

Rescue Task Force CME Outline

1 hour Trauma Core/Noncore CME Credit

Video 1- Medical Assessment-12 Minutes

- Head to toe Assessment- systematic assessment, “raking” with hands
- looking for “BAD CRAP”
 - C-Commands
 - R-Respiratory Distress
 - A-Arterial Bleeding
 - P-Peripheral Pulses
- Place the patient in recovery position
- Tag the patient with the appropriate triage color tape
 - if there is any “BAD CRAP” the patient is RED
 - if there is a serious injury that needs ED the patient is yellow
 - if there is injury but not serious that could go the urgent care the patient is green
- Assessment with a plate Carrier
 - Head to toe assessment with removal of plate carrier
 - looking for “BAD CRAP”

Video 2- Wound Packing and Pressure Dressing- 26 minutes

Wound Packing- junctional injuries (groin, armpit, neck) scalp injuries

- Direct pressure, then move to wound packing
- maintain pressure on the point of injury (constantly have a finger in the wound)
- moving in a clockwise direction
- the more gauze/bulgey dressing the more direct pressure downward on wound

Pressure Dressing- extremity injuries-wounds that do not require packing

- direct pressure with the use of bulging agent (gauze)
- apply pressure dressing, holding it together and applying it tightly
- making sure you have enough downward pressure on the wound
- normal that the extremity would change color once complete

Groin Dressing (junctional hemorrhage) 1 person application

- wound is packed
- apply direct pressure
- make sure you have enough downward pressure with extra “bulg”
- pressure dressing is going to go around the injured leg (once) “figure H”
- the pressure dressing should then go around both legs (once)
- maintain direct pressure when not moving patient
- may need to apply second pressure dressing

Groin Dressing- 2 person application

- pack wound
- add more bulg
- one person holds direct pressure
- second person applies pressure dressing “fanned out and tight”

Axilla Dressing- Armpit 1 person application

- pack wound
- hold direct pressure, applying direct pressure towards neck/head
- dressing goes under the arm, head (use knee to hold pressure) and under the opposite armpit, across the chest. The dressing will then go around the neck down towards the wound, repeat the first loop under the arm, head and opposite armpit, then with the strap pull it around the dressing so it pulls the dressing down away from the neck, securing the clip/dressing.
- the arm with the injury gets pulled down towards the body, secure arm down adding pressure to the wound, secure both arms down

Axilla Dressing- 2 person application

- pack wound
- add more bulg
- one person holds direct pressure
- second person applies pressure dressing in the same manner as single person application

Neck Dressing- 1 person application

- pack wound
- maintain pressure
- apply pressure dressing making sure it is tight
 - under head, under opposite armpit from wound and repeat
 - to finish going across the chest, under the armpit and bring it around to clip into the dressing pulling away from the airway. Opposite Arm get pulled down against the body, applying more pressure to the wound

Neck Dressing- 2 person application

- pack wound
- add more bulg
- one person holds direct pressure
- second person applies pressure dressing in the same manner as single person application

Video 3- Tourniquet- 8 Minutes

- Uncontrolled Bleeding of a lower extremity (below junction) 1 person application
 - direct pressure
 - ready tourniquet
 - buckle center midline, red tap comes towards the patients outside
 - use the space under knee to pull through, “scissoring” it up
 - use your leg against the pt leg to holding leg in place
 - using your body weight to pull tourniquet strap down
 - tighten windlass until bleeding is controlled

- Uncontrolled Bleeding of a lower extremity (below junction) 2 person application
 - one person applies direct pressure
 - second person applies tourniquet in the same manner as 1 person application

- Uncontrolled bleeding of upper extremity- 1 person application
 - direct pressure
 - ready tourniquet
 - apply tourniquet high and tight
 - pull strap tight and tighten windlass until bleeding is controlled

- Uncontrolled Bleeding of a upper extremity- 2 person application
 - one person applies direct pressure
 - second person applies tourniquet in the same manner as 1 person application

- Tourniquet Self Application- Arm
 - should try to apply with dominant and non-dominant hand
 - loop tourniquet around extremity
 - pull strap towards you, tightening windlass until bleeding is controlled

- Tourniquet Self Application- Leg
 - make sure nothing is in pocket
 - try to hold direct pressure
 - undo the strap
 - pull under knee and scissoring it up
 - pull through the strap, pulling towards your body
 - tighten windlass until bleeding is controlled

