SAR/Wilderness Medical Kits

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www.wildernessdoc.com
Disclaimer

- I have no financial relationships with any companies or items presented.

- I’m just sharing my experiences of what works for me!!

- Research and make your own judgments!
Objectives

- Discuss medical kits for Wilderness and SAR
- Role of medical care in SAR, and other wilderness settings
- What’s in my kit?
What to bring?

- What is the trip / mission?
  - Urban vs. Wilderness vs. Technical
What to bring?

- Known vs. Unknown Location
What to bring?

- What are the local medical threats?
  - MEDICAL vs. TRAUMA
What to bring?

- What is the known number of patients and their conditions?
What to bring?

- Evacuation options?
  - Helicopter vs. Ground vs. other
  - Hours, Days, Weeks
What to bring?

- Local Medical Resources?
  - EMS
  - Clinics / Hospitals
What to bring?

- Level of Providers
  - WFR, EMT-B/I/P, RN, NP/PA, MD
- BLS
- ALS
  - What ALS skills will help in SAR or Wilderness settings?
    - Airway
    - Pain Management
What to Carry All the Time?

- Keep in your pack all the time.
- For you or friends.
  - Splinting (SAM)
  - Basic Bandaging/Tape
  - Ace Wrap/Coban
  - Ibuprofen/Personal Meds
  - Knife/Scissors
What to Carry All the Time?

- Blister Care
- Sunscreen
- Microshield - CPR Mask
- Anaphylaxis kit?
- Area/Trip specific items
My SAR Medical Kit
My SAR Medical Kit

- A work in progress…
- Compartmentalization is the key
- Be ready to improvise
SAR Medical Kit

- Spare backpack
- Key pieces of medical equipment
  - Airway Bag (Oxygen)
  - IV Bag
  - Med Bag
- Personal SAR gear
  - Radio, GPS, Survival Gear
  - Food, Water
Helicopter Rescue

- Bring the kitchen sink
‘Ground Pound’ Rescue

- Bring just what you need.
Compartmentalization

Ferno Professional ALS Kit - $300
www.allmed.net
Airway Bag

- 6.0
- 7.0
- 7.5
- 8.0
- NG

7.5
Gum Elastic Bougie

- $9.49 www2.mooremedical.com
Misc. Bag
Pharmacy cost – June 2008

- Vecuronium: $19.50
- Narcan: $19.25
- Ancef: $3.75 x 2 = $7.50
- Dex: $3.00
- Benadryl: $3.43
- Versed: $2.63 x 2 = $5.25
- Etomidate: $12 x 2 = $24
- Succinylcholine: $2.90 x 2 = $5.80
- Ancef: $3.00
- Vecuronium: $3.75 x 2 = $7.50
- Rocuronium: $12 x 2 = $24
- Narcan: $19.25
- Etomidate: $12 x 2 = $24
- Versed: $2.63 x 2 = $5.25
- Ancef: $3.00
- Dex: $3.00
- Benadryl: $3.43

(fridge pack)
Pharmacy cost – June 2008

Epinephrine MDV - 30mg
- Ampule -1mg
  - $9.00

Albuterol/Atrovent Neb
- $2.30 x 2 = $4.60

Reglan
- $1.25

Zofran
- $1.15

Ampule -1mg
- $0.50 x 2 = $1

$4.60
Morphine

$0.75 \times 2 = \$1.50$

$8.79 \times 2 = \$15.78$

Toradol

Morphine

Pharmacy cost – June 2008

$0.50 \times 2 = \$1$

Fentanyl

$0.75 \times 2 = \$1.50$

$8.79 \times 2 = \$15.78$

? Changing Morphine to Dilaudid
Prednisone 20 mg tab

NTG

Pepcid 10mg tab

Ibuprofen 200mg tab

Benadryl 25 mg tab

Pharmacy cost – June 2008

$2.50

$0.75 x 2 = $1.50

$4

$0.17 x 3 = $0.52

$2.50

Prednisone 20 mg tab
Total Medication Cost
$154

- Considering new additions
  - Ketamine
  - ASA
  - Hextend/Hypertonic Saline
  - Extended spectrum ABX (Moxifloxacin, Rocephin)
  - Hemostatic agent (Combat Gauze)
  - Dilaudid
Intranasal Med Administration

www2.mooremedical.com $2.85
Main Compartment

- BVM
- EZ-IO (Price: $500)
- Texas Cath
- Combitube
- NS
- Foley & Bag
- Depends
- Vomit Bag
- Chest Seal
- 15 mils
Other Bag Compartments

- Head Bed
- Pressure Bags
- Paper
- Pen
- Head Lamp
Oxygen/BLS Bag

Carbon fiber (3,000psi) tank
$590 (w/regulator)
www.spiracle.com

$710 backpack w/ tank and regulator
Oxymizer

www.pulmolab.com

$19.49

Saves oxygen by 2:1 to 4:1 by storing oxygen until early inspiration, so oxygen isn’t continuously flowing into the surrounding environment

- To reach 2 lpm flow rate of 0.5 lpm (24 hours)
- 6 lpm flow rate of 3.5 lpm (3.4 hours)
Pocket Blue BVM $34
www.conterra-inc.com

TPOD $ 98
Pelvic Binder

Tubing and Valve
$39
www.wildmed.com

Ext tubing
Kerlex
NRFM
N/C

Neb
$ 94

NRFM

$ 94

www.cybertechmedical.com
King LTS-D

www.kingsystems.com $45
AED
(Manual Mode)
Other Things I’m Considering

- Impedance Threshold Device
  - ResQPOD $105
  - [www.chinookmed.com](http://www.chinookmed.com)

- RAD 57 (O2 and CO detector)
  - [www.masimo.com](http://www.masimo.com) $1,200
  - New Hb measuring capability?
3 Bears Principle

- Not too much!
- Not too little!
- Just right!!

Per: David Johnson, MD
Wilderness Medical Associates
Summary

- Bring what you have to in order to save yourself first!

- Just do what matters for the patient, not what you can!
Questions???

- Lecture Notes: www.wildernessdoc.com