

The First 5 Minutes

5/21/17

This week we will discuss some Emergency Medicine 101. This is my personal approach to the initial management of crashing patients. Not only does this algorithm work well in real life, it also works well in sim, and during verbal cases with my attendings. Listen to the old ABC episodes if you want to go more in depth.

5 Steps:

1. Vitals
 - a. Immediately note / ask for the vital signs upon entering the room.
 - b. "Vitals are vital."
2. ABC's
 - a. Airway – suction, jaw thrust, airway behind tongue, etc
 - b. Breathing – increase FiO₂ with facemask or bag valve mask, etc
 - c. Circulation – note obvious bleeding, apply pressure. Check cap refill
3. 3 Nursing orders, to make
 - a. IV (or IO if can't place IV)
 - b. Draw blood and hold it
 - c. Cardiac monitor
4. 3 Medications, to consider (even before EKG's or intubation)
 - a. Naloxone – reverse opiate overdose
 - b. Epinephrine – reverse anaphylaxis
 - c. Ativan – reverse active seizure
5. 3 Stat tests, to order
 - a. EKG
 - b. Pregnancy test
 - c. Blood glucose