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Advanced Emergency Trauma Course

Introduction and Course Overview
Initial Assessment and Management



Presenter: Patrick Carter, MD

Ghana Emergency Medicine Collaborative

Patrick Carter, MD • Daniel Wachter, MD • Rockefeller Oteng, MD • Carl Seger, MD

Objectives

- Introduction to AETC Course
- Course Curriculum
- 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

AETC Course

- Advanced Emergency Trauma Course
- Developed by University of Michigan and University of Utah Emergency Medicine Faculty
- General Overview of Trauma Management
 - U.S. based EM Curriculum
 - ATLS Curriculum
- 5 day course
 - 20 hours of didactic teaching
 - Skill Stations for vital trauma procedures
 - Review and testing on day 5

AETC Course

■ Evaluation Tools

- Pre/Post Test of Trauma Knowledge
- Pre/Post Skill Station Evaluations
- Post Course Survey
- 6 Month Post Course Survey

■ Research Study

- Voluntary Involvement
- Course utilizes new teaching techniques
 - Open educational Resource Material
 - Low Technological Simulation Tools

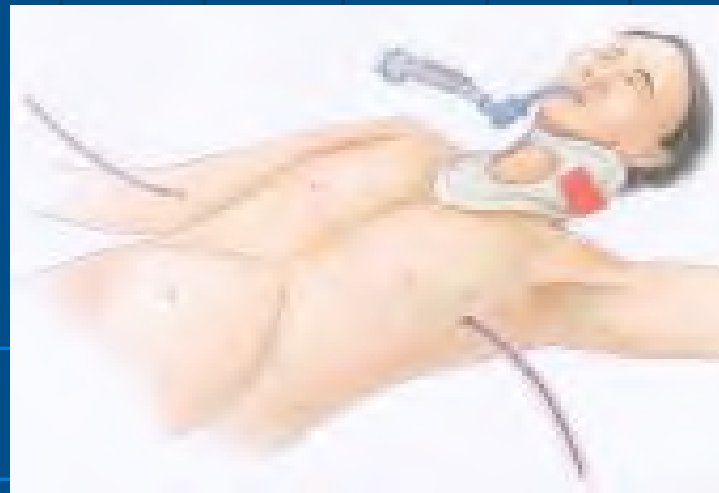
AETC Course Schedule

- Day 1
 - Introduction and Course Overview
 - Initial Assessment and Management of Trauma Patient
 - Airway and Ventilation Management
 - Shock
- Day 2
 - Thoracic Trauma
 - Abdominal and Pelvic Trauma
 - Genitourinary Trauma
 - Head Injury
 - Cervical Spine and Spinal Cord Trauma
- Day 3
 - Maxillofacial Trauma
 - Penetrating and Blunt Neck Trauma
 - Orthopedic and Extremity Trauma
 - Burn Evaluation and Management
- Day 4
 - Environmental Injuries
 - Ballistics and Penetrating Extremity Injuries
 - Wound Care
 - Special Populations: Pregnancy and Pediatrics
 - Pre-hospital Management and Transfer to Definitive Care
- Day 5
 - Course Material Review
 - OSCE Evaluation
 - Written Test Evaluation
 - Post Course Survey

AETC Skill Stations

- Airway Stations
 - Oro/Nasotracheal Intubation
 - Airway Adjuncts
 - Difficult Airway
 - Surgical Airway
- Thoracic Procedures
 - Chest tube
 - Pericardiocentesis
 - Thoracotomy
- FAST Exam
- Wound Care
- IV Access Stations
 - Intraosseous Lines
 - Central Venous Lines
 - Venous Cut down
- Orthopedic Stations
 - Cervical Spine and Spinal Immobilization
 - Splinting
- Radiograph Review
- Trauma Scenario Review

