

ROUTINE MEDICAL CARE (RMC) BLS

ALWAYS USE STANDARD PRECAUTIONS

INDICATION

- To define Routine Medical Care (RMC) in the pre-hospital setting

TREATMENT

- Assess Airway, Breathing and Circulation (ABC)
- Apneic and/ or pulseless:
 - Begin CPR in accordance with the standards established by the American Heart Association, including early defibrillation
- Patient breathing with pulse present:
 - Administer oxygen per policy BLS PR 2, Oxygen Therapy Procedure. Use appropriate airway adjuncts indicated for signs and symptoms.
- Control significant external bleeding using direct pressure. If bleeding remains uncontrolled, apply gauze or hemostatic dressing and/or tourniquet.
 - Limb with the tourniquet must remain exposed
 - Hemostatic dressing must be approved by California EMS Authority
- Check vital signs – repeat q 5 min. for emergent patients and q 15 min. for non-emergent patients.
- For ALOC, assess blood glucose and treat per protocol
- Obtain:
 - Chief complaint
 - History of current event
 - Past medical history
 - Medications
 - Allergies
 - Code status / Designated Decision Maker
- Perform full secondary patient exam
- If indicated, apply spinal motion restriction
- Place patient in position of comfort or in other positions as needed to maintain adequate breathing and/ or circulation