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, depotmedrol 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
Iperamide
Vitamin C tabs, Zinc lozenges
Pataday eye drops 0.2%
Ketorolac opth drops
Vigamox opth. drops
Ciproxot otic drops
Locacoten Vioform otic drops
Topicals: hydrocortisone/betamethasone cream, diclofenac10-15% cream, iodosorb 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,metronid
azole,amoxicillin,
Ciprofloxacin
OCP/MAP
Tetanus toxoid

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
Bupivicaine 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,fluroscein, 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

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

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