Initial Assessment and Management of the Trauma Patient



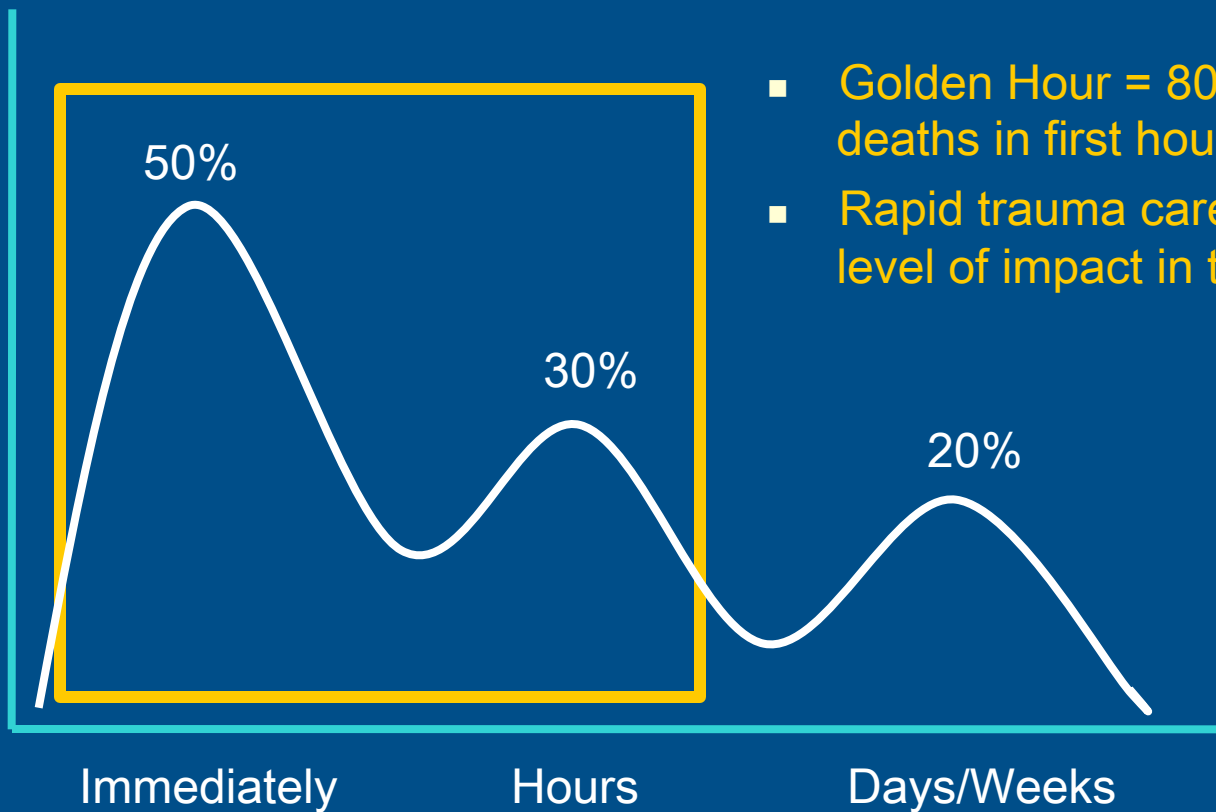
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Epidemiology

- 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

Epidemiology

Trimodal Distribution of Trauma Deaths



- Golden Hour = 80% of trauma deaths in first hour after injury
- Rapid trauma care has greatest level of impact in these patients

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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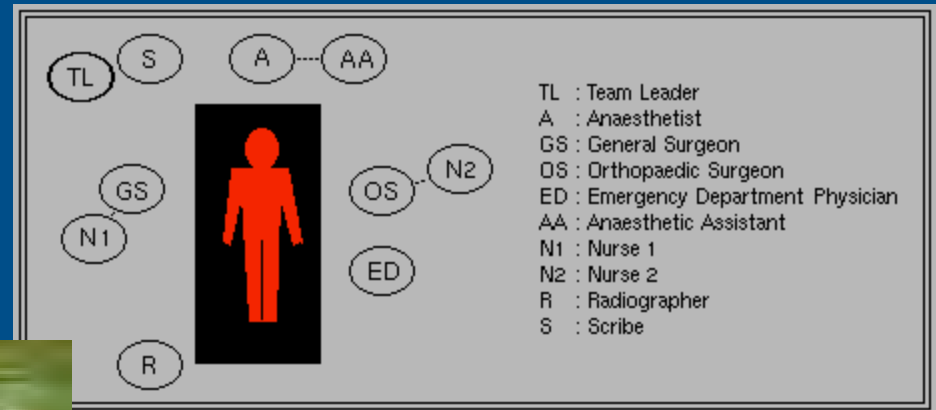


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Basics of Trauma Assessment

- 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 . . . Coming Attractions



Organize Trauma
Response Team



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

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Primary Survey

- **A**irway and Protection of Spinal Cord
- **B**reathing and Ventilation
- **C**irculation
- **D**isability
- **E**xposure 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

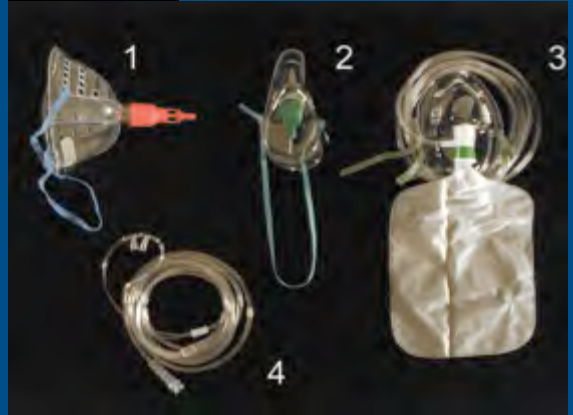
- Why first in the algorithm?
 - Loss of airway can result in death in < 3 minutes
 - Prolonged hypoxia = Inadequate perfusion, End-organ damage
- Airway Assessment
 - Vital Signs = RR, O2 sat
 - Mental Status = Agitation, Somnolent, Coma
 - Airway Patency = Secretions, Stridor, Obstruction
 - Traumatic 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 Cricothyroidotomy



