

# Tayside Acute Care Guide

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# Welcome!

BY PAUL FETTES

This guide is aimed at medical students and junior doctors to enable them to know what to do in an acute situation. It is the culmination of a lot of work by a lot of people. It is designed for use in Tayside and has many specific protocols and contact numbers for that reason, but many of the approaches described are generic and it will have much wider application.

Please use this guide with care and a healthy dose of common sense. It should not be relied upon to replace clinical knowledge or experience and the first thing you should do in many of the situations is call for senior help.

Your feedback is vital to the development of this guide. Please contact me via the feedback page if you have any feedback, if links don't work or are out of date, if anything is missing, or if you can think of a way of improving it.



# Chapter 1

## Resuscitation

1.1 Advanced Life Support

1.2 Major Incident

1.3 Haemodynamically Unstable Polytrauma  
(Code Red)

1.4 Adult Massive Haemorrhage Policy

1.5 Reversing oral anticoagulants in massive  
haemorrhage





## Chapter 2

# Airway Problems

2.1 Emergency Contacts

2.2 Airway Assessment

2.3 Threaten the Airway

2.4 ENT Emergencies





## Chapter 3

# Breathing

### 3.1 Introduction

### 3.2 Useful Contacts

### 3.3 Respiratory Emergencies

### 3.4 Non-invasive Ventilation (NIV)

### 3.5 How to set up NIV (extracted from BTS guideline)

### 3.6 Tuberculosis

### 3.7 Pneumothorax

### 3.8 Haemopneumothorax (haemothorax)

### 3.9 Non Respiratory causes of respiratory compensation

### 3.10 Assessment of Breathing

## Chapter 4

# Cardiology and Vascular

Cardiology and Vascular Cardiology Acute pulmonary oedema Atrial Fibrillation Management Management of device patients Optimal Reperfusion Therapy (AMU) Optimal Reperfusion Therapy (PRI) Shock and Sepsis Emergency Contact Numbers Definition of shock General approach to shock Cardiogenic Shock Severe Sepsis & Septic Shock Hypovolaemic Shock Anaphylactic Shock SEPSIS Six Bundle Antibiotic Man Vascular Acute Limb Ischaemia Acute Thoracic Aortic Dissection Ruptured Abdominal Aortic Aneurysm Vascular Antibiotic Policy Adult Massive Haemorrhage Policy Reversing oral anticoagulants in massive haemorrhage Fresh Frozen Plasma (FFP) Cryo Guideline Platelet Transfusion Guideline



## Chapter 5

# Neurology / MFE

Meningitis Management of Acute Stroke Management of Epileptic Seizure Suspected Spinal Cord Compression Seizures in a Known Epileptic Delirium Dysphagia





## Chapter 6

# Renal & Endocrine

Review Medication Urinary tract infection Metabolic acidosis Recognition of AKI AKI Guidelines Management of contrast-induced nephropathy DKA HHS Hypoglycaemia Hyperkalaemia Hypokalaemia Hyponatraemia Hypocalcaemia Addisonian crisis Thyrotoxicosis Pheochromocytoma



## Chapter 7

# Obstetrics & Gynaecological

Obstetric Emergency Contacts Ante-partum Haemorrhage (APH) Post Partum Haemorrhage (PPH) Severe Preeclampsia / Eclampsia Sepsis in Obstetrics Shoulder Dystocia Maternal Collapse Cord Prolapse Breech in Labour Uterine Inversion



## Chapter 8

# Psychiatric Emergencies

Introduction   Contacts   Psychiatric Assessment   Common Presentations   Deliberate self-harm / Attempted Suicide   Schizophrenia   Depression   Drugs and Alcohol   Delirium   Mental Health Act   Additional Information



