At the End of My Rope &
Hit by a Rock and Stuck in a Hard Place:
Two Patients' Perspectives vs. Perceptions

Presented by Jeannette Stawski
& Christine Lagattolla
The top two types of accidents reported
North American Mountaineering
1984-2018
6,200 reports

Top two injuries
Fractures (1,763/28%)
Lacerations (881/14%)
Number of helicopter evacs that occur on average each year
NOLS reports an average of 6 helicopter evacuations 1% of total incidents a year.
Serious incidents are **RARE**

our stories give **PERSPECTIVE**
<table>
<thead>
<tr>
<th>Name: Christine Lagattolla</th>
<th>Sex: Female</th>
</tr>
</thead>
<tbody>
<tr>
<td>Age: 32</td>
<td>Birthdate: 9/7/83</td>
</tr>
<tr>
<td>Emergency Contact: Mike Pittsley, Partner</td>
<td>Phone: 815-739-3755</td>
</tr>
</tbody>
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Scene: 33 year old female fell off end of rope 20-30 feet while rappelling with a group of students on a school sponsored climbing trip at PRMP in the Red River Gorge, Kentucky
Broken Tibia and fibula on both legs
- right side closed left side open

Right wrist broken
Right radius broken

L3 - Burst fracture into many pieces

Sternum broke
Ribs broken: right side  5
    Left side  5,6,7,8,9

Bruised left and right lung
Air pockets between lungs and ribs
Tail bone fractured
<table>
<thead>
<tr>
<th>Name: Jeannette Stawski</th>
<th>Sex: Female</th>
</tr>
</thead>
<tbody>
<tr>
<td>Emergency Contact: Willard and Elvira Stawski</td>
<td>Phone: 616-942-5099</td>
</tr>
</tbody>
</table>

**Scene:** Patient rappelling off of cliff 15 miles in the backcountry. While on rappel, patient started to pendulum into a gully then a rock measuring approximately 1.5 feet long by 2.5 feet wide and weighing approximately 250 pounds (sized determined next day) fell from above and went between her legs causing the injury.
Tip 1

Confidence

EMPATHY
Tip 2

Reassurance
Alleviate Additional Stress to Patients

Be Proactive
Make the damn splint and make them comfortable
Alleviate Additional Stress to Patients

**Be Proactive**
Make the damn splint and make them comfortable

**Make Decisions**
Involve the patient whose life will be affected in your treatment and decisions
Alleviate Additional Stress to Patients

Be Proactive
Make the damn splint and make them comfortable

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Communicate
Communicate the plan to help set the expectation
Training and Certifications

Be a Kick Ass Patient
Training and Certifications

Practice Skills To Mastery
Training and Certifications

CYA to Care
Remember Empathy
Alleviate Stress
Train Well
Thank You.