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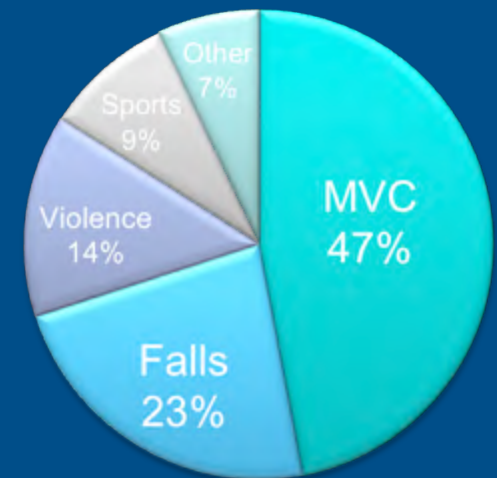


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Protection of Spinal Cord

- **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



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[www.ossur.com/
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neckandspine/
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phillyblockhead](http://www.ossur.com/bracesandsupports/neckandspine/prehospit...oncollars/phillyblockhead)
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Breathing and Ventilation

- 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

Breathing and Ventilation

Identify Life Threatening Injuries

- Tension Pneumothorax

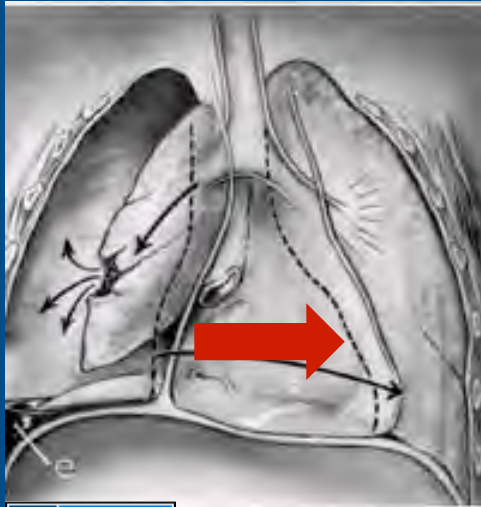
- Air trapping in the pleural space between the lung and chest wall
- Sufficient pressure builds up and pressure to compress the lungs and shift the mediastinum

- Physical exam

- Absent breath sounds
- Air hunger
- Distended neck veins
- Tracheal shift

- Treatment

- Needle Decompression
 - 2nd Intercostal space, Midclavicular line
- Tube Thoracostomy
 - 5th Intercostal space, Anterior axillary line



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

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Breathing and Ventilation

■ 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 Thoracotomy for control of bleeding



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Breathing and Ventilation

■ Flail Chest

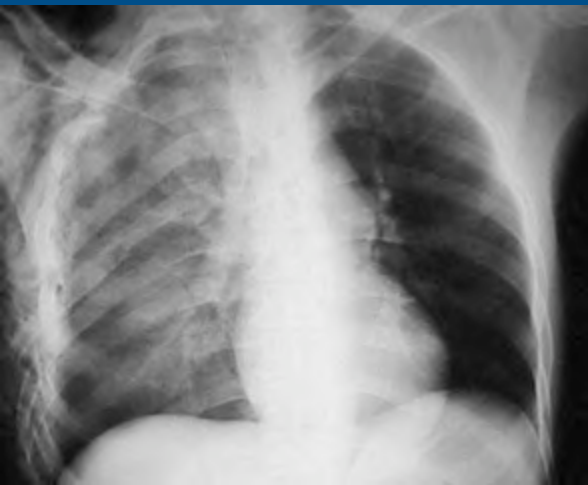
- Direct injury to the chest resulting in an unstable segment of the chest wall that moves separately from remainder of thoracic cage
- Typically results from two or more fractures on 2 or more ribs
- Typically Accompanied by a pulmonary contusion
- Physical Exam = Paradoxical movement of chest segment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



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

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http://images1.clinicaltools.com/images/trauma/flail_chest_wounded.gif



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http://www.surgical-tutor.org.uk/default-home.htm?specialities/cardiothoracic/chest_trauma.htm~right
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Breathing and Ventilation



- Open Pneumothorax
 - 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



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Middle and bottom image:

<http://www.brooksidepress.org/Products/OperationalMedicine/DATA/operationalmed/Procedures/TreataSuckingChestWound.htm>
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Needle Thoracostomy



- Needle Thoracostomy
 - Midclavicular line
 - 14 guage angiocath
 - Over the 2nd rib
 - Rush of air is heard

