**Project:** Ghana Emergency Medicine Collaborative

**Document Title:** Initial Assessment and Management of Trauma Patients

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### Objectives

- Epidemiology of Trauma Care
- History of Development of Trauma Care
- Mechanisms of Injury
- Basics of Trauma Management
  - Primary Survey
  - Resuscitation
  - Secondary Survey
  - ABCDE Format
  - Cervical Spinal Immobilization
- Specific Case Examples

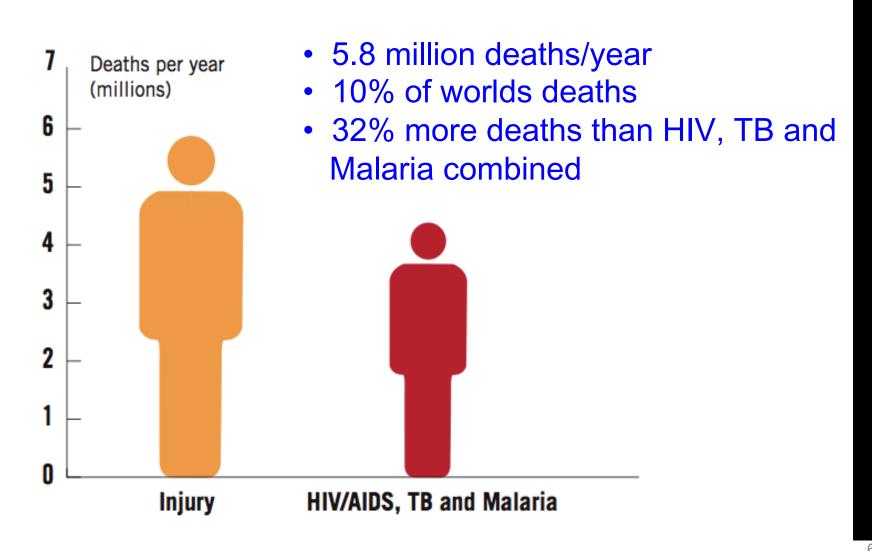
# Initial Assessment and Management of the Trauma Patient



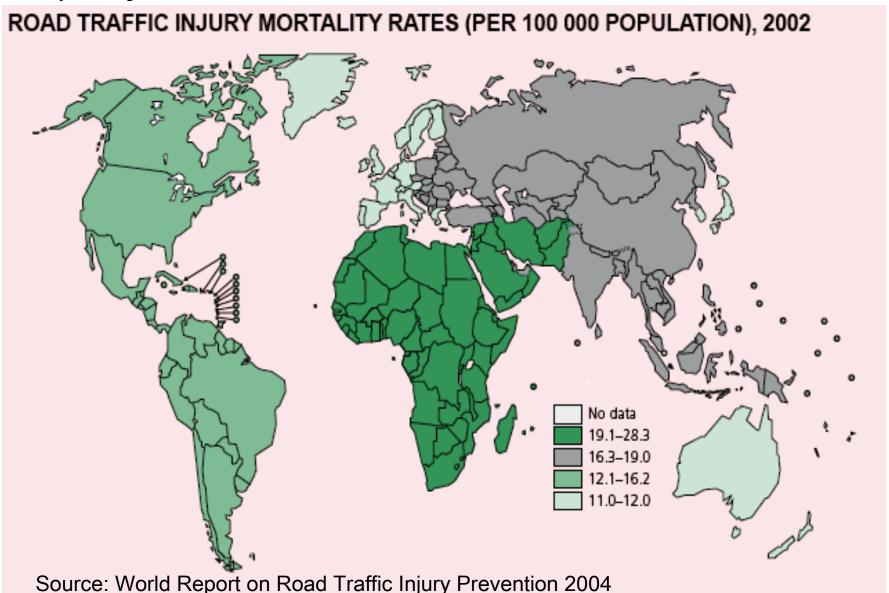
### Epidemiology

- Road Traffic Accidents are major cause of long term morbidity and mortality in developing nations
  - In the first quarter of 2009, 372 deaths in Ghana from Road Traffic Accidents
  - 25% increase from previous year
- WHO predicts that by 2020, Road Traffic Accidents will be second leading cause of loss of life for world's population
- High Morbidity = Loss of income to society
- Challenges in Developing Countries
  - Technological Advances in Trauma Care
  - Lack of Infrastructure for Trauma Management
    - **EMS**
    - ■Pre-hospital notification
    - ■MD/RN Training in trauma care

