

# Trauma Pocketcard Set

## Trauma pocketcard Set

Criteria for Adult Unstable Trauma Patient

<b>Altered Physiology</b> <ul style="list-style-type: none"> <li>GCS <math>\leq 14</math></li> <li>Pulse <math>&lt; 60</math> or <math>&gt; 120</math> beats/min</li> <li>Blood pressure <math>&lt; 90</math> mmHg after 2 L of fluid challenge</li> <li>Temp <math>&lt; 33^{\circ}\text{C}</math></li> </ul>	<ul style="list-style-type: none"> <li>Blood pressure <math>&gt; 180</math> mmHg systolic</li> <li>Respiratory rate <math>&lt; 12</math> or <math>&gt; 24</math> breaths/min</li> <li>Poor gas exchange (SaO<sub>2</sub> <math>&lt; 90\%</math>)</li> </ul>	<b>Altered Physical Findings</b> <ul style="list-style-type: none"> <li>Paralysis</li> <li>Incontinence/inability to talk</li> <li>Labored respiration</li> <li>Severe pain</li> <li>External hemorrhage, sites</li> <li>Combative</li> </ul>
<b>Altered Anatomic Findings</b> <ul style="list-style-type: none"> <li>Severe deformities</li> <li>Penetrating wound from head to popliteal fossa</li> </ul>		

Phases of Initial Assessment of Trauma Patient

Primary Survey

- Airway with C-spine control
- Breathing: Breath sounds, chest wall, neck veins
- Circulation: Mentation, skin color, pulse, blood pressure, neck veins, external bleeding
- Disability: Pupils, extremity movement
- Expose the patient

Resuscitation

- EOG leads, pulse oximetry, IV, draw labs
- Foley catheter and NG if indicated

Secondary Survey

- Focused history (AMPLE: Allergies, Medication, Past medical/surgical history, Last meal, Events/Environment related to injury)
- Head to toe examination
- Imaging
- It can be delayed after operating room in unstable patient

Definitive Care

- Surgery
- Spinting
- Consults
- Medication: Analgesics, antibiotics, antitetanus

Tertiary survey

- Repeat the primary & secondary survey within 24 hours for occult or missed injuries

If there is any change in vitals, patient's condition, or deterioration

Glasgow Coma Scale (GCS)

Score	Best Motor Response	Best Verbal Response	Best Eye Opening Response
6	Obeys command	—	—
5	Localised response	Oriented	—
4	Withdrawal	Confused/disoriented	Spontaneous
3	Flexor response	Incomprehensible speech	In response to speech
2	Extensor posturing	Incomprehensible speech	In response to pain
1	No response	No response	No eye opening

Interpretation: GCS 13-15: Mild brain injury (mortality rate  $< 1\%$ ); GCS 12-9: Moderate brain injury (mortality rate  $\approx 5\%$ ); GCS  $\leq 8$ : Severe brain injury (mortality rate  $> 40\%$ )

Author: A. Sacco, MD © 2012 Elsevier Saunders Publishing ISBN 978-1-98103-888-0 [www.elsevier.com](http://www.elsevier.com)  
 For feedback: [traumapkg@gmail.com](mailto:traumapkg@gmail.com)

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(Montserrat Runolfsdottir)

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