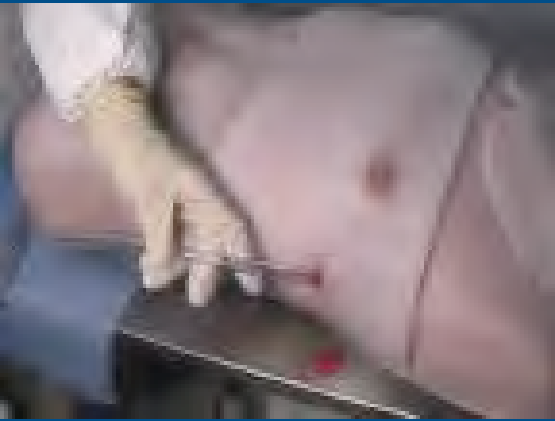


www.trauma.org/index.php/main/article/199/index.php?main/image/95/

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Tube Thoracostomy

- Insertion site
 - 5th 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
 - Injury to intercostal nerve, artery, vein
 - Injury to lung
 - Injury to mediastinum
 - Infection
 - Allergic reaction to lidocaine
 - Inappropriate Placement of chest tube



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[www.simulab.com/
TraumaMan...tesis.htm/](http://www.simulab.com/TraumaMan...tesis.htm/)
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Circulation

- Shock
 - Impaired tissue perfusion
 - Tissue oxygenation is inadequate to meet metabolic demand
 - Prolonged shock state leads to multiorgan system failure and cell death
- Clinical Signs of Shock
 - Altered mental status
 - Tachycardia (HR > 100) = Most common sign
 - Arterial Hypotension (SBP < 120)
 - 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)

Circulation

- 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

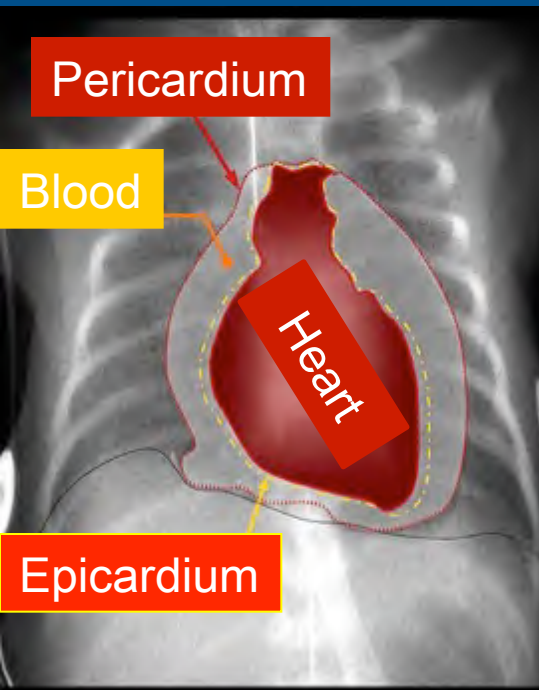
Circulation

- 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/bedsheet
 - Restore circulating volume
 - Crystalloid Resuscitation (2L)
 - Administer Blood Products
 - Immobilize fractures
- Responders vs. Nonresponders
 - Transient Response to volume resuscitation = sign of ongoing blood loss
 - Nonresponders = Consider other source for shock state or operating room for control of massive hemorrhage

Circulation

■ 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



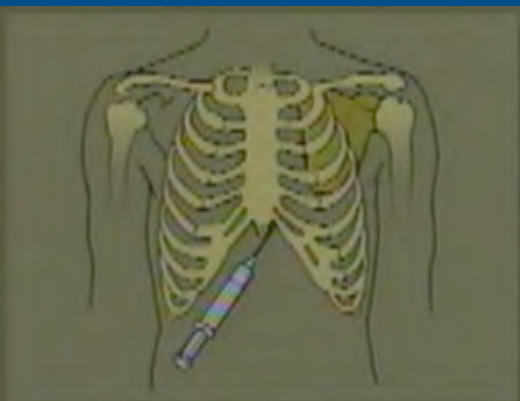
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Pericardiocentesis



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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

Circulation

- 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%)
 - 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



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Disability

- 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

Disability

**GCS \leq 8
Intubate**

■ Glasgow Coma Scale

• Eye

- Spontaneously opens 4
- To verbal command 3
- 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 Posturing) 2
- No response 1

• Verbal Response

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

Disability

■ 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

Disability

- Cervical Spinal Clearance
 - Patients must be alert and oriented to person, place and time
 - Not clinically intoxicated with alcohol or drugs
 - Non-tender at all spinous processes
 - No focal neurological deficits
 - 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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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