### Injury: Scale of the Global Problem

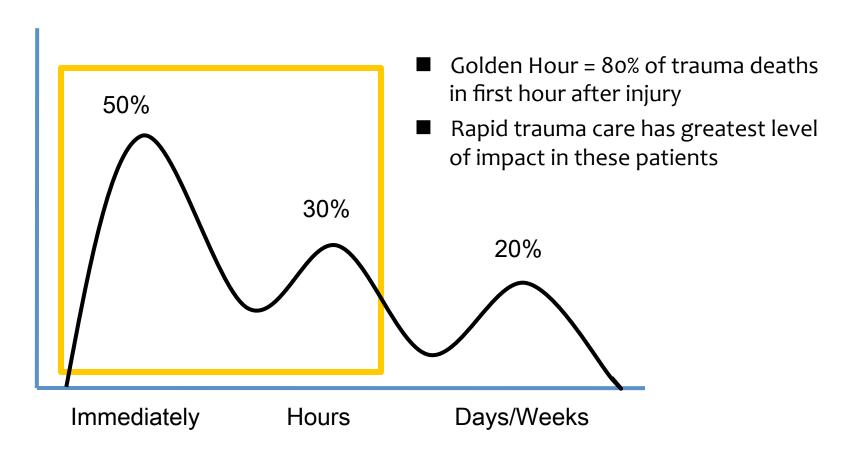


### Injury: Scale of the Global Problem



# Epidemiology

#### Trimodal Distribution of Trauma Deaths



History of Trauma System Development

- Standardized Trauma Assessment
  - Nebraska Cornfield, 1976
  - Orthopedic Surgeon
  - Lead to development of ATLS
- Trauma Systems Development
  - First developed my military in wartime
    - i.e. MASH Units
  - Expanded in US to Level 1, 2, 3 Trauma Centers
    - Urban Systems
    - Statewide networks of systems
    - Level 1 Highest level of care, Leaders in research, clinical care and education
    - Level 2 Provides definitive care in wide range of complex traumatic patients
    - Level 3 Provides initial stabilization and treatment. May care for uncomplicated trauma patients
    - Level 4 Provides initial stabilization and transfers all trauma patients for definitive care



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### Mechanisms of Injury

#### ■ Blunt Trauma

- Compression Forces
  - Cells in tissues are compressed and crushed
  - E.g. Spleen
- Shear Forces
  - Acceleration/Deceleration Injury
  - E.g. Aorta
    - Shearing force = Spectrum from Full thickness tear (Exsanguination) to Partial tear (Pseudoaneurysm)

#### Overpressure

- Body cavity compressed at a rate faster than the tissue around it, resulting in rupture of the closed space
- E.g. Plastic bag
- E.g. in trauma = diaphragmatic rupture, bladder injury

# Mechanisms of Injury

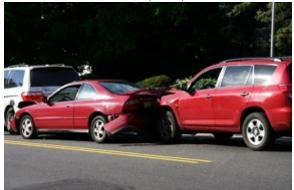
- Frontal Impact Collisions
- Lateral Impact Collisions (T bone)
- **Rear Impact Collisions**
- Rollover Mechanism
- Open Vehicle or Motorcycle/Moped
- Pedestrian Vs. Car
- Penetrating Injury (Guns vs. Knives)













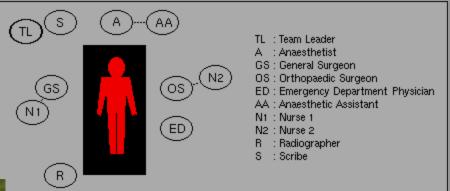


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### Basics of Trauma Assessment

- Preparation
  - Team Assembly
  - Equipment Check
- Triage
  - Sort patients by level of acuity (SATS)
- Primary Survey
  - Designed to identify injuries that are immediately life threatening and to treat them as they are identified
- Resuscitation
  - Rapid procedures and treatment to treat injuries found in primary survey before completing the secondary survey
- Secondary Survey
  - Full History and Physical Exam to evaluate for other traumatic injuries
- Monitoring and Evaluation, Secondary adjuncts
- Transfer to Definitive Care
  - ICU, Ward, Operating Theatre, Another facility

### Preparation for Patient Arrival





Organize Trauma Response Team

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Top and bottom images:

http://www.trauma.org/archive/resus/traumateam.html

# **Primary Survey**

- Airway and Protection of Spinal Cord
- Breathing and Ventilation
- Circulation
- Disability
- Exposure and Control of the Environment

### Primary Survey

### ■Key Principles

- When you find a problem during the primary survey, FIX IT.
- If the patient gets worse, restart from the beginning of the primary survey
- Some critical patients in the Emergency
   Department may not progress beyond the primary survey

### Airway and Protection of Spinal Cord

### ■ Why first in the algorithm?

- Loss of airway can result in death in < 3 minutes</li>
- Prolonged hypoxia = Inadequate perfusion, End-organ damage

### ■ Airway Assessment

- Vital Signs = RR, O2 sat
- Mental Status = Agitation, Somnolent, Coma
- Airway Patency = Secretions, Stridor, Obstruction
- Traumatic Injury above the clavicles
- Ventilation Status = Accessory muscle use, Retractions, Wheezing

