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