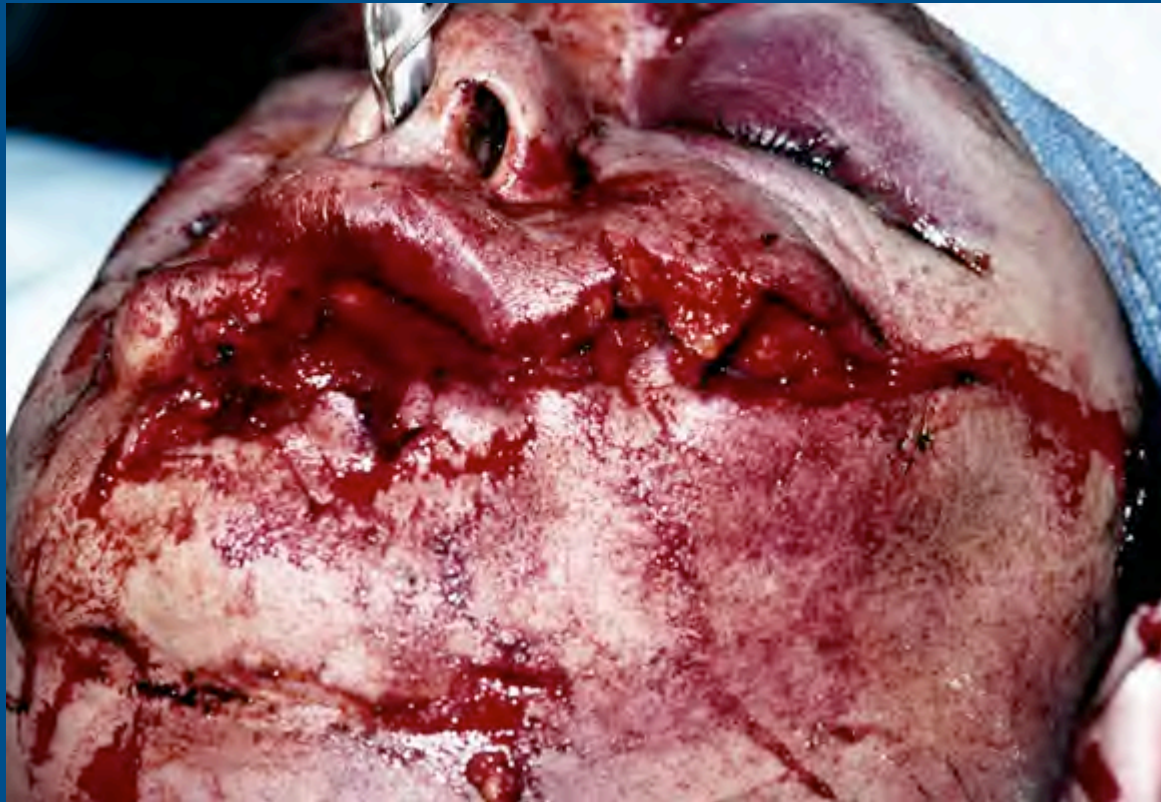
- AMPLE History
 - **A**llergies
 - **M**edications
 - **P**ast Medical History, Pregnancy
 - **L**ast Meal
 - **E**vents surrounding injury, Environment
- History may need to be gathered from family members or ambulance service

Physical Exam

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

Physical Exam

- Difficult Airway



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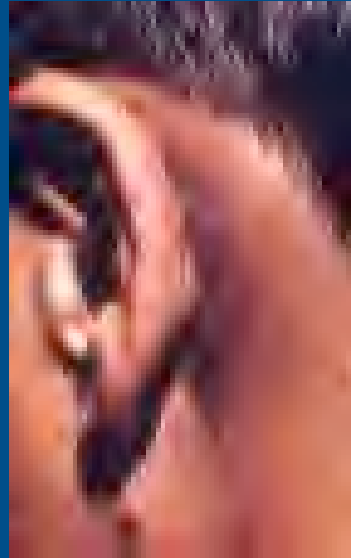
Physical Exam

- Seatbelt sign



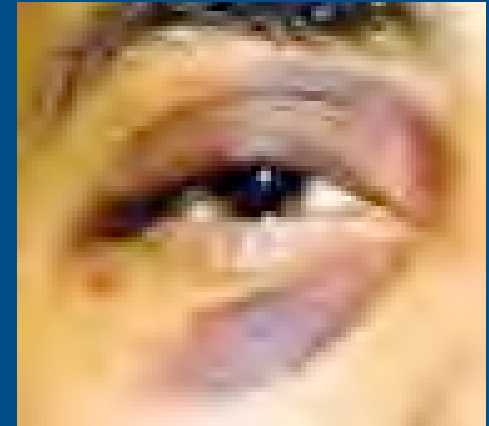
Physical Exam

- Battle Sign
- Raccoon's Eyes
- Cullen's Sign
- Grey-Turner Sign



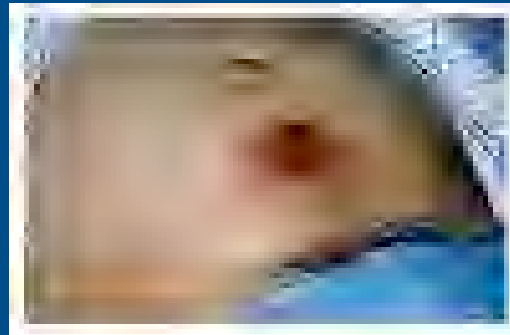
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Adjuncts to Secondary Survey

