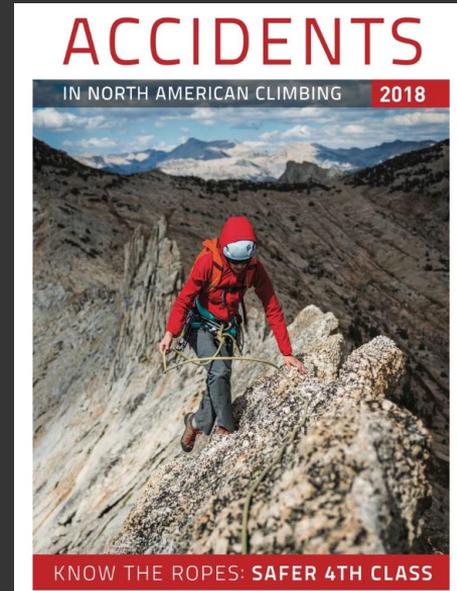


At the End of My Rope & Hit by a Rock and Stuck in a Hard Place: Two Patients' Perspectives vs. Perceptions

Presented by Jeannette Stawski
& Christine Lagattolla

The top two types of accidents reported



North American Mountaineering

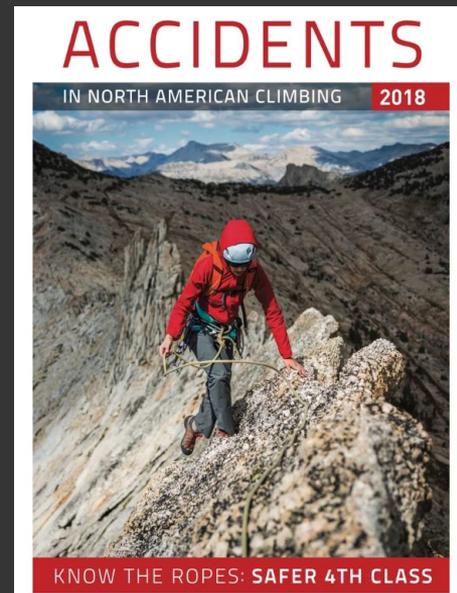
1984-2018

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**



clagattolla



Date: *June 8, 2016*

Time: *1:00 p.m.*

| | | |
|--|--------------------------|----------------------------|
| Name: <i>Christine Lagattolla</i> | Sex: <i>Female</i> | |
| Age: <i>32</i> | Birthdate: <i>9/7/83</i> | Weight: <i>170</i> |
| Emergency Contact: <i>Mike Pittsley, Partner</i> | | Phone: <i>815-739-3755</i> |

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

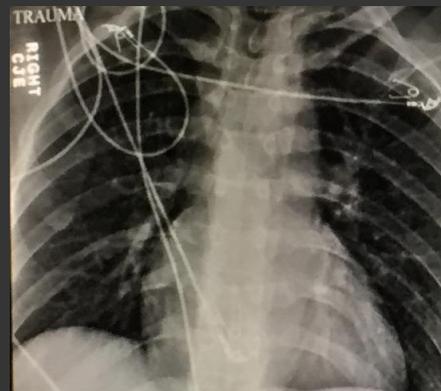
Ribs broken: right side 5

Left side 5,6,7,8,9

Bruised left and right lung

Air pockets between lungs and ribs

Tail bone fractured





Date: *July 1, 2000*

Time: *5:00 p.m.*

| | | |
|--|-----------------------------|----------------------------|
| Name: <i>Jeannette Stawski</i> | Sex: <i>Female</i> | |
| Age: <i>25</i> | Birthdate: <i>3/11/1975</i> | Weight: <i>175</i> |
| Emergency Contact: <i>Willard and Elvira Stawski</i> | | Phone: <i>616-942-5099</i> |