#### ■ Clinical Pearls

- Patients who are speaking normally generally do not have a need for immediate airway management
- Hoarse or weak voice may indicate a subtle tracheal or laryngeal injury
- Noisy respirations frequently indicates an obstructed respiratory pattern

# **Airway Interventions**

- Maintenance of Airway Patency
  - Suction of Secretions
  - Chin Lift/Jaw thrust
  - Nasopharyngeal Airway
  - Definitive Airway
- Airway Support
  - Oxygen
  - NRBM (100%)
  - Bag Valve Mask
  - Definitive Airway
- Definitive Airway
  - Endotracheal Intubation
    - In-line cervical stabilization
  - Surgical Crichothyroidotomy



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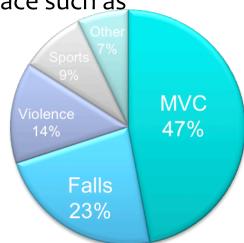
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### Protection of Spinal Cord

- General Principle: Protect the entire spinal cord until injury has been excluded by radiography or clinical physical exam in patients with potential spinal cord injury.
- Spinal Protection
  - Rigid Cervical Spinal Collar = Cervical Spine

 Long rigid spinal board or immobilization on flat surface such as stretcher = T/L Spine

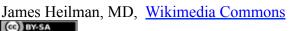
- Etiology of Spinal Cord Injury (U.S.)
  - Road Traffic Accidents (47%)
  - High energy falls (23%)
- Clinical Pearls
  - Treatment (Immobilization) before diagnosis
  - Return head to neutral position
  - Do not apply traction
  - Diagnosis of spinal cord injury should not precede resuscitation
  - Motor vehicle crashes and falls are most commonly associated with spinal cord injuries
  - Main focus = Prevention of further injury

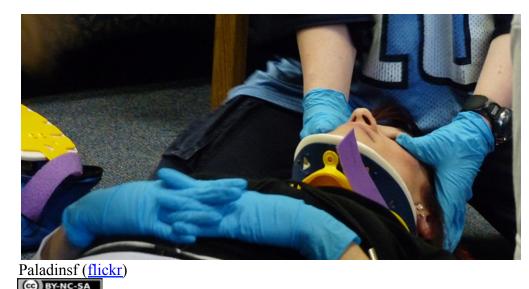


### C-spine Immobilization

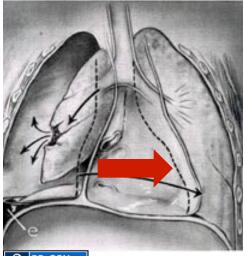
- Return head to neutral position
- Maintain in-line stabilization
- Correct size collar application
- Blocks/tape
- Sandbags







- General Principle: Adequate gas exchange is required to maximize patient oxygenation and carbon dioxide elimination
- Breathing/Ventilation Assessment:
  - Exposure of chest
  - General Inspection
    - Tracheal Deviation
    - Accessory Muscle Use
    - Retractions
    - Absence of spontaneous breathing
    - Paradoxical chest wall movement
  - Auscultation to assess for gas exchange
    - Equal Bilaterally
    - Diminished or Absent breath sounds
  - Palpation
    - Deviated Trachea
    - Broken ribs
    - Injuries to chest wall







Author unknown,

www.meddean.luc.edu/lumenMedEd/medicine/pulmonar/cxr/
pneumo1.htm

- Identify Life Threatening Injuries
  - Tension Pneumothorax
    - Air trapping in the pleural space between the lung and chest wall
    - ■Sufficient pressure builds up and pressure to compress the lungs and shift the mediastinum
    - ■Physical exam
      - Absent breath sounds
      - Air hunger
      - Distended neck veins
      - Tracheal shift
    - ■Treatment
      - Needle Decompression
        - 2<sup>nd</sup> Intercostal space, Midclavicular line
      - Tube Thoracostomy
        - 5<sup>th</sup> Intercostal space, Anterior axillary line

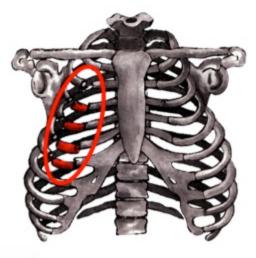
#### ■ Hemothorax

- Blood collecting in the pleural space and is common after penetrating and blunt chest trauma
- Source of bleeding = Lung, Chest wall (intercostal arteries), heart, great vessels (Aorta), Diaphragm
- Physical Exam
  - Absent or diminished breath sounds
  - Dullness to percussion over chest
  - Hemodynamic instability
- Treatment = Large Caliber Tube Thoracostomy
  - 10-20% of cases will require Thoracostomy for control of bleeding



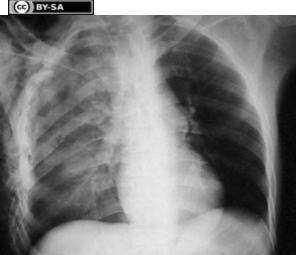
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Flail chest occurs when three or more adjacent ribs fracture in two or more places.