- 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

Trauma in Special Populations

■ Pregnancy

• Supine Hypotensive Syndrome

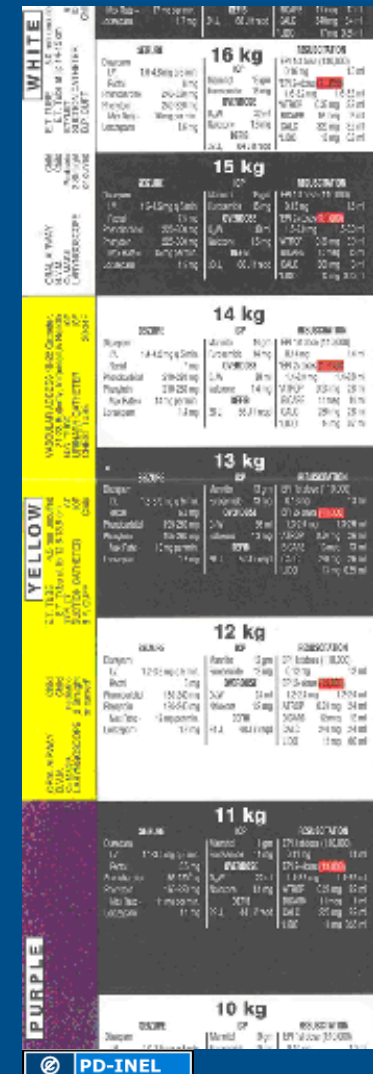
- After 20 weeks, enlarged uterus with fetus and amniotic fluid compresses inferior vena cava
- Decreases venous return and decrease cardiac output
- Keep pregnant patients in left lateral decubitus position to avoid excessive hypotension

• Optimal maternal and fetal outcome is determined by adequate resuscitation of mother

• Fetal Monitoring

Trauma in Special Populations

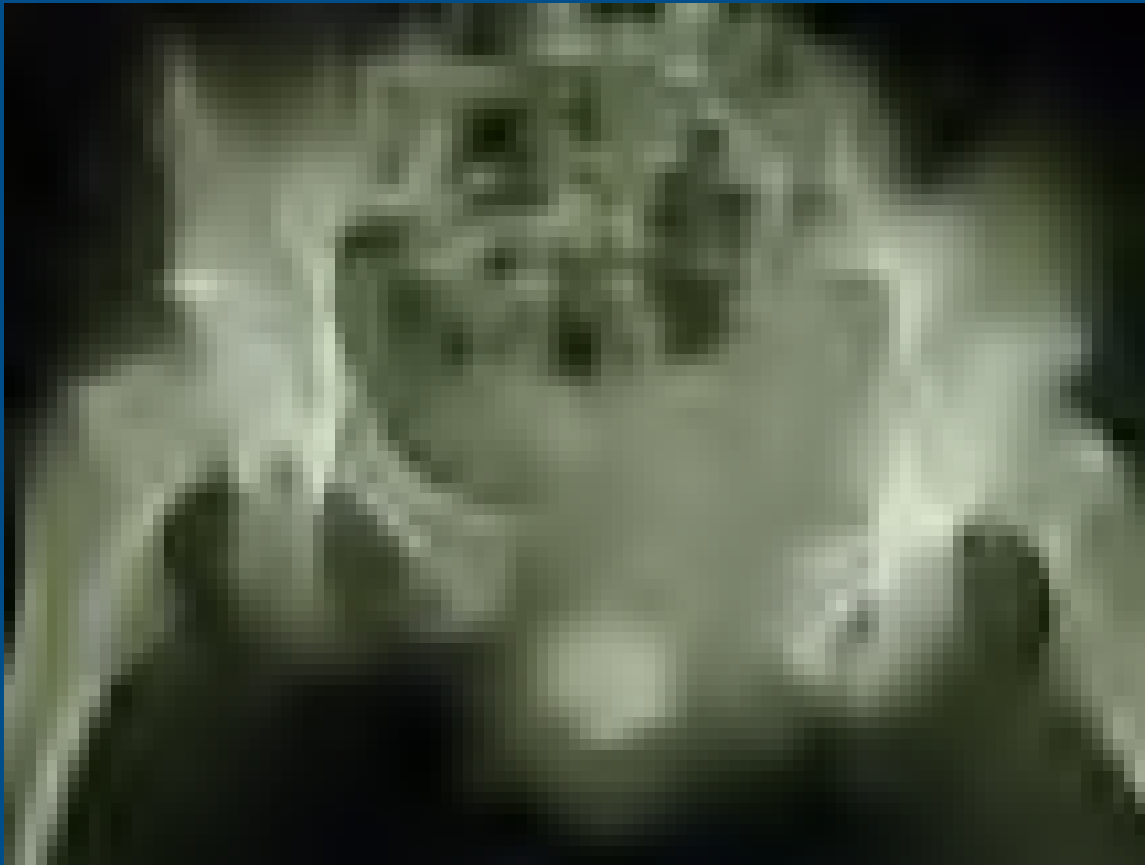
- Pediatric Trauma Resuscitation
 - Differences in head to body ratio and relative size and location of anatomic features make children more susceptible to head injury, abdominal injury
 - Underdeveloped anatomy leads to chest pliability and less protection of thoracic cage
 - Cardiac Arrest
 - Typically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



