

# How to make prehospital care safe

## A clinical perspective

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# GOTHENBURG



**Gothenburg EMS-system is "two-tiered"**



**serve 545 000 inhabitant**

# Golden rule

You has to be your one safety  
representative

# Three levels

- 1. Own safety**
- 2. Safe environment**
- 3. Patient safety**

If you not manage to fulfil the  
first two levels  
it is impossible to fulfil the last

Traffic accidents

Violence  
and  
Drugs

# Individual safety

Prepare yourself in advance

- On scene its often to late

# Traffic accident



Blood transmitted diseases is to be found were you least expecting it

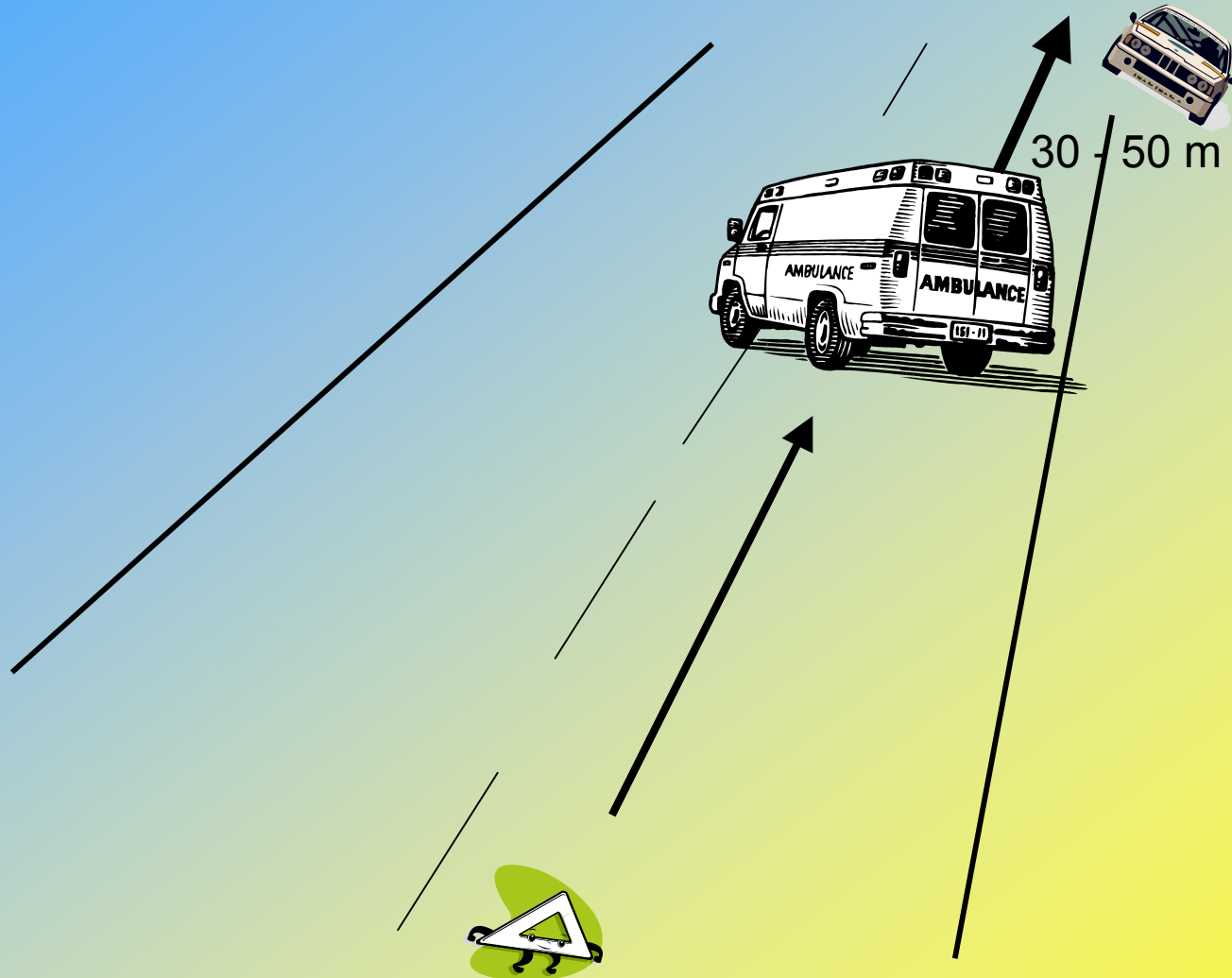


# Safe environment

- Often secured by fire department or the police
- If not create a safety zone (warning torch, block the road with the ambulance)



# Minor accident



# Patient safety

- Work fast (golden hour) but let vital signs and injuries decide how the work shall be done
- Evaluate vital signs continuous
- Do not leave the patient
- Cover yourself and the patient (together) if it is necessary to cut the patient free
- Ear-muffs?
- Adapt pain release and/or sedative drugs (Midazolam + Ketamin and Morphine)
- On our way to hospital....

## Violent situations



**Always two tires**

```
graph TD; A[Always two tires] --> B[First tire state a braking point a few blocks away from address]; B --> C[Both tire wait on braking point until the police secured the situation at scene];
```

First tire state a braking point  
a few blocks away from address

Both tire wait on braking point until  
the police secured the situation at scene

# Bullet proof vest



# Safety is to act professional

- Show respect for everybody
- You must inspire respect, never show fear
- Do not judge or become provocative
- Inform that you are there just to help and that they have a choice to decline care
- If you think they need care explain why
- If the situation become threatening, leave

DRUGS



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# GHB

- Often violent patients impossible to reach
- Let always the police secure
- If violent - Ketamin 50mg/ml im.
- When the patient calmed down, iv Propofol 10 mg/ml
- Let the police be enclosed during the transport for hospital

# Heroin intoxication or when bad breathing and small pupils

- Ventilate
- Naloxane im.
- Avoid Naloxane iv.
- The patient wake up immediately
- Often angry at you
- Disappears and become a later problem
- Naloxane has shorter half-life than Heroin

**Don't be alone in the back of the  
ambulance with a patient  
influenced by drugs**

