



## ***CASEM TEAM PHYSICIAN CHECKLIST AND MEDICAL BAG CONTENT LIST***

This two page document is a resource for sport medicine physicians providing team and event coverage. The intent of this reference is twofold: one, to provide a checklist of items to consider pre-event/team travel, and, two, to provide a suggested medical bag content list. This is meant to be a guide only, and may need to be modified depending on type of sport, location of event, number of athletes, etc.

### **CHECKLIST:**

1. **Location**—will it be urban, rural, domestic or international? Type and proximity of local medical resources. Consider regional medical concerns.
2. **Customs and Regulations of Destination**—may impact equipment and medications. Anti-doping laws vary among countries.
3. **Sport Type**—assess risk and environment of field of play i.e. climate, altitude, etc.
4. **Sport Specific**—number of athletes, age, gender, support staff care.
5. **Pre travel**-- medical screening, vaccinations, medical insurance requirements.
6. **Travel Strategies**—consider jet lag, sleep strategy, nutrition, hydration, illness prevention, small medical kit for plane.
7. **Cover Letter**— documenting the purpose of your travel from IST lead/ED of the sport you're representing. Copy for medical kit.
8. **Forms**—medical record/encounter forms, SCAT 3, WADA list, blank TUE, Rx pad etc.
9. **Destination Contacts**—local embassy, hospitals, physicians, etc.



## Team Physician Medical Bag Suggested Content List

### Diagnostic Instruments

Blood pressure cuff  
 Thermometer-tympanic/rectal  
 Stethoscope  
 Ophthalmoscope/otoscope (speculums)  
 Penlight  
 Reflex hammer  
 Tuning fork  
 Pocket eye chart  
 Tongue depressors  
 O2 sat monitor

### Medications

Epinephrine injector and adrenaline vials 1:1000.  
 Asthma: Salbutamol MDI, ICS  
 Allergy: antihistamines, prednisone 5mg tabs, depo-medrol injectable vials 40mg/ml, diphenhydramine, nasal ICS  
 Analgesics: ASA 325mg (chewable) NSAIDS,  
 Acetaminophen, codeine, tramadol, triptans, injectables  
 Ativan (lorazepam) 1mg, Diazepam 5mg rectal sup.  
 Sleep meds  
 Glucose tablets  
 Nitroglycerin spray  
 loperamide  
 Vitamin C tabs, Zinc lozenges  
 Pataday eye drops 0.2%  
 Ketoralac oph drops  
 Vigamox oph. drops  
 Ciprodex otic drops  
 Locacoten Vioform otic drops  
 Topicals: hydrocortisone/betamethasone cream,  
 diclofenac 10-15% cream, iodisorb ointment, antifungal cream, Bactroban cream, Flamazine  
 Fe supplement tablets  
 Gastrointestinal meds: ranitidine, PPI's, senokot, dimenhydrinate, restoralax powder, ondansetron, tums, maxeran  
 Anti infective agents: valtrex 500mg, diflucan 150mg tabs, tamiflu 75mg,  
 azithromycin,cephalexin,clindamycin,doxycycline,metronidazole,amoxicillin,  
 Ciprofloxacin  
 OCP/MAP  
 Tetanus toxoid

***\* Not to be considered a comprehensive list for all sports. Adjustment to type and amounts of supplies maybe required \****

### Equipment

Automatic defibrillator  
 Cervical collar, adjustable  
 Peak flow meter  
 Aero chamber  
 Glucose meter,lancets,test strips  
 Pocket mask, OPA, NPA  
 Bag valve mask/Ambu-bag  
 Consider-KingLT/LMA. ETT's  
 Xylo jelly, hurricane jelly  
 Cricothyroid surgical airway kit  
 Nail clippers,scissors, pocket knife  
 Foley catheter  
 Slings and Splints, SAM and frog splints  
 Urine pregnancy tests, vag speculum  
 Vaseline  
 Nasal expandable packing/tampon  
 Dental kit

### Sutures/dressings

Suture kits,Dermabond glue  
 Sutures-various  
 Bupivacaine 0.5%, xylocaine 2%/with epinephrine  
 Chlorhexidine 4% EZ scrub brushes  
 Chlorhexidine 0.5% spray solution  
 Normal saline  
 Dressings, Mefix, tape  
 Scalpel blades-various sizes  
 Sterile drapes  
 Steri strips, Band-aids  
 Syringes, needles  
 Alcohol swabs  
 Sterile gloves

### Other

Urine test strips  
 Rapid Strep kits  
 Small sharps container/urine bottle  
 Tampons  
 Batteries, sandpaper  
 Baggies, zap straps  
 Infection control masks, gloves  
 Eye patches, anaesthetic eye drops,flouroscein, eye wash  
 Tongue depressors  
 Pens, Tape measure  
 IV set up kit (tubing, fluids)  
 Vision chart  
 Sunscreen,thermal wraps  
 WADA banned substance list  
 Bike Multitool  
 Contact phone list/EMS