



When 8 Min. Feels Like a Lifetime: Emergency Response for non-EM Physicians

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Goals

- Understand need for scene safety
- Learn a focused assessment for emergencies
- Updates re. cardiac arrest, etc.
- Know what to expect from first responders

Scene Safety





What can I do, anyway?

- Get help
- Calling 911
- Scope & competence
- Good Samaritan laws





MARCH

- Assess & treat at each stage
- Adapt to situation
- **M**assive hemorrhage
 - Control bleeding, CAT
- **A**irway
 - Head tilt, chin lift
 - Jaw thrust



MARCH

- **R**espirations
 - Adequate? Need for oxygen, naloxone, epi., etc.?
- **C**irculation
 - Assess. Need for CPR?
- **H**ead, hypothermia, hike/helicopter
 - Head
 - AVPU
 - Hypothermia (watch for environmental issues)
 - Hike/ helicopter: how are you going to get pt. to advanced care?



SAMPLE Hx

- **S**igns/symptoms
- **A**llergies
- **M**edications
- **P**ast medical history
- **L**ast PO intake
- **E**vents leading to incident



Cardiac Arrest

- Call 911
- Have someone get AED, start CPR
- 30 comp.:2 vent. = 1 cycle. Full recoil.
 - AED driven pulse check q 5 cycles
 - Hands only
- Follow the AED's lead...
 - Immediate compressions for 5 cycles
- What EMS will do...







Opioid Overdose

- Watch for sharps!
- Rescue breaths
- Naloxone
 - IN w/ atomizer fastest (IM is ok)
- Withdrawal < anoxic injury
- Use police PRN







Stroke

Think FAST

- **F**acial droop
- **A**rm drift
- **S**peech (dysphasia/ dysarthria)
- **T**ime last known well
- Common mimics: hypoglycemia, Bell's, etc.



**TIME LOST
IS BRAIN LOST**



Loss of Consciousness

- Seizure: Onset, duration, description
 - NPO
 - Meds?
- Syncope
 - History is key
 - May have brief seizure
- Nearest AED?



MVAs, Falls

- Scene safety is paramount
- If ambulatory, c-spine okay
- Splint in position of comfort

got gloves?





Closing Thoughts

- Stay certified on CPR w/ AED
 - Carle Life Support Education 383-4640
- PulsePoint
- What equipment is at schools, stadium, etc.?

What questions do you have?