

**CHAMP**

USU CONSORTIUM  
FOR HEALTH AND  
MILITARY PERFORMANCE

# Managing Emergencies In Mass Participation Events: Medical Triage and Algorithms



## 2011 Marine Corps Marathon Symposium

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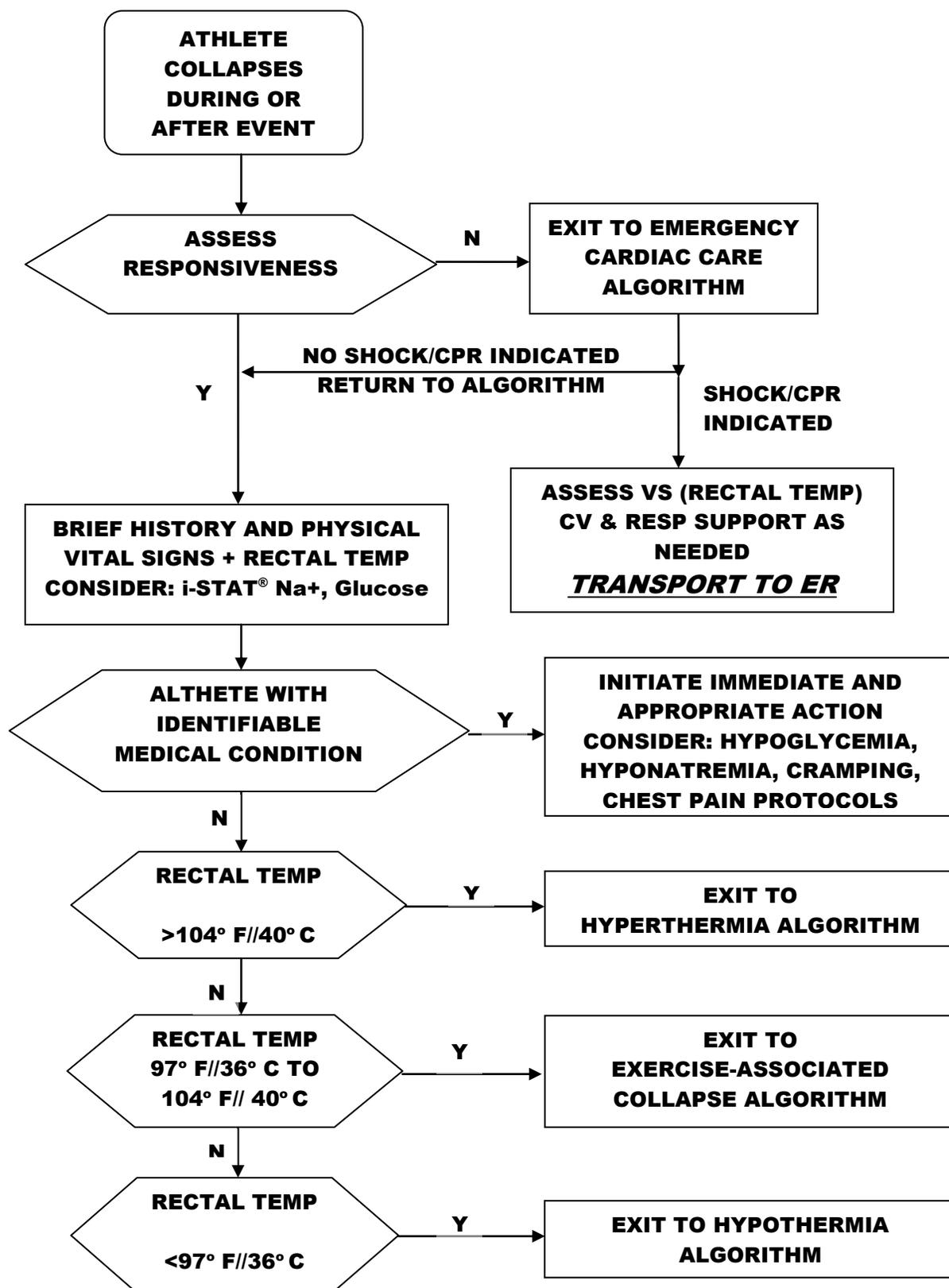
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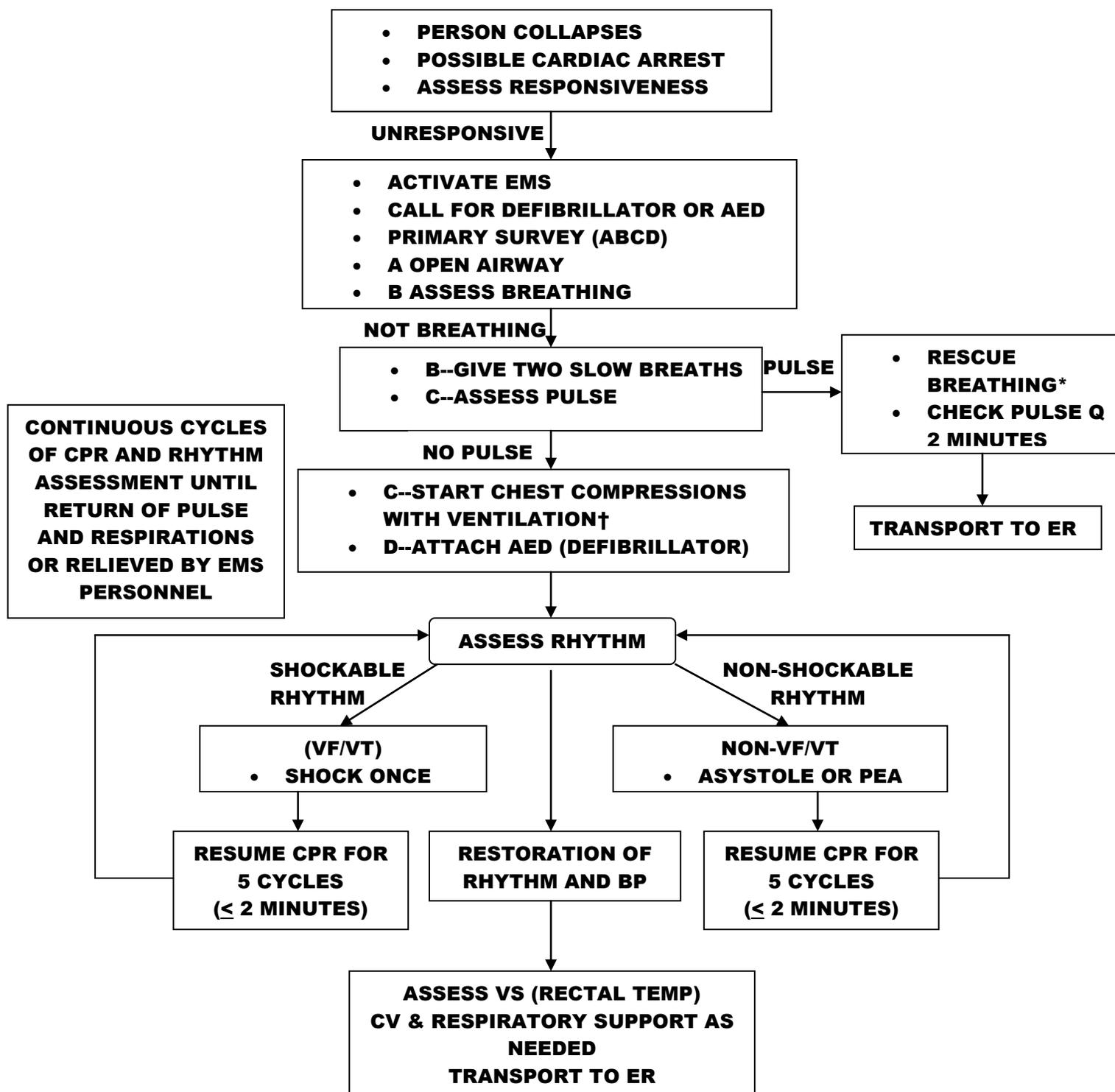
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## MCM COLLAPSED ATHLETE ALGORITHM