http://images1.clinicaltools.com/images/trauma/flail\_chest\_wounded.gif



#### ■ Flail Chest

- Direct injury to the chest resulting in an unstable segment of the chest wall that moves separately from remainder of thoracic cage
- Typically results from two or more fractures on 2 or more ribs
- Typically accompanied by a pulmonary contusion
- Physical exam = paradoxical movement of chest segment
- Treatment = improve abnormalities in gas exchange
  - Early intubation for patients with respiratory distress
  - Avoidance of overaggressive fluid resuscitation





- Sucking Chest Wound
- Large defect of chest wall
  - Leads to rapid equilibration of atmospheric and intrathoracic pressure
  - Impairs oxygenation and ventilation
- Initial Treatment
  - ■Three sided occlusive dressing
  - Provides a flutter valve effect
  - Chest tube placement remote to site of wound
  - Avoid complete dressing, will create a tension pneumothorax



Middle and bottom images:

Author unknown,

http://www.brooksidepress.org/Products/

OperationalMedicine/DATA/operationalmed/

Procedures/TreataSuckingChestWound.htm

### Needle Thoracostomy



Author unknown,

www.trauma.org/index.php/main/article/
199/index.php?main/image/95/

### ■ Needle Thoracostomy

- Midclavicular line
- 14 gauge angiocath
- Over the 2<sup>nd</sup> rib
- Rush of air is heard

### **Tube Thoracostomy**



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http://www.trauma.org/images/ image library/chest0051a.jpg

- Insertion site
  - 5<sup>th</sup> intercostal space,
  - Anterior axillary line
- Sterile prep, anesthesia with lidocaine 2-3 cm incision along rib margin with #10 blade
- Dissect through subcutaneous tissues to rib margin
- Puncture the pleura over the rib
- Advance chest tube with clamp and direct posteriorly and apically
- Observe for fogging of chest tube, blood output
- Suture the tube in place
- Complications of Chest Tube Placement
  - İnjury to intercostal nerve, artery, vein
  - Injury to lung
  - Injury to mediastinum
  - Infection
  - Allergic reaction to lidocaine
  - Inappropriate placement of chest tube

#### Shock

- Impaired tissue perfusion
- Tissue oxygenation is inadequate to meet metabolic demand
- Prolonged shock state leads to multi-organ system failure and cell death

#### Clinical Signs of Shock

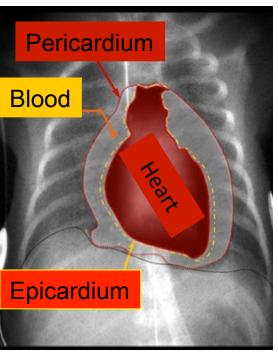
- Altered mental status
- Tachycardia (HR > 100) = Most common sign
- Arterial Hypotension (SBP < 120)</li>
  - Femoral Pulse SBP > 80
  - Radial Pulse SBP > 90
  - Carotid Pulse SBP > 60
- Inadequate Tissue Perfusion
  - Pale skin color
  - Cool clammy skin
  - Delayed cap refill (> 3 seconds)
  - Altered LOC
  - Decreased Urine Output (UOP < 0.5 mL/kg/hr)

- Types of Shock in Trauma
  - Hemorrhagic
    - Assume hemorrhagic shock in all trauma patients until proven otherwise
    - Results from Internal or External Bleeding
  - Obstructive
    - Cardiac Tamponade
    - Tension Pneumothorax
  - Neurogenic
    - Spinal Cord injury
- Sources of Bleeding
  - Chest
  - Abdomen
  - Pelvis
  - Bilateral Femur Fractures

- Emergency Nursing Treatment
  - Two Large IV Lines
  - Cardiac Monitor
  - Blood Pressure Monitoring
- General Treatment Principles
  - Stop the bleeding
    - Apply direct pressure
    - Temporarily close scalp lacerations
  - Close open-book pelvic fractures
    - Abdominal pelvic binder/bed sheet
  - Restore circulating volume
    - Crystalloid Resuscitation (2L)
    - Administer Blood Products
  - Immobilize fractures
- Responders vs. Nonresponders
  - Transient response to volume resuscitation = sign of ongoing blood loss
  - Non-responders = consider other source for shock state or operating room for control of massive hemorrhage

### ■ Pericardial Tamponade

- Pericardium or sac around heart fills with blood due to penetrating or blunt injury to chest
- Beck's Triad
  - Distended jugular veins
  - Hypotension
  - Muffled heart sounds
- Treatment
  - Rapid evacuation of pericardial space
  - Performed through a pericardiocentesis (temporizing measure)
  - Open thoracotomy



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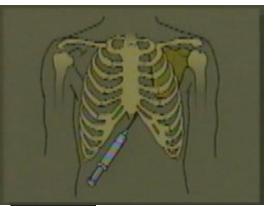
Aceofhearts1968(Wikimedia)

