**Austere Trauma Management Grand Rounds Summary**

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* Make sure you assess the scene and prioritize your own safety before attending a trauma victim in an austere setting
* Have a low threshold for evacuation if a potentially life-threatening injury is suspected
* Control massive hemorrhage at point of injury if possible
* Massive hemorrhage interventions: direct pressure, pressure dressing, hemostatic dressing (Celox Gauze, ChitoGauze, Quik-Clot Combat Gauze currently recommended), tourniquet
* With a tourniquet, bleeding is either controlled in the first 2 hours, or it’s not. If a tourniquet is on >2hrs, leave on until definitive medical care and do not periodically loosen
* Improvised airway devices: headlamp (light); metal bracket, bent spoons, metal handles (laryngoscope); hydration bladder tubing, siphon tubing, water-bottle straw (ETT)
* Only intervene if suspected pneumothorax/hemothorax and critically ill. First, attempt a needle decompression with a 8.25cm, 14G needle followed by thoracostomy and vented chest seal
* Use pulses as a surrogate for blood pressure when assessing circulation. Consider checking JVP as well to assess for obstructive vs hemorrhagic shock
* Benefits outweigh risks when considering reduction and splinting of extremity fracture / dislocation in the wilderness setting
* Unstable pelvic fracture has ~40% mortality and pelvic binding is first line treatment
* Use patients own pants to create a pelvic binder (cut pants from the patient’s ankles all the way up to their anterior proximal thighs on both sides, flay the cut portion of the patient’s pants out to the sides, tie the cut portions together and center over the patient’s greater trochanters, tighten the binder using a windlass)
* Consider including the following in your medical kit: headlamp (airway light), hydration bladder (ETT), metal spoon (laryngoscope), pocket knife, gauze dressings (pressure dressing), safety pin (tongue traction, NPA stop), syringe (for irrigation, cricothyrotomy)
* Consider purchasing the following to add to your medical kit: CAT tourniquet, pocket BVM, iGEL, NPA, OPA, vented chest seal, 8.25cm 14 gauge angiocatheter, hemostatic dressing