## II. MCM EMERGENCY CARDIAC CARE ALGORITHM (BLS SETTING WITH AED)



\*ADULT RESCUE BREATHING RATE: 1 BREATH EVERY 5-6 SECONDS

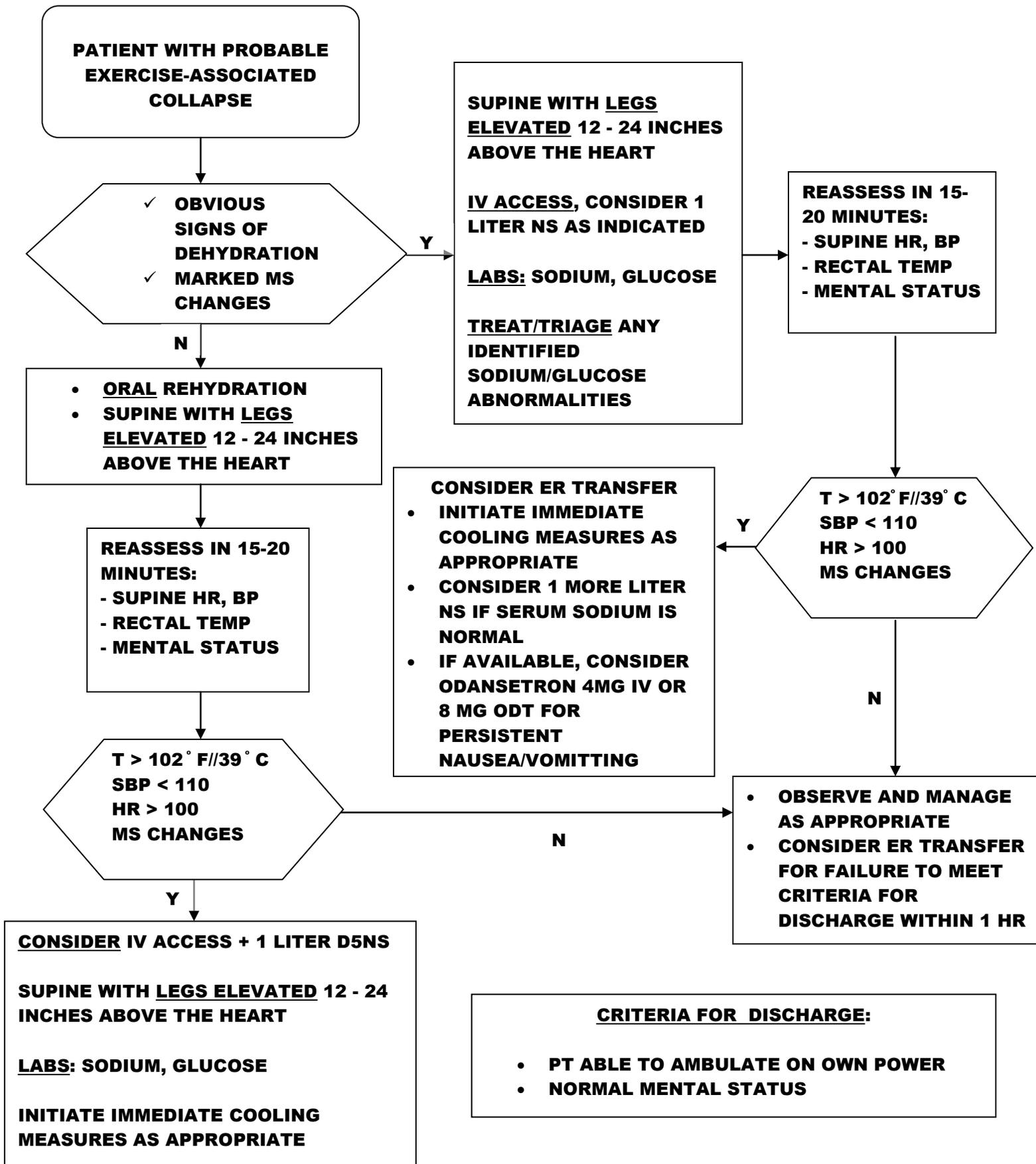
†ADULT CPR: 30 COMPRESSIONS PER 2 VENTILATIONS

COMPRESSION RATE = 100/MINUTE