### Pericardiocentesis



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- Puncture the skin 1-2 cm inferior to xiphoid process
- 45/45/45 degree angle
- Advance needle to tip of left scapula
- Withdraw on needle during advance of needle
- Preferable under ultrasound guidance or EKG lead V attachment
- Complications
  - Aspiration of ventricular blood
  - Laceration of coronary arteries, veins, epicardium/ myocardium
  - Cardiac arrhythmia
  - Pneumothorax
  - Puncture of esophagus
  - Puncture of peritoneum

- A word about cardiac arrest . . .
  - Care of the trauma patient in cardiac arrest
    - CPR
    - Bilateral Tube Thoracostomy
    - Pericardiocentesis
    - Volume Resuscitation
  - Traumatic cardiac arrest due to blunt injury has very low survival rate (< 1%)</li>
    - No point for emergency thoracotomy
  - Selected cases of cardiac arrest due to penetrating traumatic injury may benefit from emergent thoracotomy
    - Pericardial tamponade
    - Cross clamp aorta



Author unknown,
<a href="http://www.trauma.org/images/image\_library/chest0046.jpg">http://www.trauma.org/images/image\_library/chest0046.jpg</a>

- Baseline Neurologic Exam
  - Pupillary Exam
    - Dilated pupil suggests transtentorial herniation on ipsilateral side
  - AVPU Scale
    - Alert
    - Responds to verbal stimulation
    - Responds to pain
    - Unresponsive
  - Gross Neurological Exam Extremity Movement
    - Equal and symmetric
    - Normal gross sensation
  - Glasgow Coma Scale: 3-15
  - Rectal Exam
    - Normal Rectal Tone
- Note: If intubation prior to neuro assessment, consider quick neuro assessment to determine degree of injury

2

#### ■ Glasgow Coma Scale

Eve

| , - |                     |   |  |
|-----|---------------------|---|--|
|     | Spontaneously opens |   |  |
|     | To verbal command   |   |  |
|     | To pain             | 2 |  |
|     | No response         | 1 |  |

#### Best Motor Response

| Obeys verbal commands                   |      | 6 |  |
|---|------|---|--|
| Localizes to pain                       | 5    |   |  |
| Withdraws from pain                     |      | 4 |  |
| Flexion to pain (Decorticate Posturing) | )    | 3 |  |
| Extension to pain (Decerebrate Postur   | ing) |   |  |
| No response                             | 1    |   |  |

#### Verbal Response

| Oriented/Conversant    |   | 5 |
|------------------------|---|---|
| Disoriented/Confused   |   | 4 |
| Inappropriate words    |   | 3 |
| Incomprehensible words | 2 |   |
| No response            | 1 |   |

### GCS ≤ 8 Intubate

### ■ Key Principles

- Precise diagnosis is not necessary at this point in evaluation
- Prevention of further injury and identification of neurologic injury is the goal
- Decreased level of consciousness = Head injury until proven otherwise
- Maintenance of adequate cerebral perfusion is key to prevention of further brain injury
  - Adequate oxygenation
  - Avoid hypotension
- Involve neurosurgeon early for clear intracranial lesions

- Cervical Spinal Clearance
  - Patients must be alert and oriented to person,
     place and time
  - No neurological deficits
  - Not clinically intoxicated with alcohol or drugs
  - Non-tender at all spinous processes
  - No distracting injuries
  - Painless range of motion of neck

## Exposure

- Remove all clothing
  - Examine for other signs of injury
  - Injuries cannot be diagnosed until seen by provider
- Logroll the patient to examine patient's back
  - Maintain cervical spinal immobilization
  - Palpate along thoracic and lumbar spine
  - Minimum of 3 people, often more providers required
- Avoid hypothermia
  - Apply warm blankets after removing clothes
  - Hypothermia = Coagulopathy
    - ■Increases risk of hemorrhage

# Exposure



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# Exposure



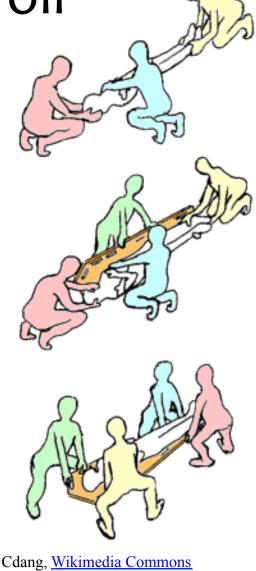
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http://www.trauma.org/images/image\_library/chest0044b.jpg



Trauma Logroll

- One person = Cervical spine
- Two people = Roll main body
- One person = Inspect back and palpate spine





