lift exit area)

### **Personnel**

Single patient (0)

One trained patrollers (0)

Bystander help (1)

Degree of Difficulty = 6

### **General Scenario Description**

A 56-year-old female is standing in the lift line (or is standing at the top of the hill near the unloading area) when another skier bumps into her right side, causing her to fall on her left side. When you arrive on the scene, the patient complains of pain and tenderness in the left hip and wrist areas. She is wearing a medical- alert tag for epilepsy.

## **OEC Practice Scenario 8**

The following table contains an emergency care scenario in which the senior candidate must manage a patient with a back injury and lower- leg fracture. The degree of difficulty for each component is provided as well as the overall degree of difficulty.

### **Injury**

Back injury (3)

Lower-leg fracture (2)

### **Environment**

Below chairlift, not accessible by skiing (1)

### **Personnel**

Single patient (0)

Trained patrollers (0)

Degree of Difficulty = 6

### **General Scenario Description**

While riding up the lift, a skier fell about 20 feet out of his chair when the lift made an emergency stop. The area under the lift is not accessible by skiing under the lift, so you take off your skis and walk about 20 feet over to where the patient is lying in the snow. The patient complains of lower back and lower leg pain. You find the patient has deformity in the lower leg, with some specific pain upon pal-pation. The patient complains of mid- thoracic back pain with numbness and tingling in both legs.

## **OEC Practice Scenario 9**

The following table contains an emergency care scenario in which the senior candidate must manage a patient with severe abdominal pain and a sprained shoulder. The degree of difficulty for each component is provided as well as the overall degree of difficulty.

### **Injury**

Severe abdominal pain (3) Third-degree AC joint shoulder sprain (2)

### **Environment**

Most difficult slope (0)

### **Personnel**

Single patient (0)

Trained patrollers (0)

Degree of Difficulty = 6

### **General Scenario Description**

A skier was skiing very fast through the trees when she lost control trying to avoid a collision with a tree. She fell on her own ski pole, which jabbed her in the abdomen (upper left quadrant). She also fell onto her shoulder. When you arrive on the scene, the patient complains of pain in the shoulder, and pain and rigidity in the abdomen. Both of these symptoms worsen.

## **OEC Practice Scenario 10**

The following table contains an emergency care scenario in which the senior candidate must manage a patient with a dislocated shoulder, a fractured patella, and a fractured wrist. The degree of difficulty for each component is provided as well as the overall degree of difficulty.

### **Injury**

Dislocated shoulder (2)

Patella fracture (2)

Wrist fracture (2)

### **Environment**

Bump run (0)

## **OEC Practice Scenario 12**

The following table contains an emergency care scenario in which the senior candidate must manage a patient with a cervical spine injury and head contusion. The degree of difficulty for each component is provided as well as the overall degree of difficulty.

### **Injury**

Cervical spine injury (3) Head contusion (1)

### **Environment**

Disentanglement (1)

Off slope (1)

### **Personnel**

Single patient (0)

Trained patrollers (0)

Degree of Difficulty = 6

### **General Scenario Description**

A skier went into deep snow in the trees and hit a tree with her forehead. The skier is standing, leaning against the tree with skis on and poles in hand. Her head and neck hurt, and her fingers and toes are tingling, but there is no muscular weakness.

### OEC Practice Scenario 13

The following table contains an emergency care scenario in which the senior candidate must manage a patient with a fractured hip and an eye contusion. The degree of difficulty for each component is provided as well as the overall degree of difficulty.

Injury

Hip fracture (3)

Eye contusion (2)

Environment

An icy slope (0)

Personnel

Single patient (0)

Trained patrollers (0)

Difficult spouse (1)

Degree of Difficulty = 6

General Scenario Description

The skier lost control and fell hard onto one hip on the ice, lost both skis, and rolled a couple of times. During one of the rolls, he hit his eye with the ski pole grip, which is still in his hand. When you arrive, the spouse tells you she wants to sue the area because of the "lack of groom-ing" (ice). The patient complains of pain in his hip. You find swelling and tenderness over one eye.

