

Content Recommendations for the Sideline Bag

Author: William A. Moreau, D.C., DACBSP
Estherville, Iowa 51334-2409
DConline@myclearwave.net

Iowa Chiropractic Society Article - FEB 2003

Drs. Bart Green and Hal Rosenberg recently published an article entitled *Contents for Chiropractors Emergency Sideline Bags* in the November / December issue of the *Journal of Manipulation and Physiological Therapeutics* (Volume 25, Number 9, Event-Site Emergency Bag). The authors explored the idea of what we should carry with us to athletics events. This is a significant article for those of us who attend to athletes and athletics teams. After my involvement in working with athletic teams for almost twenty years, my inventory has changed and steadily increased. The days of showing up with your doctors bag and a roll of tape are long gone my friend! One of the fundamental principles of treating athletes in the field is - what you bring with you will dictate what you can and cannot treat. If you need a set of crutches, but you did not bring them you cannot use them! The problem is identifying what it is that we need to have with us before we need it. This article attempts to help us in identifying the items we should have with us.

Basically there are two types of sideline kits, hard side and soft side. Each type of kit has it's own advantages. Hard sided kits protect the contents better from becoming wet or getting crushed and the soft side kits are easier to carry and they can be packed with more materials. It is a good idea to compartmentalize the kit so emergency supplies (airways, mask, stethoscope) are in one location. Spend some time organizing the contents of the kit. Another organizational tip is to tag the location of the emergency equipment in your bag with a luggage tag or other marker. This way if you are engaged in an emergent situation you can direct others to quickly locate and provide you with the equipment you need. There are many different containers you can use within the kit itself to further organize the inventory. Simple small adjustable fishing tackle boxes can be organized and loaded with materials to be placed inside the kit. I really appreciate the tape tubs that organize and protect the tape rolls from becoming damaged. You will need more than one bag as you increase your inventory. I use three right now, a general sideline bag, a waist pack, and a crutch bag (loaded with much more than just crutches).

Another challenge is keeping the sideline kit stocked and organized. Our inventory of sideline equipment will also change with the sports that we cover. Like a good scout we should always be prepared. . The key to making sure you have what you need is rechecking your kit inventory on a weekly basis. You should check the inventory yourself to make sure you know what is in the kit and where it is located. The following tables can be cut out and laminated for you to

include in your kit. You can then use them as a starting point for your inventory checklist. The first table identifies the recommended inventory items. The second table identifies the items that were still mentioned by the experts, but the consensus was not as strong for these items.

Recommended Items for an Emergency Kit		
Latex Gloves	Telephone numbers (Press box, police, ER, AD, etc)	Gauze pads various sizes, (sterile & nonsterile)
Oral airways, various sizes		
Penlight	Reflex hammer	Sling, arm
Writing utensil	Stethoscope	Bags, plastic
Antiseptic solution	Glucose paste or gel	Knife, multipurpose
Bandages, adhesive	Antibiotic ointment	Bag valve mask
Bandages, elastic	Bandages, triangular	Eye patch
Band-aids	Betadine / Benzoin swabs	Scissors
Forms (exam and consent)	Butterfly/steristrips	Scissors kit
Gauze, absorbable	Gauze, cling, various sizes	Scissors, bandage
Cervical collar – rigid	Splints	Tape, adhesive
Dressings (various sizes, sterile and nonsterile)	Sphygmomanometer with various sized cuffs	List of players with medical conditions
Thermometer	Biohazard disposal bag	Tape cutter
CPR equipment	Betadine solution	Telephone, cellular
Hydrogen peroxide	Irrigating solution	Tongue blades
Irrigation kit	Instant (chemical) cold pack	Forceps
Coins for a pay phone	Screwdrivers	Airways, nasal, various sizes
Ring cutter	Tourniquet	Bandages, rubberized
Scissors, EMT	Manual ventilating bag	Safety pins (sensory testing)
Saline solution, ophthalmic	Splints, SAM-type	Swabs, cotton
Tape, elastic-type, various sizes		Tooth preservation kit

