

## **“FIRST AID IN THE BUSH”**

Glenn D Burns, EMT-T/P, OECI-NSP, M.D.

- Rule #1      Keep it simple
- Rule #2      Anything you do is better than nothing (almost)
- Rule #3      Don't Panic

### ABC's of all injuries

\*\*\*\*Is the scene safe (aka has the bear left yet?)\*\*\*\*

1.     Airway
  - a. Is the patient breathing and not moving any air?
  - b. Can you position the airway?
  - c. Is the patient breathing now?
  - d. Can you breath for the patient?
2.     Breathing
  - a. Is the airway open (see number one)?
  - b. Can you breath for him?
  - c. Air you filling his lungs with air?
3.     Circulation
  - a. Is there a pulse?
  - b. Is there a REASON he would be losing blood? (say..a red spurting thing?)
  - c. Can you put pressure on it?
4.     Disability
  - a. What's the big picture?

### Injuries by Location

1.     Head
  - a. Eyes
  - b. Teeth
  - c. Skin
2.     Neck
  - a. Trauma?
3.     Chest
  - a. Trauma?
  - b. Breathing (anaphylaxis)?
  - c. Skin
4.     Abdomen
  - a. Pain
  - b. Nausea/Vomiting
5.     Extremities
  - a. Broken?
  - b. Can you make a splint?
  - c. What do you worry about?

### Evacuation

1. Where are you going?
2. Can the patient wait or does he have to go?
3. Who or what is staying with him?
4. How are you going to get him out?

### Medical Kits

1. Remedies for known medical problems
  - a. Glucagon
  - b. Epinephrine
  - c. Insulin
2. Remedies for anticipated medical problems
  - a. Foot care
  - b. ACE bandage
  - c. Cravat
  - d. Sunscreen
  - e. Motrin
  - f. Antidiarrheals
  - g. Bandages and duct tape
3. Remedies for the gung-ho who don't pack light
  - a. Antibiotics
  - b. Splints
  - c. C-Collar

### BEST treatment for injury

1. Plan your hike and hike your plan
2. Someone (not with you) knows your location, route and expected return time.
3. Sat Phone or emergency transceiver.
4. "Dress to egress"
5. Stay smart, know your limits and those of the weakest link.