

# Trauma Resuscitation Checklist

Boxes shaded gray are for high-acuity patients as needed

Introduce team members and identify team roles before beginning checklist

Restock supplies as able following each patient

## Vitals

Evaluate whether normal for age

- Heart rate (Adult: 60-100)
- Respiratory rate (Adult: 12-18)
- Oxygen Saturation (Adult: >95%)
- Blood Pressure (Adult: 90/60 – 120/80)

## Primary Survey

### A Airway

- Confirm airway is protected
  1. Ask the patient a question
  2. If non-verbal, do jaw thrust to check for obstruction
  3. Remove any foreign objects
  4. Establish airway if obstruction can't be removed
- Keep cervical spine stabilized
  1. Two-handed support during airway interventions
  2. Cervical collar once airway is stable

- If intubating,
- Assess GCS before giving rapid sequence intubation medications
  - Report endotracheal tube size & depth
  - Confirm placement – listen for bilateral breath sounds & chest wall rise + absence of gastric sounds

### B Breathing

- Inspect for any wounds, deformities or abnormal breathing movements
- Listen for bilateral breath sounds
- Obtain oxygen saturation levels
- Place nasal cannula oxygen

### C Circulation

- Assess for external hemorrhage
- Assess for hemorrhagic shock
  1. Pale/cool skin
  2. rapid/weak central pulse,
  3. altered consciousness/anxiety
- Check distal and central pulses
- Confirm intravenous or intraosseous access is established

- Apply pressure and tourniquets for external hemorrhage
- Evaluate thoracic cavity, peritoneal cavity, retroperitoneum, pelvis & long bones if concerned for internal hemorrhage
- Give fluid bolus (NS, LR) or blood if needed
  1. Adults: start with 1L bolus, with the goal of systolic blood pressure > 90
  2. Children: 20 mL/kg

### D Disability

- Evaluate and state GCS (eyes-4, verbal-5, motor-6)
- State pupil size & reaction to light

- Intubate if GCS <8

### E Exposure

- Completely remove patient's clothing
- Evaluate for any injuries
- Cover with warm blanket
- Take temperature

## Secondary Survey

- Evaluate and State Findings
- Head
- Ears
- Ocular/periorbital integrity
- Facial Bones
- Nose
- Mouth
- Neck
- Chest
- Abdomen
- Pelvis
- Lower extremities
- Upper extremities
- Log roll and back exam
- C-spine exam

## Departure Plan

- Summarize primary & secondary surveys
- Brief team on care plan & patient destination and/or consultations needed

If transferring, prepare patient for travel

- Equipment
- Medications
- Personnel
- Notify destination

**Imaging:** Consider Focused Assessment of Sonography in Trauma (FAST), Chest X-Ray or Pelvic-Xray if available and indicated