## Secondary Survey

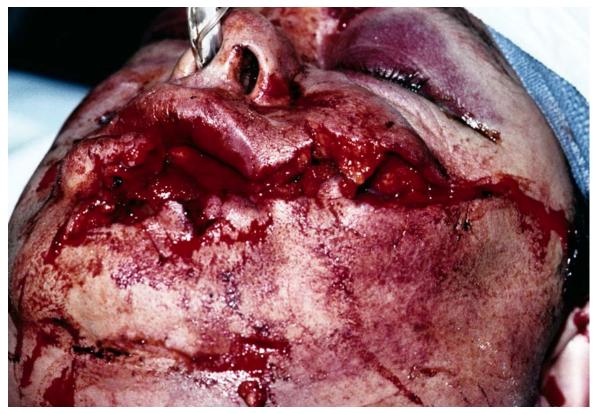
- Secondary Survey is completed after primary survey is completed and patient has been adequately resuscitated.
- No patient with abnormal vital signs should proceed through a secondary survey
- Secondary Survey includes a brief history and complete physical exam

## History

- AMPLE History
  - —Allergies
  - —Medications
  - —Past Medical History, Pregnancy
  - -Last Meal
  - -Events surrounding injury, Environment
- History may need to be gathered from family members or ambulance service

- Head/HEENT
- Neck
- Chest
- Abdomen
- Pelvis
- Genitourinary
- **■** Extremities
- Neurologic

#### ■ Difficult airway



Ø PD-INEL

Source unknown

#### ■ Seatbelt sign

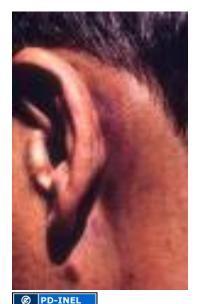


■ Battle Sign

■ Raccoon's Eyes

■ Cullen's Sign

■ Grey-Turner's Sign



http://sfghed.ucsf.edu/Education/
ClinicImages/Battle's%20sign.jpg
Accessed 9/20/09 – Yahoo Images



H. L. Fred and H.A. van Dijk (Wikimedia)



http://health-pictures.com/eye/ Periorbital-Ecchymosis.htm Accessed 9/20/09 – Yahoo Images



H. L. Fred and H.A. van Dijk (Wikimedia)

## Adjuncts to Secondary Survey

- Radiology
  - Standard emergent films
    - C-spine, CXR, Pelvis
  - Focused Abdominal Sonography in Trauma (FAST)
  - Additional films
    - Cat scan imaging
    - Angiography
- Foley Catheter
  - Blood at urethral meatus = No Foley catheter
- Pain Control
- Tetanus Status
- Antibiotics for open fractures

### FAST Exam

Focused Abdominal Sonography in Trauma

- 4 views of the abdomen to look for fluid.
  - RUQ/Morrison's pouch
  - Sub-xiphoid view of heart
  - LUQ view of spleno-renal junction
  - Bladder view of pelvis

## **FAST**

- Has largely replaced deep peritoneal lavage (DPL)
- Bedside ultrasound looking for blood collection in an unstable patient.
- If the patient is unstable and a blood collection is found, proceed emergently to the operating theater.

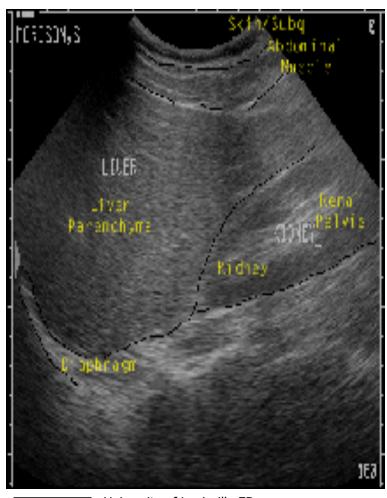
### **FAST**

- Sensitivity of 94.6%
- Specificity of 95.1%
- Overall accuracy of 94.9% in identifying the presence of intra-abdominal injuries.
  - Yoshil: J Trauma 1998; 45

### FAST Right Upper Quadrant - Morrison's Pouch

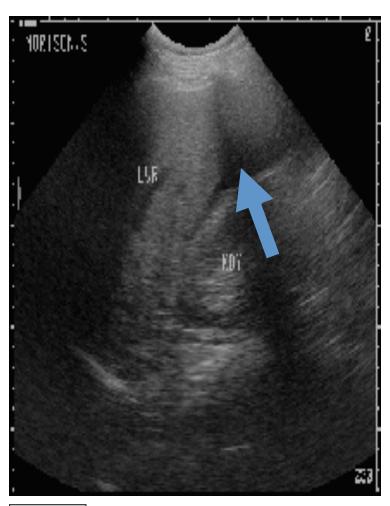
- Between the liver and kidney in RUQ.
- First place that fluid collects in supine patient.