OEC Practice Scenario 14

The following table contains an emergency care scenario in which the senior candidate must manage a young patient with a severe head injury and a fractured clavicle. The degree of difficulty for each component is provided as well as the overall degree of difficulty.

Injury

Head injury-epidural hematoma (life threatening) (4)

Clavicle fracture (1)

Environment

Off the trail in an area with trees (1)

Personnel

Single patient (0)

Trained patrollers (0)

Degree of Difficulty = 6

General Scenario Description

A 10 year old was skiing with her father in a closed, gladed area. The child lost control and struck a tree with the left side of her face and her left shoulder. You do not arrive until about 13 minutes after the accident. The patient's father tells you that the child was unconscious for a couple of minutes after

the impact. The patient is now responsive but is not completely oriented. She is still woozy and unable to stand but has good pupil reaction at the time of your arrival. There is a hematoma in the area of the temple and pain in the shoulder area. Her condition deteriorates as time passes, until finally she is unresponsive with a fixed pupil on the same side as the head injury.

#### Written Scenario Exercises

To prepare adequately for the evaluation, each candidate must write essay answers to two scenario problems and write one new senior OEC scenario problem. Select from the following scenarios or from the OEC Test Bank booklet (degree of difficulty 5 to 6) to write essay answers. Given the general information available below, complete the scenario objectives for decision making, problem management, and leadership. As you do the written scenarios, consider the points that will serve as the evaluation criteria for your leadership attributes.

#### Decision Making, Problem Management, and Leadership Expectations

One of the goals of the senior OEC component is to motivate, challenge, and facilitate a senior candidate's growth and/or experience level. Everyone involved in ski patrolling has been in a leadership position at one time or another. It may have been at the scene of an accident, while teaching one of NSP's many courses, or while serving as hill leader for the day. When you assume a leadership role, you are expected to fulfill certain responsibilities or duties, either by performing the task personally or by delegating it to another qualified individual.

Some patrollers are very comfortable in a leadership role while others tend to shy away from taking charge. Several factors may help determine whether someone is a better leader or follower, including personality, education, profession, age, and level of ski patrol experience. Each of these factors can affect a person's decision-making abilities in various situations. How do people make sound decisions and apply them to a leadership role? The following steps trace that process.

#### Decision-making Process

These steps enable a good leader to gain control of the situation.

1. Gather all the information about the problem or situation. Understand the information, and process it rapidly and efficiently.
2. Assess the seriousness of the situation. Set priorities based on the facts.

#### Communication

3. Instruct and delegate tasks to the people involved at the

scene. Be calm, confident, and competent, and give concise orders or commands to anyone who is available to assist you, including other patrollers, area personnel, and bystanders. Everyone involved must clearly understand the course of action and the tasks that are expected of them. (Other patrollers should be able to work under minimal supervision and attend to the details while you address the broader picture.)

#### Anticipation and Flexibility

4. Anticipate the needs of the injured, the needs of the patrollers tending to the situation, and the problems that may arise. Be ready to initiate a change of plan. (You may decide to change the plan of action suddenly, depending on the time it takes to evacuate the injured, the role the weather may play, what equipment is needed, whether equipment fails or is unavailable, etc.)

5. Evaluate the on-the-scene plan of action. How effectively is the plan working? Remain flexible.

#### Follow-up

6. Review the events that occurred during the situation (both your actions and the actions of those you directed). In a non-judgmental, positive manner, give constructive feedback to all involved. (You might decide what was done well or what could have been handled better, more efficiently, etc. Alternatively, everyone involved in the situation could discuss these issues.)

#### Effective Team Characteristics

- Mutually set goals
- Understanding and commitment to goals
- Clearly defined, non-overlapping roles
- Atmosphere that encourages development
- Decisions based on facts, not emotions or personalities
- Efficient, task-oriented meetings that focus on

#### improvement

- Discussions that involve all members
- Members listening and showing respect for each other
- Problem solving versus blaming
- Frequent performance feedback
- Informed members
- Pride and spirit
- Free expression of feelings and ideas
- Cooperation and support of members
- Tolerance for conflict with emphasis on resolution