Additional Items for an Emergency Kit		
Alcohol pads	Hemostats, various sizes	Antidiarrheals
Mask, simple face	Notebook	Clipboard
Tape Measure	Skin lubricant	Benadryl
Alcohol	Suction	Elastoplast, 4-in roll
Blankets	Walkietalkie	Blocks for CS stabilization
Ophthalmoscope/otoscope	Antifungal ointment	Foam, closed-cell
Oxygen tank	Benzoin solution	Pads, abdominal
Pinwheels	Immobilizer, knee	Pager, two-way
Saline, normal	Safety razor	Petroleum jelly
Patient instruction sheets	Air splints - extremity	Antihistamines
Bite block	Ambubag	Eye shields
Cleaning cloths, disposable	Ammonia capsule	Glucose solution, 50%
Corticosteroid cream	Antacid, oral or H2 blocker	Orthoplast sheet, 6x6

Healthcare License laminated copy	Povidone-iodine solution	Penlight, with cobalt blue filter
Splints, aluminum	Tegaderm	Penlight, ultraviolet
Splinting tape, fiberglass	NSAIDS	Prewrap
Mirror	Screw, oral	Scalpel
Elastic sleeves	Sharps container	Crutches
Decongestants	Dictation tape recorder	Spray, cooling
Thumb forceps	Iodine	Brace, ankle stirrup
Cardiac defibrillator	Posterior elbow splint	Surgilube
Padding, felt	Suture scissors	Suture removal kit
Bofor's collapsible splint	Tubin, solution	Tape remover
Splints, inflatable	Acetaminophen	Tuff skin spray
Splints, ladder	Eye kit with eye chart	Dipsticks, urine
Splint, neutral wrist	Swabs, chlorhexidine	Foil
Cast padding	Pack, disposable ice	Forceps
Horseshoe pads	Pack, instant heat	Nasal cannula
Splint, Collie's wrist	Pack, reusable ice	Visine
Splinting, wire	Sterile field	Collodion
Splints, board	Non-narcotic cough med	Flourescein strips
Paper bags (for treating hyperventilation)		Portable electrotherapy unit

While the list may seem quite imposing, remember to focus on the first table and consider what your particular needs is. Some of the experts pooled travel around the world with their teams, and that is why there are several medications and other medical equipment identified. Many of the different types of splints can be replaced with one or two moldable sideline splints. The one I use are called One-Step® splints. I also noted that some items that I consider essential were omitted and they are identified in the next chart.

Moreau's Additional Items to Consider	
Cell Phone	An absolute must, make sure you know the phone numbers mentioned above ahead of time (you already have one)
Pulse Oximeter	Very helpful when evaluating asthmatics (\$300)
Pruning Shears	The best tool to remove a football face mask (\$15)
Laminated Spine Injury Card	These cards provide concise step-by-step directions for the management of a spine injured individual (\$2)
One Step Splints	They reduce your inventory of splints (\$15)
PDA (Personal Digit Assistant)	This is where you can store contact numbers; dictation information, rosters, schedules, treatment guidelines for concussion, injury notes – the works!
Electrolyte Replenishment	Carry with you a solution that you can provide the dehydrated athlete.
Antiseptic wipes	Disposable wipes for cleaning athletes and equipment
Nail clippers	A torn nail is no fun

Just as important as having the equipment is your ability to safely and properly use the equipment. This comes with repeated practice. Ask your local EMTs to

allow you to work with them when they practice the skills you would like to know more about. Another important point is in regards to blood borne pathogens. Remember, to separate out the materials (gloves, gauze, antiseptic solution, bags, tape, etc) you will need to treat the bleeding athlete before the contest begins. If you reach into or touch your sideline bags with a contaminated hand you have just contaminated your entire contents of your bag!

For more information regarding the contents of sideline bags visit <http://www.iahsaa.org/WU02-7.html> to read the recommendations of the Iowa High School Athletic Association wellness coordinator, Alan Beste, ATC. By coordinating, practicing and working with others we can help to ensure that all the needed equipment and materials we need will be on site when the injured athlete needs them.

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