



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