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Classic Radiographical Findings

- Pelvic Fracture



Classic Radiographic Findings

- Femur Fracture



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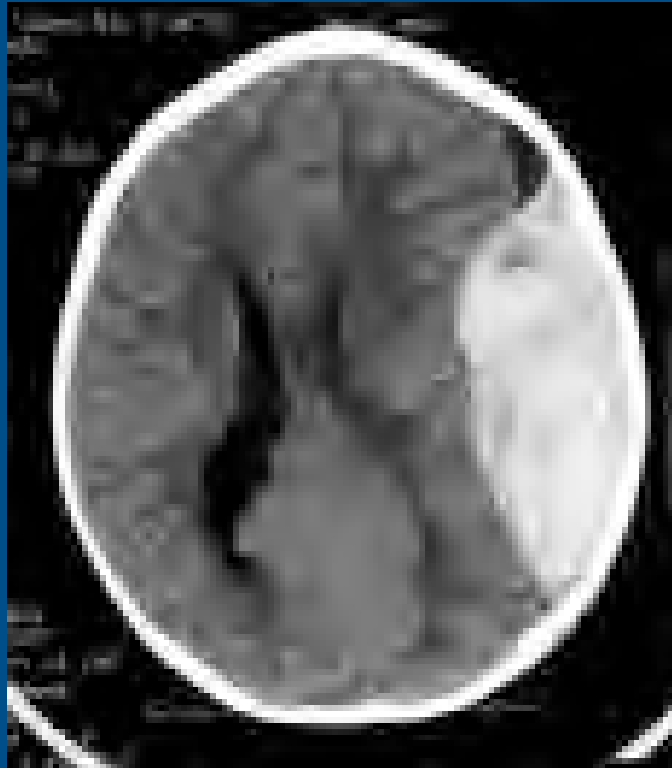
Source:

www.flickr.com/photos/40939239@N08/3771820024/

Accessed 9/20/09 –Yahoo Images

Classic Radiographic Findings

- Epidural Hematoma
 - Middle Meningeal Artery



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http://rad.usuhs.mil/medpix/tachy_pics/thumb/synpic4098.jpg

Accessed 9/20/09 - Yahoo Images

- Subdural Hematoma
 - Bridging Veins



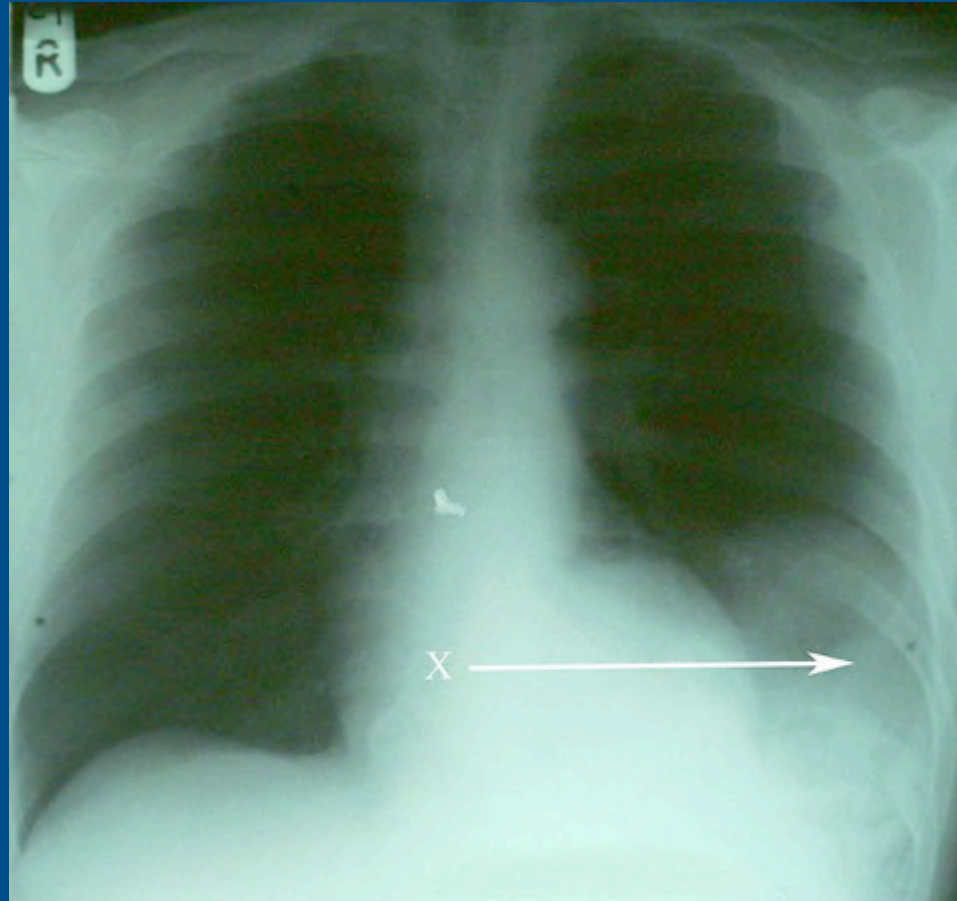
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http://rad.usuhs.edu/medpix/tachy_pics/thumb/synpic519.jpg

