

Skill Station

Rapid Extrication

Objective

- Demonstrate the proper technique for two-practitioner and three-or-more-practitioner rapid extrication while maintaining spinal motion restriction.

Reference

- *PHTLS: Prehospital Trauma Life Support*, 10th ed.

Evaluation

- Verify the student's ability to rapidly extricate a trauma patient while maintaining spinal motion restriction.

Equipment

- Vehicle (four-door preferred)—1
- Cervical collars—multiple sizes
- Stretcher (optional)—1
- Long backboard—1
- Volunteer patient—1
- Stethoscope—1
- Straps—6
- Personal protective equipment—1 set per student

Instructor Guidelines

1. Ensure that each student has all required materials.
2. Read the objective and the evaluation statement to students.

Performance Steps

Rapid Extrication with Three or More Practitioners

1. Once the decision is made to extricate a patient rapidly, the first student initiates manual in-line stabilization of the patient's head and neck in a

neutral position. This is best accomplished from behind the patient. If a student is unable to get behind the patient, manual in-line stabilization can be accomplished from the side. Whether from behind the patient or the side, the patient's head and neck are brought into a neutral alignment, a rapid assessment of the patient is performed, and a properly sized cervical collar is applied.

2. While manual in-line stabilization is maintained, the patient's upper torso and lower torso and legs are controlled. The students rotate the patient in a series of short, controlled movements.
3. The students continue to rotate the patient in short, controlled movements until control of manual in-line stabilization can no longer be maintained from behind and inside the vehicle.
4. A second student assumes manual in-line stabilization from the first student while standing outside the vehicle.
5. The first student can now move outside the vehicle and reassume manual in-line stabilization from the second student.
6. The rotation of the patient is continued until the patient can be lowered out of the vehicle door opening and onto a spinal stabilization device.
7. If the scene is unsafe, the patient should be moved to a safe area before being secured to the spinal stabilization device.

Two-Practitioner Rapid Extrication

1. The first student initiates and maintains manual in-line stabilization of the patient's head and neck.
2. The second student places a properly sized cervical collar on the patient and places a prerolled blanket around the patient. The center of the blanket roll is placed at the patient's midline on the rigid cervical collar. The ends of the blanket roll are wrapped around the cervical collar and placed under the patient's arms.

2 Prehospital Trauma Life Support

3. The patient is turned using the ends of the blanket roll and until the patient's back is centered on the door opening.
4. The first student takes control of the blanket ends, moving them under the patient's shoulders, and moves the patient by the blanket while the second student moves and controls the patient's lower torso, pelvis, and legs.
5. The movement of the patient is continued until the patient can be lowered out of the vehicle door opening and onto a spinal stabilization device.

Critical Criteria

- The students verified that the scene was safe for a rapid extrication.
- The students determined the need for spinal motion restriction.
- The students maintained manual in-line stabilization throughout the extrication.
- The students secured the patient to a spinal stabilization device according to manufacturer's recommendations.