## FAST Exam - RUQ



University of Louisville ED,

www.louisville.edu/medschool/emergmed/
ultrasoundfast.htm



University of Louisville ED,

www.louisville.edu/medschool/emergmed/
ultrasoundfast.htm

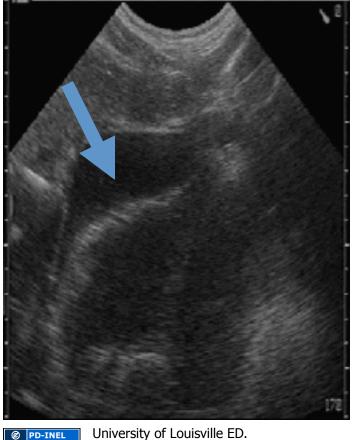
## FAST – Sub-xiphoid

- Evaluate for pericardial fluid
- View through liver
  - Transhepatic or Parasternal
- Searches for fluid between heart and pericardium

## FAST – Sub-xiphoid



University of Louisville ED, www.louisville.edu/medschool/emergmed/ ultrasoundfast.htm



University of Louisville ED. www.louisville.edu/medschool/emergmed/ ultrasoundfast.htm

## FAST – Left Upper Quadrant

- View between the spleen and kidney
- Another dependent place that fluid collects
- Also see diaphragm in this view

## FAST - LUQ



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www.louisville.edu/medschool/emergmed/
ultrasoundfast.htm

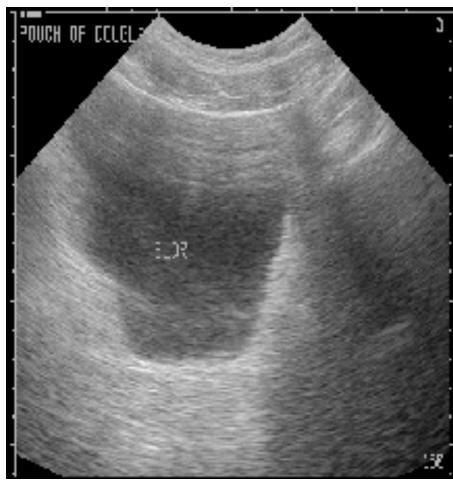


University of Louisville ED, www.louisville.edu/medschool/emergmed/ ultrasoundfast.htm

#### FAST – Bladder View

- Evaluates for fluid in the pouch of Douglas
  - Posterior to bladder
- Dependent potential space

#### FAST – Bladder View



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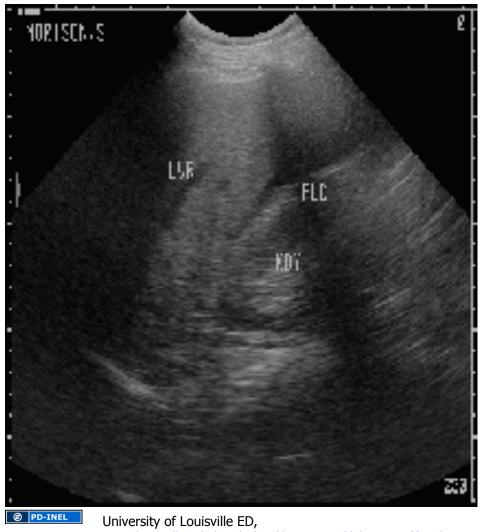
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## Interpret this FAST Image:



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### Trauma in Special Populations

#### ■ Pregnancy

- Supine Hypotensive Syndrome
  - ■After 20 weeks, enlarged uterus with fetus and amniotic fluid compresses inferior vena cava
  - ■Decreases venous return and decrease cardiac output
  - Keep pregnant patients in left lateral decubitus position to avoid excessive hypotension
- Optimal maternal and fetal outcome is determined by adequate resuscitation of mother
- Fetal Monitoring

Trauma in Special Populations

- Pediatric Trauma Resuscitation
  - Differences in head to body ratio and relative size and location of anatomic features make children more susceptible to head injury, abdominal injury
  - Underdeveloped anatomy leads to chest pliability and less protection of thoracic cage
  - Cardiac Arrest
    - ■Typically result from respiratory arrest degrading into cardiac arrest
  - Resuscitation
    - ■Broselow Tape
    - ■ABCDE



Ø PD-INEL

Author unknown,

http://dukehealth1.org/images/deps\_tape4\_sm.gif

#### ■ Pelvic Fracture





Author unknown, <a href="http://www.itim.nsw.gov.au/images/Open book pelvic fracture xray.jpg">http://www.itim.nsw.gov.au/images/Open book pelvic fracture xray.jpg</a>

