

XCollar Instructor Tips

And Training Evaluation Criteria

Always encourage active communication between team members and be knowledgeable/follow local protocols when performing any type of Cervical Splinting (CS) training and XCollar applications

Second Rescuer Duties:

1. Remind your students to instruct the second rescuer, holding the patient's head, to assist them by positioning the XCollar's Occipital Pad in proper place (behind the occipital and above cervical vertebrae C-1) and to hold it there.
2. While holding the patient's head in place, second rescuer can also assist by moving jewelry, long hair and/or clothing out of the way.

Neutral Position Application:

1. Grip the anterior piece like a "baseball glove" and place Chin Strap in front of the patient's chin.
2. Assure the occipital pad is placed behind the occipital ridge (above C-1).
3. Adjust both Side Straps symmetrically using opposing forces (push and pull).
4. Slide chest piece making firm contact on upper chest. Ensure to avoid causing distraction to the spine (apply no traction or extension on the cervical spine).
5. Attach XStraps utilizing opposing forces (push and pull). It may be advantageous to reach across to deploy the XStraps to avoid your hands crossing at the end of the process.

In Position Application:

1. Grip the anterior piece like a "baseball glove" and place Chin Strap in front of the patient's chin..
2. Assure the occipital pad is placed behind the occipital ridge (above C-1).
3. Always tighten the "short side straps" first. Utilize opposing forces (push and pull).
4. Slide chest piece asymmetrically making firm contact on upper chest. Ensure to avoid causing distraction to the spine (apply no traction or extension on the cervical spine).

Supine Position Application:

1. Grip the posterior piece while tucking the buckle tabs into the grooves. Hold it in place with a finger to avoid scratching the back of the patient's head as you slide it underneath.
2. Insert the posterior piece between the scapulas, at a 45° degree angle to midline, using opposing forces. Grasp and pull the clothing at the point of entry until the occipital padding is below the occipital ridge before rotating into position. When rotating the XCollar into position, behind the neck area, the head of the patient should not move!
3. If necessary use sawing motion to center Occipital pad under Occipital Ridge.
4. Ensure second rescuer is holding c-spine properly and aiding the rescuer placing the XCollar .
5. Continue to apply the XCollar using regular application process.

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Prone Position Application (Advanced Capability):

1. Special care and attention must be utilized when performing this application. Slow down the application process to minimize patient movement and manipulation.
2. Apply the XCollar using the In Position application process.
3. After rolling patient to a supine position, reassess and readjust for proper application if needed.
4. If necessary, log roll patient to the supine position first, then apply the XCollar supine.

Secured Airway Management:

1. Loosen the chin strap mask and use plastic piece under chin to allow for correct seal of the BVM.
2. To perform endotracheal intubation, loosen Chin Strap, loosen XStraps, and loosen Side Strap to allow clearance to open airway using modified jaw thrust maneuver. Re-tighten all straps following successful intubation to secure the airway.
3. Do not remove XCollar completely unless necessary.

Other Uses or Applications:

1. While training with the military, Combat Medics have shown us the capability of the XCollar CS System to aid on holding pressure to help stop any bleeding on the neck and mandible areas. For this application, use a compression dressing under the XCollar and apply the device extra tight over the dressing holding pressure..
2. Securing an airway to allow more efficient One Man CPR during transport on rough terrain.

Manipulative Skills Check Off Evaluation Criteria:

1. Observe that the trainee is confident and uses a good technique of application without manipulating the simulated patient's head.
2. Ask the trainee questions relevant to the anatomy of the Cervical Spine as it relates to the concept of applying Cervical Splinting procedures (CS).
3. Follow the Training Standards in the Study Guide to assess the level of efficacy that you would like see with your colleagues.
4. Modify the Training Standards specified by us if you deem them to be lenient. We consider our Training Standards to be the minimum level of efficacy desirable.
5. Create realistic manipulative training scenarios that apply to the most common type of accidents in the region or areas that the training is taking place.
6. Organize re-current training including new realistic, more complicated, scenarios in order for rescuers to maintain and/or develop a good skill level.

TRAIN AS IF YOUR PATIENT'S LIVE DEPENDS UPON IT, BECAUSE IT DOES!!!