## Chapter 9

# Surgical

General / Trauma Surgery by Justyna Szczachor & Aaron Quyn

Acute Pancreatitis Assessment of severity Management of gallstones in gallstone pancreatitis Abdominal trauma Blunt abdominal trauma Penetrating abdominal trauma Thoracic trauma Rib fractures Peritonitis Significant Lower GI Bleed Massive Acute Rectal Bleeding Vascular Surgery by Stuart Suttie ENT Surgery by Stephen Jones Contacts Epistaxis Orbital Cellulitis Throat Sore Throat Quinsy Glandular Fever Epiglottitis / Supraglottitis Stridor Post-Tonsillectomy Haemorrhage





# Chapter 10

## Pain

by Mark Henderson

Pain Key Contacts Background Information Types of pain How to assess a patient in pain Management of acute pain Common analgesics for use in adult patients Non-opioid analgesics Common opioid analgesics Opioid titration and Post-operative nausea guideline Guidelines for opioid use Opioid conversion Approximate opioid equivalence chart Managing opioid side effects Opioid toxicity Excessive sedation and respiratory arrest Itch Constipation Other analgesics and adjuvant therapies Management of neuropathic pain Patient Controlled Analgesia Setting up a PCA PCA Prescription PCA Pit-falls PCA Troubleshooting PCA Troubleshooting Algorithm PCA Morphine step down Epidural analgesia Background information Complications Common problems Hypotension Inadequate analgesia High sensory block Dense motor block Leaking epidural Epidural disconnection Epidural falling out Urinary retention Evolution of other medical problems How to assess a patient with an epidural Resources and further reading



## Chapter 11

# Death

by Justyna Szczachor, Iain Kennedy & Karen Pearson

Useful Contacts Deaths of Patients Confirming Death Breaking Bad News Documenting Death Coping with death



# Chapter 12

## Poisons

by Gareth Patton

TOXBASE

Antidotes Background Decontamination Elimination Management Resources  
Summary



## Chapter 13

# Major Incident

Haemodynamically Unstable Polytrauma (Code Red) Patient process Massive Transfusion/Blood Loss Algorithm Adult Massive Haemorrhage Policy Platelet Transfusion Guideline Reversing oral anticoagulants in massive haemorrhage Fresh Frozen Plasma (FFP) Cryo Guideline





## Chapter 14

# Practical Procedures

by Karen Pearson

General Tips Access & invasive monitoring Difficult Access (including Femoral Stab) Arterial line insertion Central line insertion Samples for Investigation Pleural tap/needle thoracocentesis Ascitic tap/drain insertion Lumbar puncture Respiratory Chest drain insertion Other Urethral Catheterisation Nasogastric tube insertion Resources



## Chapter 15

# Calculations



## Chapter 16

# Paediatrics

Emergency Contacts Anaesthetic and Transfer Cardiovascular Cardiac Arrest Arrhythmia Bradycardia Algorithm SVT Algorithm Ventricular Tachycardia Algorithm Burns Management Fluid Resuscitation Paediatric Endocrine Adrenal Crises DKA Hypoglycaemia Infectious Diseases Meningococcal Disease Management Paediatric Lumbar Puncture Paediatric Neurology Status Epilepticus Algorithm Ophthalmology Orbital Cellulitis Management Respiratory Acute Asthma Exacerbation Algorithm Anaphylaxis Algorithm Bronchiolitis Management Upper Airway Obstruction Algorithm Viral Croup Management



## Chapter 17

# Infection

Tayside Formulary

Antibiotic Man





## Chapter 18

# Feedback

Your feedback is vital to the development of this guide. Please contact us if links don't work or are out of date, if anything is missing and needs to be added, or if you can think of any other way of improving it below. Thank you.



## Chapter 19

# Credits

Chris Kennedy, TILT setup platform and website.

Andrew Melvin has contributed to the editing, design and content of this site.

Kirsty McNeil has provided highly imaginative illustrations for many of the sections.

Jessica Thompson did the wonderful drawings of aortic dissection in the vascular surgery section.

Christopher McCann developed App on iOS and Android.