■ Femur Fracture



Author unknown, www.flickr.com/photos/ 40939239@N08/3771820024/



- Epidural Hematoma
  - Middle Meningeal Artery



Ø PD-INEL

Author unknown, http://rad.usuhs.mil/medpix/ tachy\_pics/thumb/synpic4098.jpg

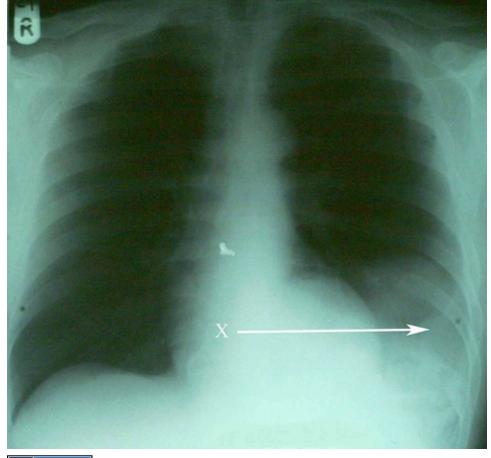
- Subdural Hematoma
  - Bridging Veins



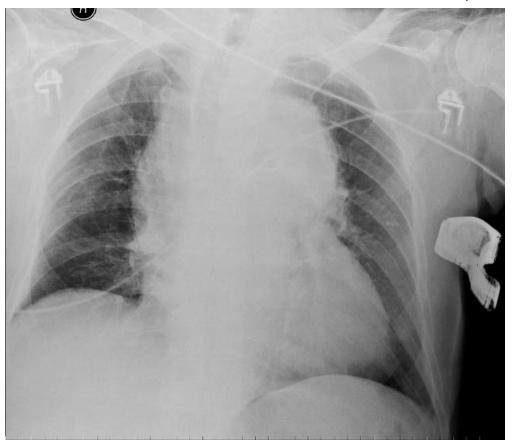
PD-INEL

Author unknown, http://rad.usuhs.edu/medpix/ tachy\_pics/thumb/ synpic519.jpg

■ Diaphragmatic rupture w/ spleen herniation



■ Widened Mediastinum – Aortic Injury



Ø PD-INEL

Author unknown, www.trauma.org/index.php/main/image/45/print

#### **Definitive Care**

- Secondary Survey followed by radiographic evaluation
  - CatScan
  - Consultation
    - ■Neurosurgery
    - ■Orthopedic Surgery
    - ■Vascular Surgery
- Transfer to Definitive Care
  - Operating Room
  - ICU
  - Higher level facility

- Mr. Jones 45 y/o male involved in a rollover road traffic accident and was ejected from the vehicle. Patient was unrestrained. Patient was not ambulatory on scene of accident and is brought into trauma bay for evaluation.
  - What concerns you about story?
  - First steps of evaluation and management

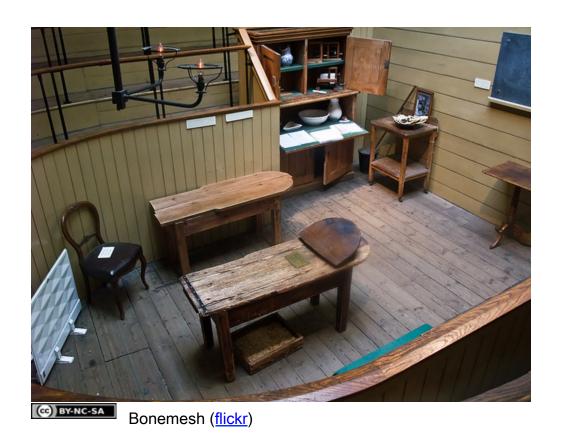


- **■** Exam
  - Awake, diaphoretic
  - Pulse = 120
  - -BP = 90/60
  - -RR = 18
  - O2 sat = 94%
- What do you want to do next?

- Preparation
- Primary Survey
  - Awake, alert, talking to provider
  - Breathing
    - ■Absent breath sounds on left
    - ■What do you want to do next?
  - Circulation
    - ■Vital Signs?
    - Access?
    - ■Resuscitation?
  - IV/O2/Monitor
  - Disability
    - **■**GCS = 14
  - Exposure

- Chest tube placed
  - Rush of air heard consistent with pneumothorax
- Repeat Vital Signs
  - Pulse 120
  - BP 80/40
  - -RR = 15
  - O2 sat = 99% NRBM
- What do you want to do next?
  - Patient complaining of abdominal pain
  - Ecchymosis noted over left flank
  - Resuscitation?

- Blood Product Administration
- Transfer to definitive care = Operating Theatre



#### Conclusion

- Assessment of the trauma patient is a standard algorithm designed to ensure life threatening injuries do not get missed
- Primary Survey + Resuscitation
  - Airway
  - Breathing
  - Circulation
  - Disability
  - Exposure
- Secondary Survey
- Definitive Care

## Questions?



#### References

- American College of Surgeons. Advanced Trauma Life Support. 6<sup>th</sup> Edition. 1997.
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- Hockberger, Robert et al. Rosen's Emergency Medicine: Concepts and Clinical Practice. 6<sup>th</sup> Edition. Mosby. 2006.
- Tintinalli et al. Tintinalli's Emergency Medicine: A Comprehensive Study Guide. 6<sup>th</sup> Edition. McGraw Hill. 2003.