REGION 11
CHICAGO EMS SYSTEM
SKILLS

Title: Spinal Motion Restriction (SMR)
Section: Trauma Management
Approved: EMS Medical Directors Consortium
Skill Level: BLS/ALS

Name:       Date: 
Resource Hospital:     Training Site: 
Evaluator:      Signature: 

Actual Time Started: 

<table>
<thead>
<tr>
<th>Points Possible</th>
<th>Points Awarded</th>
</tr>
</thead>
<tbody>
<tr>
<td>Selects, checks, and assembles equipment</td>
<td></td>
</tr>
<tr>
<td>Cervical Collar</td>
<td>1</td>
</tr>
<tr>
<td>Scoop Stretcher or Padded Long Backboard</td>
<td>1</td>
</tr>
<tr>
<td>Ambulance cot</td>
<td>1</td>
</tr>
</tbody>
</table>

States Indications for Procedure

Acutely altered level of consciousness (GCS <15, evidence of intoxication) | 1 |
Midline neck or back pain and/or tenderness | 1 |
Focal neurological signs or symptoms (i.e. numbness or motor weakness) | 1 |
Severe or painful distracting injury (unreliable examination or assessment) | 1 |
For pediatric patients: torticollis | 1 |

States Contraindications for Procedure

Penetrating Traumatic Injury | 1 |

Performs Procedure

Applies PPE: gloves | 1 |
Limit motion of spine by keeping head, neck, and torso in alignment | 1 |

Determine appropriately sized cervical collar

Use fingers to measure the patient’s lateral neck from the base of the shoulder to the bottom of the chin | 1 |
Adjust cervical collar based on measured neck size | 1 |
Apply cervical collar and secure it in place | 1 |
Assess cervical collar after application as it should not occlude mouth opening, obstruct airway, breathing or be loose as to allow the chin to sink below the collar chin piece | 1 |

If extrication is not required:

Children in a booster seat and adults should be allowed to self extricate | 1 |
Place patient on ambulance cot. For infants and toddlers already strapped in a car seat with a built-in harness, extricate the child while strapped in the car seat | 1 |

If extrication is required:

For infants and toddlers already strapped in a car seat with a built-in harness, extricate the child while strapped in the car seat | 1 |
For other situations, use a padded long backboard or scoop stretcher | 1 |

Reassessment:

If head elevation required, elevate 30 degrees, maintain neck/torso alignment | 1 |
Minimize flexion, extension, rotation of spine during patient transfers | 1 |
### Spinal Motion Restriction (SMR)

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<table>
<thead>
<tr>
<th>Task</th>
<th>Score</th>
</tr>
</thead>
<tbody>
<tr>
<td>Padding used for pediatric patients or severe kyphosis to maintain SMR</td>
<td>1</td>
</tr>
<tr>
<td>Secure patient to ambulance cot appropriately</td>
<td>1</td>
</tr>
</tbody>
</table>

**Actual Time Ended:** ________________

**Critical Criteria:**
- Failure to take or verbalize personal protective equipment
- Failure to minimize flexion, extension, rotation of the spine
- Failure to secure patient appropriately
- Failure to manage the patient as a minimally competent EMT or Paramedic
- Exhibits inappropriate affect with patient or other personnel
- Uses or orders a dangerous or inappropriate intervention
- Failure to achieve a score of 18 or greater

- [ ] Successful  
- [ ] Unsuccessful

**Total / 23**