



Section: Medical Operations General
Subject: REHABILITATION MEDICAL GUIDELINES
Section #: 300.18
Issue Date: March 21, 2011
Revision Date: December 1, 2017
Approved By: 

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1. This protocol establishes the parameters for evaluation and treatment of emergency responders who have been assigned to the Rehabilitation Sector for the purpose of rest, recovery, and medical care as needed.
2. Medical care providers of Hillsborough County Fire Rescue shall follow this protocol when establishing and functioning within the Rehabilitation Sector as directed by the Incident Commander and in accordance with NFPA 1584.
 - a. Unless there are patients/personnel requiring assessment and treatment, upon arrival at a structure fire or multi-company alarm, the first due Rescue Company will report to command for assignment and the second arriving rescue will be responsible for establishment of a Rehab Sector.
 - b. The medical officer in charge of the Rehab Sector will have the final say in who remains or is released from the Rehab Sector, and who will be transported to a receiving facility for further treatment.
3. Rehab Sector shall be established and maintained according to the size of the incident and within the scope of Rehab Sector Policy.
 - a. Preferred staffing for any HCFR Rehab Sector shall be one (1) Rescue Company with two (2) paramedics.
4. Treatment of Personnel:
 - a. All personnel requiring medical care shall be treated according to HCFR Standing Orders and Protocol.
 - b. All personnel entering the Rehab Sector shall be evaluated and the following findings documented:
 - i. Heart Rate
 - ii. Blood Pressure
 - iii. CO Level
 - iv. SpO₂
 - v. Temperature
 - vi. Medical Complaints
 - c. Personnel with medical complaints (i.e. altered level of consciousness, short of breath, dizziness, chest pain, nausea or vomiting, irregular pulse, etc.) shall be moved to the medical treatment area and cared for per standing orders/protocols.
 - d. Personnel in the Rehab Sector will be reevaluated at least every 10 minutes.
 - e. Personnel shall not be released from Rehab if upon reevaluation they demonstrate any of the following findings or have developed medical symptoms:
 - i. Heart rate exceeds 120 bpm
 - ii. Blood pressure is either > 160 mmHg systolic and/or 100 mmHg diastolic
 - iii. CO level exceeds 5% (non-smoker) or 10% (smoker)
 - iv. Oral body temperature > 100.6° F.
 - v. Respiratory rate > 24/min
 - vi. SpO₂ < 95%
 - f. If personnel's vital signs return to normal, they may move to the rest and refreshment area to finish out their rehab time.
 - i. Members shall be evaluated again before being allowed to leave the Rehab area.

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- g. Members shall not be released from the Rehab area prior to:
 - i. Having spent the minimum required time in Rehab (per HCFR REHAB POLICY)
 - ii. Heart rate dropping below 120 bpm
 - iii. Blood pressure being below 160 systolic and/or 100 diastolic
 - iv. Respiratory rate being between 10 – 20/min
 - v. SpO₂ is > 95% and CO level is below 5% (non-smoker) or 10% (smoker)
 - vi. Oral body temperature below 100.6° F.
 - vii. The member is free of complaint/observable injury
 - viii. The member states that he/she feels well and is ready to return to duty
 - h. If after 20 minutes of rest any personnel whose physical parameters exceed those listed shall be transported to an appropriate receiving facility for medical evaluation.
 - i. Do not delay transport in the event of a medical emergency or when the need for higher level evaluation and/or further diagnostic testing is recognized.
 - i. Any personnel with a CO level exceeding 15% shall be transported to an appropriate receiving facility.
 - j. Any personnel, who in the judgment of the medical officer in charge, have not sufficiently responded to cooling, rest, and other rehabilitation measures, or who display signs and symptoms that warrant further evaluation shall be transported to an appropriate receiving facility.
 - i. The medical officer in charge of the Rehab Sector has the authority to insist that personnel be transported to an appropriate receiving facility. Personnel refusing transport will be relieved of duty until they are cleared by a Worker's Compensation physician.
5. Documentation: The following shall be the procedure for documentation of all events for which a Rehab Sector was established.
- a. The medical officer in charge shall be responsible for ensuring that all documentation is completed.
 - b. The HCFR Rehab Accountability form shall be used to maintain a record of all personnel who are evaluated in the Rehab Sector.
 - c. Electronic Patient Care Report (ePCR):
 - i. At least one ePCR form shall be completed for every event for which a Rehab Sector is established.
 - ii. In the demographics section, list Rehab Sector Report.
 - iii. All medical documentation should follow the Standards for Medical Documentation Policy.
 - d. Incident Rehabilitation Form:
 - i. This form shall be used to record the entry and exit medical evaluation data for all personnel who are assigned to the Rehab Sector.
 - ii. Once the incident has been completed, these forms shall be included as an attachment to the event ePCR.