General Medical Evaluation for the Athletic Trainer

Gary W. Dorshimer, MD, FACP
Head Team Physician: Phila.
Flyers and Phantoms
Team Internist: Phila. Eagles and Kixx

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Workshop Objectives

- Learn common presentations of medically related illnesses and injuries
- Learn basic physical examination of medically related illnesses and injuries
  - otoscope
  - ophthalmoscope
  - stethoscope
  - pen light
- Learn natural history, triage and evaluation of common medical problems and injuries
The Head

- Concussion – nystagmus, rapid alternating motion, finger-to-nose testing
- Hair loss – focal areas vs. male pattern balding
- Headaches – focal, diffuse, muscular, sinus, neck related, migraine
The Eye

- Pupils – anisocoria (best to document on PPE), traumatic iritis
- Corneal abrasion
- Acute glaucoma – sickle disease
- Visual fields – eyeball vs. visual cortex
- Hyphema – use of the ophthalmoscope
- Double vision
The Ear

- **TMJ** – a very common cause of ear pain
  (Watch where they point)
- **Eardrum** – clear gray vs. pink vs. red vs. bloody
- **External Auditory Canal** – swimmer’s ear, foreign body (Q-tips)
- **Cauliflower ear**
The Nose

- Use of the otoscope
- Fractures – bleeding, septal hematoma, keep them sitting forward
- Polyps – you can’t see them
- Turbinates – what indicates infection
- Infected hair
- Nose bleeds – compression, ice, packs, Afrin spray
The Throat

- Strep throat
- Mono
- Viral illnesses
- Yeast infections – thrush
- Aphthous ulcers (canker sores)
- Black tongues
- Glossitis, geographic tongue
Teeth & Gums

- Saving a broken tooth
- Dental wax
- Mouth guards
- Chewing tobacco – leukoplakia
- Bruxism – tooth grinding and its implications
- The missing tooth that is a broken jaw
The Neck

- Carotid dissection – Horner’s syndrome
- Hyoid bone – trauma and muscular symptoms
- The thyroid
- Lymph nodes – posterior, anterior, sub-mandibular, supraclavicular
- Salivary glands – stones, viruses
The Chest & Lungs

- What is normal to hear with a stethoscope
- What is normal to hear with percussion
- Egophony
- Bronchitis and “wheezing” – get them to cough
- Asthma and wheezing – look for a sense of tightness, congestion and cough
- Pneumothorax
- Tension pneumothorax
- Hemothorax
- Pneumonia
- Air Hunger
The Chest Wall

- **Costochondritis** – post-viral, women
- **Shingles**
- **The ribs as bucket handles**
- **Subcutaneous air** – Hamman’s crunch
- **The nipple**
The Heart

- S1, S2, S3, S4
- Murmurs
- Rubs
- Rhythm – regular vs. regularly irregular vs. irregular
- Heart rate – second hand of a watch vs. a general estimate
- U know your ABC’s before the AED
The Heart – Part 2

- Chest “Pain”
  when you relax and reassure
  when you get worried
  what else besides the heart makes you worry

- Palpitations – when they are from the heart and when they are not
The GI System

- **Esophagus** – heartburn, post-nasal drip, clearing the throat, hoarseness, cough, wheezing, chest pain, dysphagia
- **Stomach** – NSAID’s, ulcers, gastritis, gastroenteritis, gas and belching, hiccups
- **Bowel** – gastroenteritis, bloating, gas and flatus, distension
- **Appendix** – McBirney’s point
The Abdomen

- Gall bladder disease – Murphy’s sign
- Hernias
  - hiatal hernia
  - direct and indirect hernia
  - ventral hernia
  - umbilical hernia
  - abdominal wall hernia
  - sports hernia
- Lipomas
- Tumors
The Genitals - the Males

- Penile discharge – the causes, the problems with cultures
- Erectile dysfunction
- Genital warts
- Testicular trauma
- Testicular torsion
- Testicular tumors
- Scrotal masses and your pen light
- Scrotal varicosities
- Jock itch
The Genitals – the Females

- Vaginitis – yeast, bacteria, trichomonas, chemical
- Cysts
- Boils
- Jock itch
- Mittleschmerz
- Always ask about the last menstrual period before xrays and medications
The Kidneys

- When back pain is from the kidney(s)
  - infection
  - stone
  - tumor
  - prostate
- Renal contusion – the color of blood in the urine
- Rhabdomyolysis – when the dipstick is positive for blood but negative for red blood cells
The Skin

- Examining with the otoscope
- Burns – sun, road, turf, heat/fire
  - topical xylocaine
  - antibiotics – topical, oral
- Cancers – basal cell, squamous cell, melanoma
- Hives
- Drug rashes
- Eczema
- Bruises – the little ones that people worry about
- Psoriasis
Skin and Infections

- Lyme disease
- Herpes simplex
- Tinea versicolor
- Athlete’s foot
- Shingles – why it hurts so much
The Preparticipation Physical

- History – past medical and surgical
- Family history
- Medications
- Allergies
- Physical examination
- When to do ancillary tests, and which ones to do
Topics by Request
THANK YOU