

Managing moderate and severe pain in Mountain Rescue

Official recommendations of
ICAR MEDCOM

Intended for Mountain Rescue First Responders, Nurses,
Paramedics, Physicians, and Rescue Organizations

Many casualties will require pain relief



Recommendation (1)

- Many health care providers fail to adequately recognize, assess and treat pain. Hence, assessment scales and treatment protocols should be implemented in mountain rescue services to allow for efficient and fast pain control.

Assessment scales ... 'if 0 is no pain and 10 is the worst pain imaginable, what number would you give your pain?'

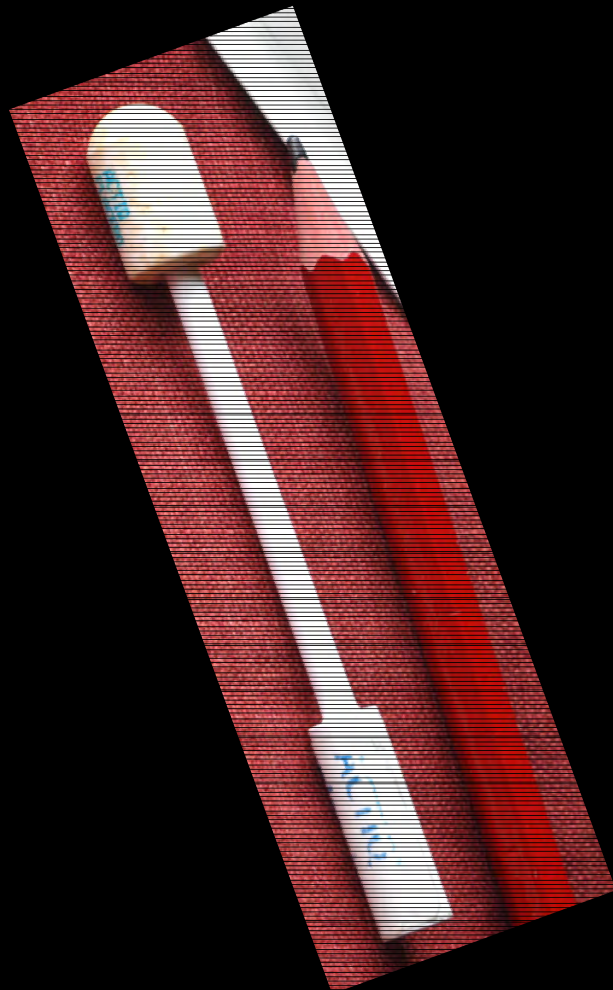
Ellerton JA, Greene M, Paal P.

The use of analgesia in mountain rescue casualties with moderate or severe pain.

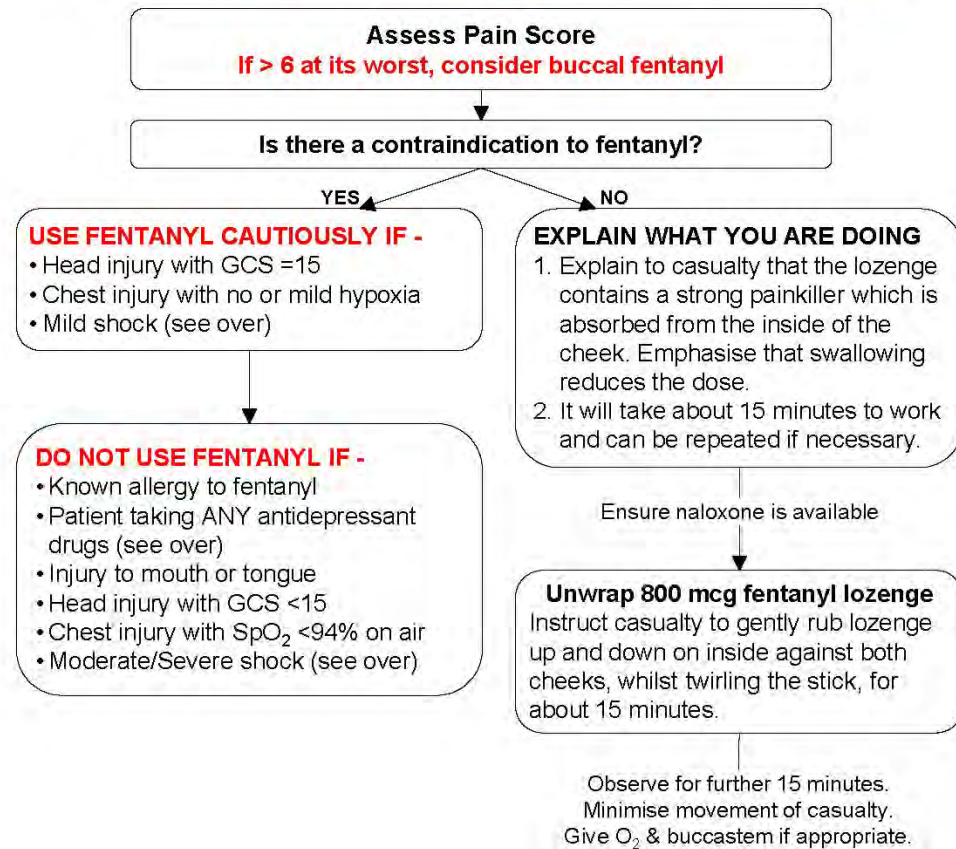
Emerg Med J (2013)

