

# C-ABCDE

## **C** Catastrophic bleeding / Cardiac arrest

### **A** Airways

- Check airway
  - Thorax movement
  - See, listen, feel
  - Paradox. breathing?
  - Stridor?
1. Chin lift/Jaw thrust
  2. Naso/Oropharyngeal airway
  3. Suction
  4. Laryngeal mask airway
  5. Intubation
  6. Coniotomy

### **B** Breathing

- Respiratory rate
  - Thorax movement
  - Auscultation
  - Cyanosis
1. Oxygen
  2. Ventilation
  3. Decompression
  4. Chest tube

### **C** Circulation

- Colour (Pale)
  - Cold/Sweaty
  - Pulse (Rad / Fem / Car)
  - Abdomen/Pelvis
1. Tilt bed
  2. Fluids (PVC, IO, CVC)
  3. Vasoactive drugs  
(Adrenalin IM)

### **D** Disability

- AVPU/GCS
  - Pupils
  - Movement of extrem.
1. Support ABC
  2. Glucose
  3. Antidote

### **E** Exposure

- Check whole body
  - Prevent hypothermia
  - Prevent further injury
1. Log roll
  2. Warm blankets
  3. Warm fluids

# SBAR

## **S** Situation

Own name, title, and unit  
Patients name, sex, and age  
Patients social security / identification number  
Describe situation briefly  
***I'm contacting you to...***

## **B** Background

Previous and current illness  
Relevant medical history  
Allergies  
Contagiousness

## **A** Assessment

A: Airway  
B: Breathing, saturation  
C: Heart rate, blood pressure  
D: Consciousness, pain, oriented to time / place / person  
E: Temperature, skin, colour, abdomen, urine production

***Brief assessment***

## **R** Recommendation

Immediate action (Care, monitoring, transfer, treatment)  
Further examinations (Radiology)  
Time frame (How often...? How long...? Next contact...?)

**Confirmation of communication**  
*Questions / Agreement*

- Pediatrics -

# Normal Physiology



- Pediatrics -

# Normal Physiology