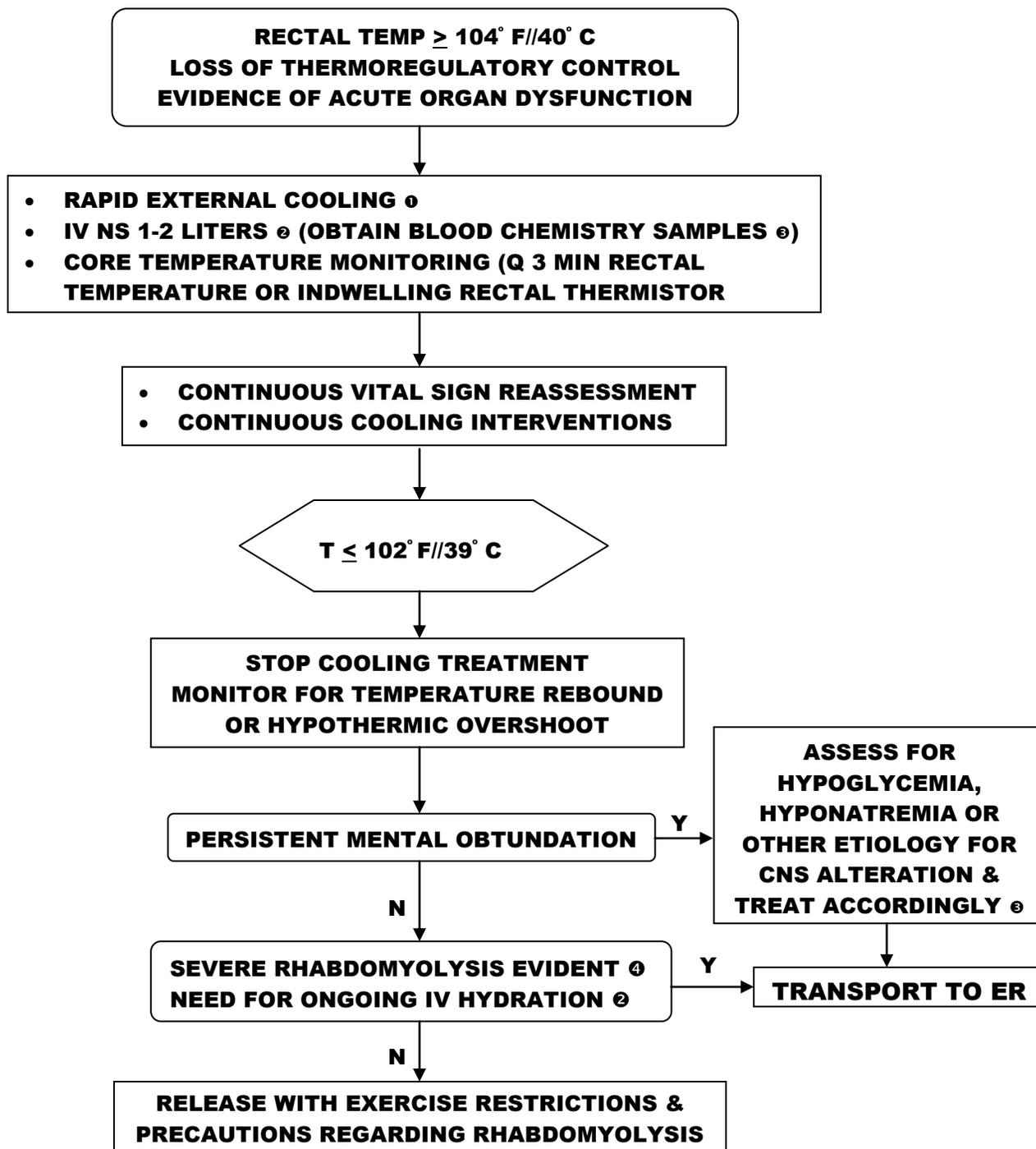
COMPRESSION DEPTH = 2" WITH FULL CHEST RECOIL

(2005 American Heart Association Guidelines)

### III. MCM EXERCISE-ASSOCIATED COLLAPSE ALGORITHM



## IV. MCM HYPERTHERMIA ALGORITHM



### ALL TEMPERATURES ARE RECTAL!

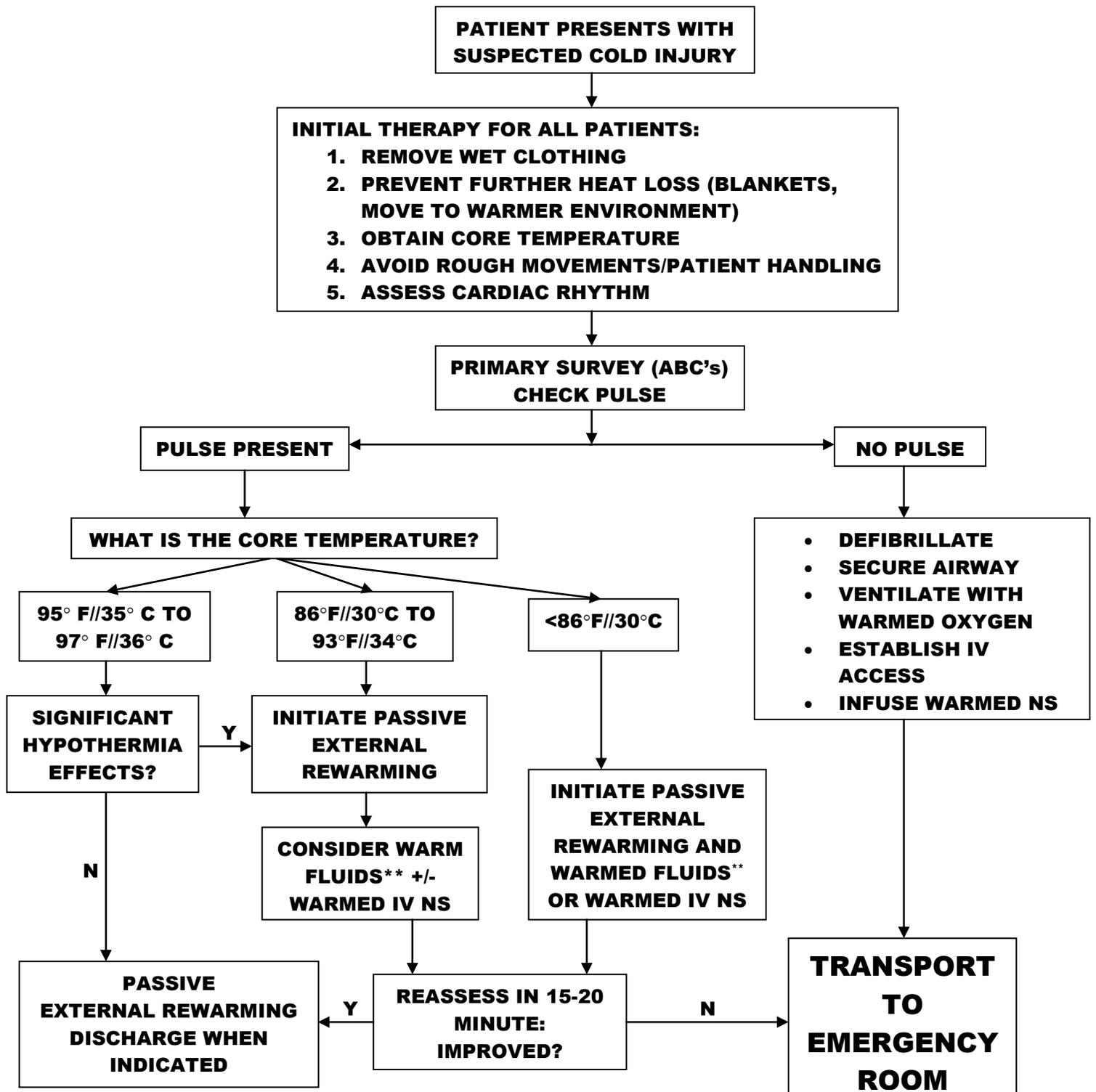
① **RAPID COOLING OPTIONS: ICE BATH IMMERSION, WHOLE BODY ICE MASSAGE, CONTINUOUS DOUSING WITH ICE WATER &/OR ICE WATER-SOAKED SHEETS. FANS IF AVAILABLE. CONSIDER COOLED IV FLUIDS. STOP COOLING WHEN TEMPERATURE DROPS BELOW 101 - 102.**