Recommendation (1)

... treatment protocols ...



A protocol for giving fentanyl lozenges to adults in mountain rescue



Recommendation (2)

- Specific training in managing pain is essential for all mountain rescuers. Persons administering analgesics, whether a healthcare professional or not, should receive appropriate detailed training.

Recommendation (3)

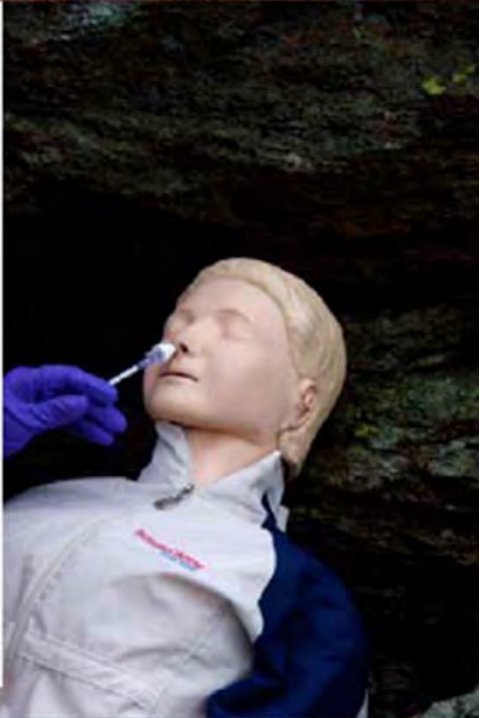
- There is no ideal analgesic that will accomplish all that is expected in every situation. A range of drugs and delivery methods will be needed. Thus an 'analgesic module', reflecting its users and the environment should be developed either by the organization or the individual.



Intramuscular Morphine
Intravenous Morphine & Diamorphine
Intranasal Diamorphine
Fentanyl Lozenges
Non-steroidal Anti-inflammatory Drugs
Intravenous & Intramuscular Ketamine
Entonox® & Pentrox® Inhalation
Local Anaesthetic Techniques



'no ideal analgesic'



Recommendation (3)

- ... 'analgesic module' ...

The diagram illustrates an analgesic module with three pods (POD 1, 2, 3) and a pain scale. The module is divided into three horizontal sections, each representing a pod. The medications are listed in red text within dashed boxes. The pain scale is on the right, ranging from 0 (None) to 10 (Worst Possible), with 'Moderate' between 4 and 6.

POD 1

- Paracetamol 1g
- Ibuprofen 400mg

POD 2

- Tramadol 200mg (Slow Release)
- Ondansetron 8mg

POD 3

- ACTIQ® fentanyl 800 mcg (two lollipops)

PAIN SCALE

0 None
1
2
3
4 Moderate
5
6
7
8
9
10 Worst Possible

Take POD 1 contents.
Seek medical help if 2nd dose needed.
Do **NOT** take the pink tablet if you are asthmatic.

Take POD 2 contents.
YOU MUST seek medical help.

Take POD 3 contents.
YOU MUST seek medical help.
Take 2nd lollipop after 30 mins if needed.

Recommendation (4)

- The number of drugs carried should be reduced to a minimum by careful selection and, where possible, utilizing drugs with multiple delivery options.

Recommendation (5)

- A strong opioid is recommended as the core drug for managing moderate or severe pain; a multimodal approach may provide additional benefits.

Conclusion

- Think how your organization manages pain? it's not just for the Physician/Doctor. There are lots of organizational and regulatory factors.
- Doctors are not always best placed to give the initial pain relief. Non-health care professionals can be trained.
- Audit your pain relief – it's easy to do using the assessment scales. Are you doing as well as you could do? Are others doing better?

Thank you for listening