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Classic Radiographic Findings

- Diaphragmatic Rupture w/ spleen herniation



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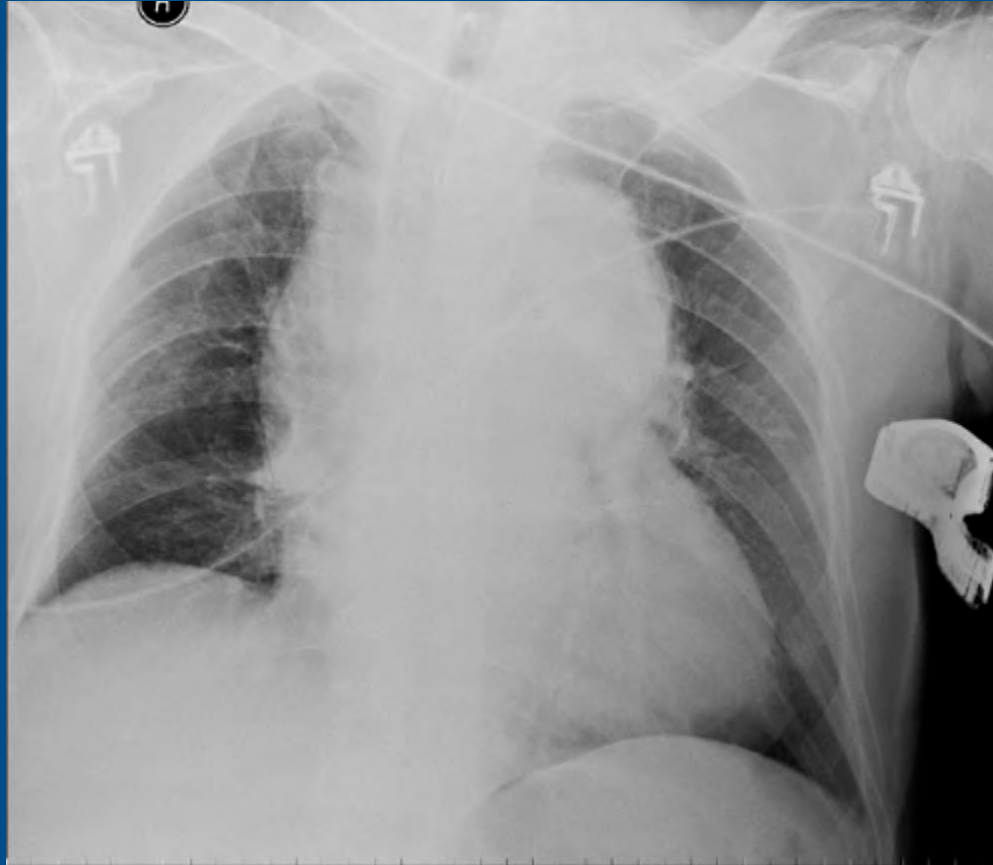
<http://commons.wikimedia.org/wiki/>

File:Diaphragmatic_rupture_spleen_herniation.jpg

Accessed - 9/20/09 - Yahoo Images

Classic Radiographic Findings

- Widened Mediastinum – Aortic Injury



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www.trauma.org/index.php/main/image/45/print

Accessed 9/20/09 – Yahoo Image Search

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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

Case Example

- 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



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Case Example

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

Case Example

- 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

Case Example

- 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?

Case Example

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



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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?



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