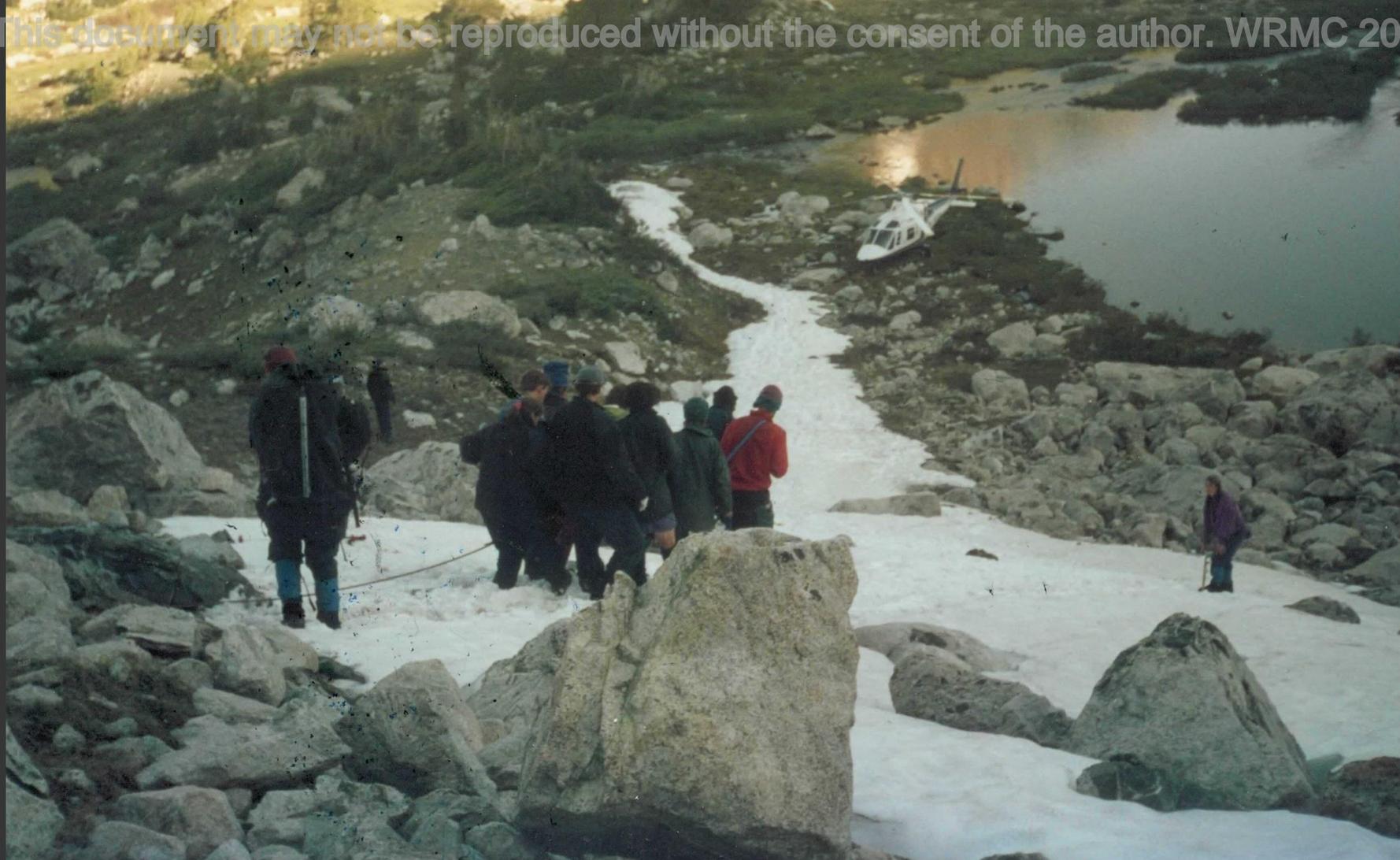
Scene: *Patient rappelling off of cliff 15 miles in the backcountry. While on rappel, patient started to pendulum into a gully then a rock measuring approximately 1.5 feet long by 2.5 feet wide and weighing approximately 250 pounds (sized determined next day) fell from above and went between her legs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







