Welcome to

Trauma Education: The Next Generation

The Break Slides

Pearl of Wisdom

A traumatic cataract can happen within hours from osmotic imbalance. This requires surgery to treat but is not emergent.

(Pearl of Wisdom)

Pearl of Wisdom

Escharotomies of extremity burns require specific expertise to be done appropriately. They do not need to be done emergently unless the physician anticipates there being more than 6 hours for patient to reach specialty care.

(Pearl of Wisdom)

Pearl of Wisdom

Eye trauma: Save pieces of eyelid which are very vascular and often can be reattached.

(Pearl of Wisdom)

Pearl of Wisdom

"Distracting injury" is not clearly defined. However, in an awake, alert blunt trauma patient, you can clear the c-spine with a good clinical exam, even with "distracting injury."

(Pearl of Wisdom)

Pearl of Wisdom

Eye trauma: 360 degrees of subconjunctival hemorrhage is a very bad sign. Consult ophthalmology.

(Pearl of Wisdom)

Pearl of Wisdom

Fever increases respiratory rate by 1 degree C and can cause respiratory rate to go up 3-7 breaths per minute.

(Pearl of Wisdom)

FFP transfusion: correction of INR consistently small unless pretreatment INR is > 2.5 (e.g. INR 1.0-2.6, correction of 01-0.5)

(Pearl of Wisdom)
Pearl of Wisdom

In case of severe acidosis (HCO₃ < 4), think of causes such as toxic alcohols, lactate, toxins (e.g. cyanide causes high lactate) ketones.

Pearl of Wisdom

Myocardial infarction (MI) is the leading cause of post-operative death in age > 80. Many are silent, picked up only by changes in BP or EKG changes. Most occur within the first 72 hours post-op.

Pearl of Wisdom

Osmolar gap is a "rule in" test, not a "rule out" test. It helps rule in the presence of toxic alcohols but does not rule out the presence of toxic alcohols.

Pearl of Wisdom

Lactate x 1.5 = expected anion gap from lactate alone.

Pearl of Wisdom

No benefit in keeping hemoglobin 9-10 g/dL vs 7 g/dL in critical care patients who are hemodynamically stable or in those critical patients with stable heart disease.

Pearl of Wisdom

Subjective dyspnea along with mechanism of burn are the key factors in making the decision to intubate an alert, talking burn patient. The traditional teaching of soot in mouth or singed nasal hairs can be seen with flash burns which are not usually as dangerous.

Pearl of Wisdom

Multiple blood transfusions are a risk factor for transfusion-related acute lung injury (TRALI) and acute respiratory distress syndrome (ARDS). Transfusion is an independent risk factor for multiple organ failure and SIRS.

Pearl of Wisdom

Normal saline (NS) fluid resuscitation:
- Infusion of multiple liters can cause hyperchloremic acidosis.
- NS still often preferred because Lactated Ringers (LR) and blood cannot be infused in the same tubing (and LR can lead to alkalosis).
- Some advocate NS up to 50 ml/kg then switch to LR.

Pearl of Wisdom

Surviving Sepsis:
- Antibiotics should be given within 1 hour if severe sepsis or septic shock.
- Give fluid challenge of 30 mL/kg, continuing fluids as long as patient is showing hemodynamic improvement.
- Norepinephrine is the first line vasoressor.
Pearl of Wisdom

There is no clear case of spinal cord injury after direct laryngoscopy. All airway maneuvers cause some motion at the fracture site. Bag mask ventilation causes the most motion.

Did you Know?

60% of men and 40% of women will snore by age 60. The sound of a snore can seem deafening. While snores average around 60 decibels they can reach more than 80 decibels. Eighty decibels is as loud as the sound of a pneumatic drill breaking up concrete. Noise levels over 85 decibels are considered hazardous to the human ear.

Did you Know?

Vascular injury from pelvic fractures accounts for approximately 0.3% mortality in children. Mortality is 10 times greater in adults, likely because of less elastic vascular and skeletal systems.

Did you Know?

According to the Centers for Disease Control and Prevention (CDC), 18 million courses of antibiotics are prescribed for the common cold in the United States per year. Research shows that colds are caused by viruses. 50 million unnecessary antibiotics are prescribed for viral respiratory infections.

Did you Know?

As of November 2012, there are 834,769 physicians in the United States.

Did you Know?

As of 2011, there are 2,724,570 registered nurses in the United States.

Did you Know?

As of 2010, there are 83,466 physician assistants in the United States.
Did you Know?

Babies are, pound for pound, stronger than an ox.

While a baby certainly couldn’t pull a covered wagon at its present size, if the child were the size of an oxen it just might very well be able to. Babies have especially strong and powerful legs for such tiny creatures, so watch out for those kicks.

Did you Know?

Humans shed about 600,000 particles of skin every hour.

That works out to about 1.5 pounds each year, so the average person will lose around 105 pounds of skin by age 70.

Did you Know?

In 1972, a group of scientists reported that you could cure the common cold by freezing the big toe.

Did you Know?

During your lifetime, you will produce enough saliva to fill two swimming pools.

Did you Know?

If you say that you’re dying to get a good night’s sleep, you could mean that literally.

You can go without eating for weeks without succumbing, but eleven days is tops for going without sleep.

Did you Know?

It takes an interaction of 72 different muscles to produce human speech.

Did you Know?

Humans are full of bacteria.

Every square inch of skin on the human body has about 32 million bacteria on it, but fortunately, the vast majority of them are harmless.

Did you Know?

In 1815, French chemist Michael Eugene Chevreul realized the first link between diabetes and sugar metabolism.

He discovered that the urine of a diabetic was identical to grape sugar.

Did you Know?

Ketchup was sold in the 1830s as medicine.
Did you Know?
The first Band-Aid brand adhesive bandages were three inches wide and eighteen inches long.
You made your own bandage by cutting off as much as you needed.

Did you Know?
You have a tongue print.
Don’t stick out your tongue if you want to hide your identity. Similar to fingerprints, everyone also has a unique tongue print.

Did you Know?
The human brain cell can hold 5 times as much information as the Encyclopedia Britannica.
The storage capacity of the brain in electronic terms is thought to be between 3 or even 1,000 terabytes.

Trivia!
What does M*A*S*H stand for?
A. Mobile Assistant Surgeon Hospital
B. Moving Army, Static Headquarters
C. Must Alleviate Some Headaches
D. Mobile Army Surgical Hospital

Trivia Answer
D. Mobile Army Surgical Hospital

Trivia!
According to most doctors and medical professionals, what is the most accurately depicted medical TV show?
A. Grey’s Anatomy
B. ER
C. Scrubs
D. House

Trivia Answer
C. Scrubs

Trivia!
What does M*A*S*H stand for?
A. Mobile Assistant Surgeon Hospital
B. Moving Army, Static Headquarters
C. Must Alleviate Some Headaches
D. Mobile Army Surgical Hospital

Trivia!
William Shatner hosted what popular series from 1989-1996, that re-enacted dramatic medical events?
A. Rescue 911
B. Rescuers Down Under
C. 911 To the Rescue
D. Rescue Me

Trivia Answer
C. 911 To the Rescue

Did you Know?
The human head is one-quarter of our total length at birth.
No wonder babies have such a hard time holding up their heads. But by the time we reach adulthood, it is only one-eighth of our total length.
Trivia Answer
A. Rescue 911

Trivia!
What show is this cast from?
A. M*A*S*H
B. Royal Pains
C. Grey's Anatomy
D. House

Trivia Answer
C. Grey's Anatomy