② **IVF: NS 2L BOLUS UNLESS SIGNS OF OVER-HYDRATION OR CHF (THEN NS @ KVO RATE); REASSESS ON-GOING IVF NEEDS FROM CLINICAL RESPONSE, URINE OUTPUT, AND LABS. COOLED FLUIDS FOR HEAT CASUALTY.**

③ **IMMEDIATE Na, Gluc, K +/- Cr, BUN, Cl & Hct (e.g. i-Stat®); TREAT HYPOGLYCEMIA AND HYPONATREMIA PER PROTOCOLS.**

④ **IF RHABDOMYOLYSIS SUSPECTED, NEED CPK, BMP, AST, ALT, LDH, Uric Acid & UA w/ Micro IF AVAILABLE.**

## V. MCM HYPOTHERMIA ALGORITHM

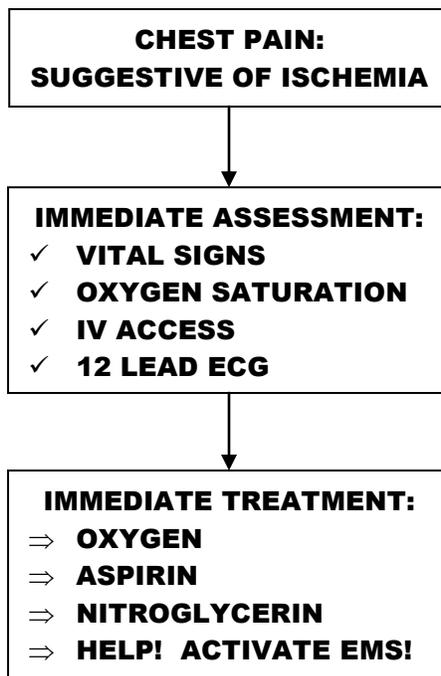


**\*THIS ALGORITHM IS INTENDED FOR THE FIELD MANAGEMENT OF COLD INJURIES IN THE SETTING OF MASS PARTICIAPTION EVENTS**

**\*\* IF OBTUNDED, NO ORAL FLUIDS.**



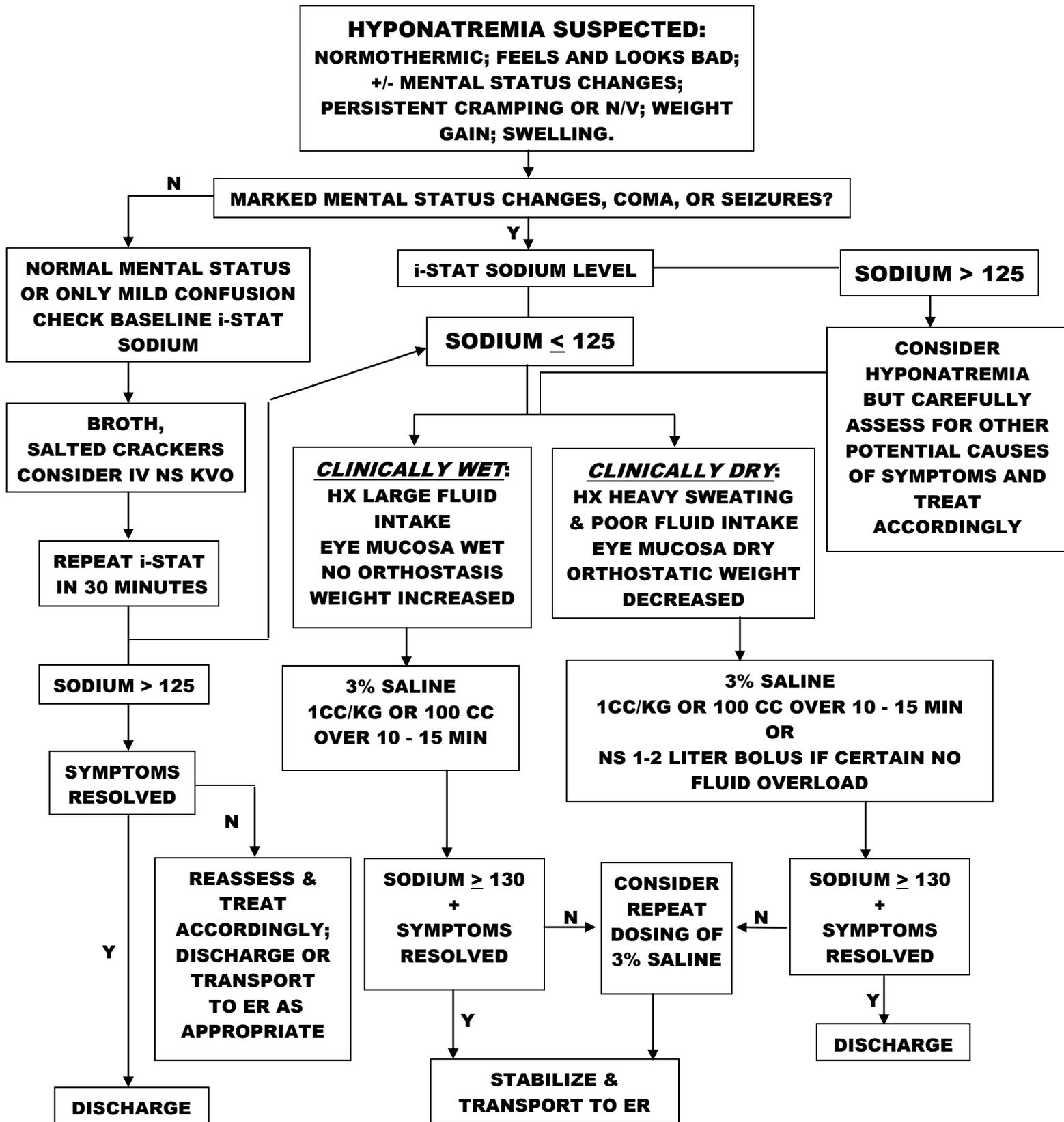
## VII. MCM CHEST PAIN ALGORITHM



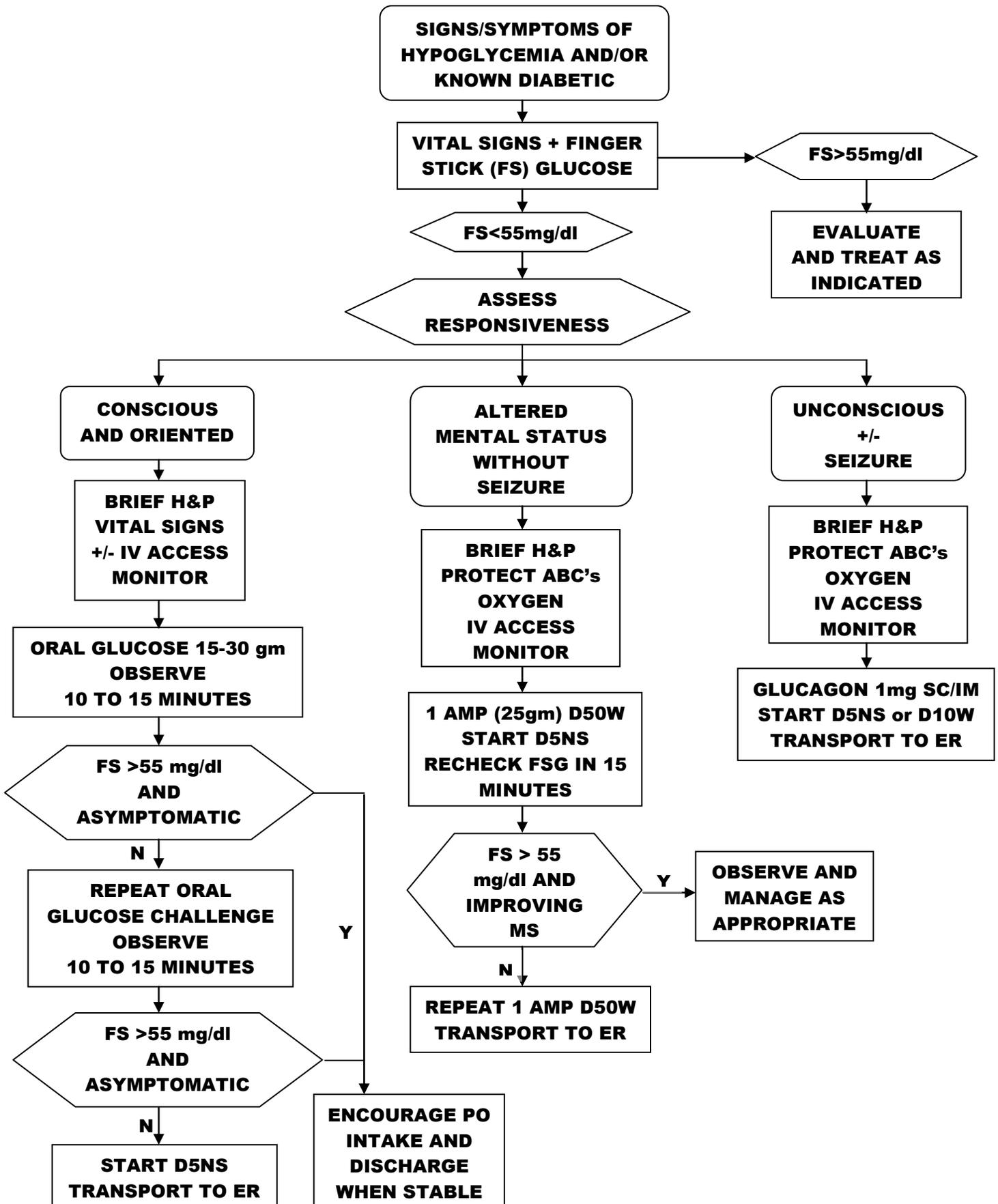
### IMMEDIATE GENERAL TREATMENT

- **ACTIVATE EMS**
- **OXYGEN: 4L/MIN BY MASK OR CANNULA**
- **ASPIRIN: 325 MG TABLET SHOULD BE ADMINISTERED (CHEWED)**
- **NITROGLYCERIN: ONE SUBLINGUAL TABLET (0.03 TO 0.04 MG) SHOULD BE ADMINISTERED AND MAY BE REPEATED TWICE AT 5 MINUTE INTERVALS. SYSTOLIC BP SHOULD BE GREATER THAN 90-100 MM HG.**

### VIII. MCM HYPONATREMIA ALGORITHM



## IX. MCM HYPOGLYCEMIA ALGORITHM



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