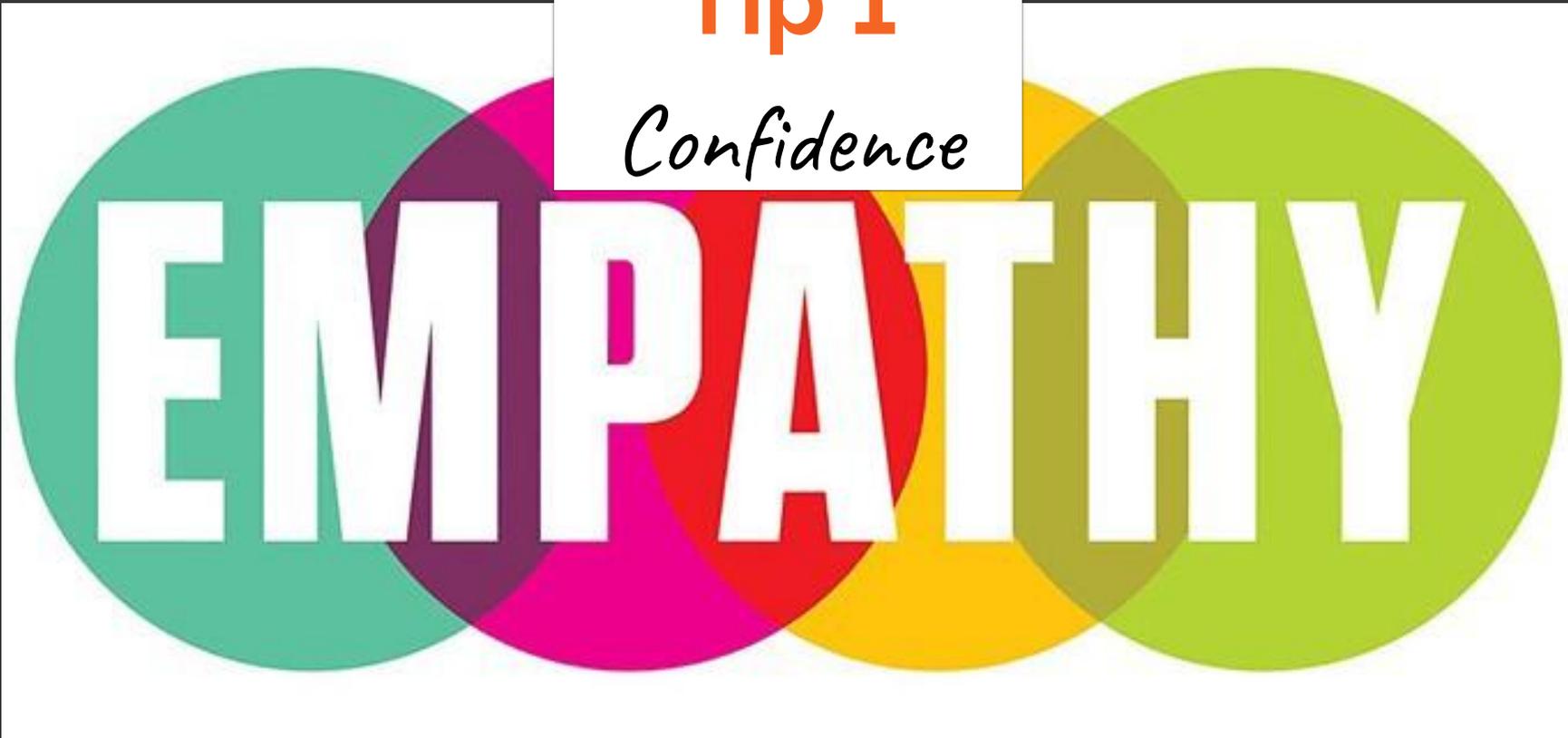






Tip 1

Confidence



EMPATHY

Tip 2

Reassurance





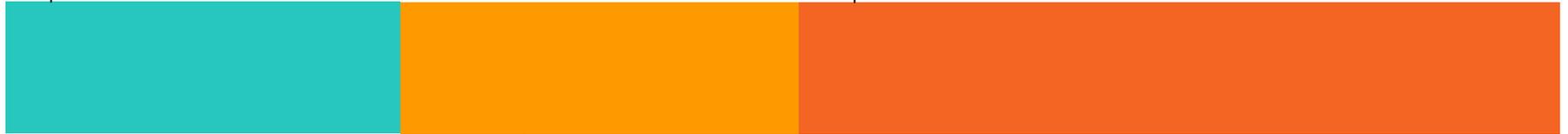
Tip 3

Whole Person

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

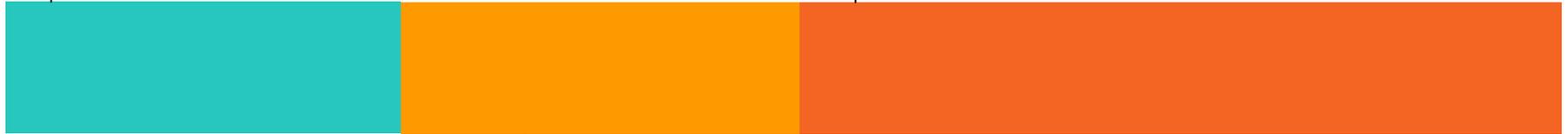
Make the damn splint and make them comfortable

Communicate

Communicate the plan to help set the expectation

Make Decisions

Involve the patient whose life will be affected in your treatment and decisions



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

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Thank You.

