

Question 26  
Monash Health Practice  
Exam

December 2016

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- Holy \*\*\*\* Batman
- I've run out of time

# Question 26 - Retrieval

- You have been asked to retrieve a 20 year old male, who was in a high speed MVA from a small peripheral hospital 100km away, **by helicopter**. His communicated injuries include **rib fractures**, **fractured right femur** and a traumatic **subarachnoid haemorrhage**.
- His vital signs:
  - BP 108/60 mmHg
  - HR **105** bpm
  - Temp 36.9
  - RR **28**/min
  - Sats **92%** RA
  - GCS **14** (E3, M6, V4)

List two (2) important steps in your preparation of **this man** for transport under each of the headings airway, breathing and circulation (6 marks)

- Airway

- **Intubate**
- Secure ETT
- Insert orogastric (ng not accepted)
- Perform CXR to confirm position of ETT

- Breathing

- **Chest drains**
- Secure ICCs
- Monitor SpO<sub>2</sub> and ETCO<sub>2</sub>
- Check ABG prior to transport

- Circulation

- Traction (or splint) femoral fracture
- Ensure no occult (abdominal) bleeding - CT scan
- Insert and secure 2 peripheral lines
- Transduce all arterial / central lines
- Check / prepare all infusions
- Record all IV fluids
- IDC

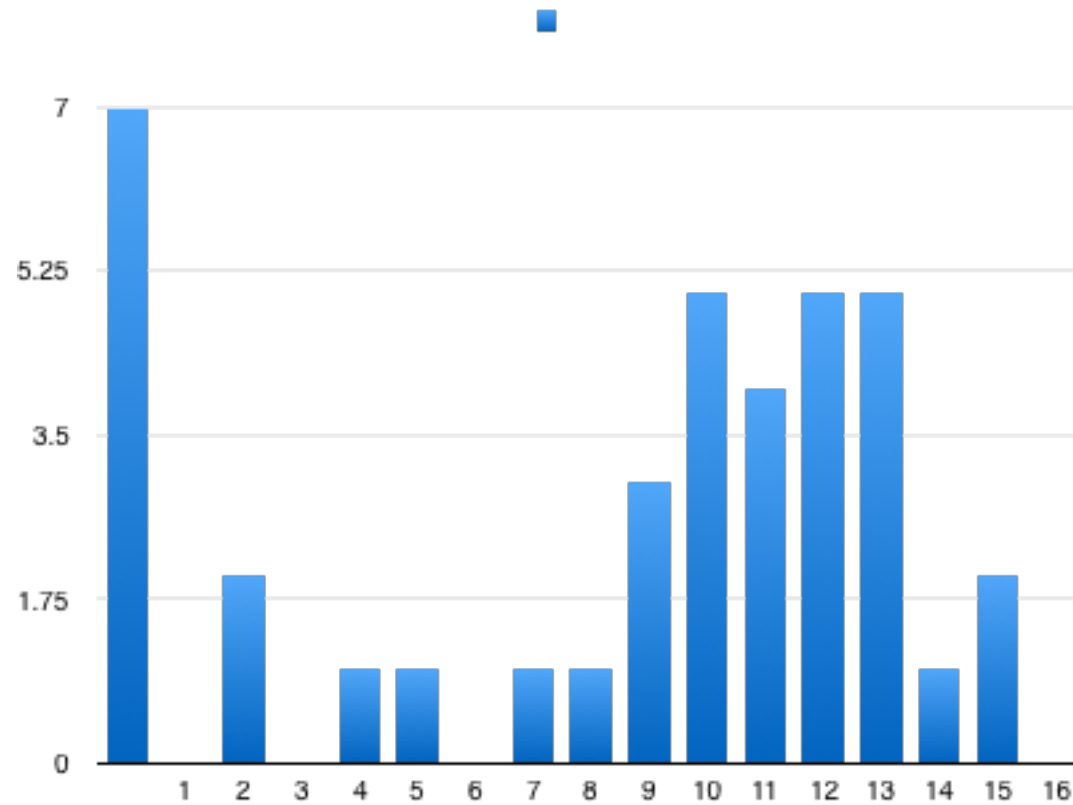
# State five (5) steps to optimise his ICP

- Oxygen - avoid hypoxia
- CO<sub>2</sub> - permissive hypocarbia / normocarbia
- Blood pressure - maintain cerebral perfusion
- Head up position (spinal precautions)
- Avoid impediment of venous return
- [Temperature - induced hypothermia controversial, avoid hyperthermia, maintain normothermia, don't warm if already cold
- Glucose - prevents secondary cerebral injury, no direct effect on ICP]

List five (5) general limitations in patient retrieval by helicopter (5 marks)

- Altitude - pressure related problems
- Temperature control
- Vibration
- Noise - communication and monitoring
- Ergonomic constraints - monitoring and interventions
- Motion sickness

# Results, pass mark 10 – overall pass 58%





# Tips

- Timing
- Timing
- Read the question - read the whole question particularly if struggling
- Answer the question
- Answer for the stem if asked about the stem, in general if asked in general
- Don't say the same thing in 2 different ways
- Timing

- Don't look at your overall mark, rather where you sit in relation to your peers and how easy your errors are to correct

- This is just an exam