Prevent the H-bombs!

**Hypoxia**
Keep SPO₂ above 90%

**Hypotension**
Keep SBP above 90mmHg

**Hyperventilation**
Ventilate at 10 bpm and keep ETCO₂ at 40 (range of 35-45)

**Hypoglycemia**
Check, treat, and document treatment of BS

* After you transfer care, give your fluids a stare

We always write dosages for drugs, so why do we often miss “dosages” for IV fluids? Total volume of fluids administered at transfer of care is critical to further care. Do IV fluids help or harm TBI patients? If you write in the volume given, we may be able to answer this question.

**Treat your fluids like drug doses**

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Sedation/Analgesia and TBI: Benzos and narcotics can rapidly drop blood pressure — especially in a patient in compensating shock — bad for a TBI patient! Consider 1/4 of the usual dose along with adequate fluid management to best help TBI patients.

Once we give it - we can’t take it back!

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**EPIC Finding:**
Hypoxia increases mortality 4 times.
Hypotension increases mortality 3 times.

But together, chance of death is **14 times** greater!

Keep an eye on ETCO₂ and ventilation rate timer and **never** ventilate patients too fast. If it feels right, you’re ventilating too fast.

**Adults: 10/min**
**ETCO₂ of 40 (35-45)**

**Children: 20/min**

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**Arizona EMS is the Best of the Best**
Your work on behalf of the EPIC TBI project won the Best of the Best Abstract award in Trauma Resuscitation Science at the American Heart Association. Summary is to left, or check out: [healthmanagement.org/c/icu/news/study-hypoxia-hypotension-deadly-combo-in-tbi](http://healthmanagement.org/c/icu/news/study-hypoxia-hypotension-deadly-combo-in-tbi)

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**Upcoming Events**
- Early 2015: Updated, live video refresher
- February 13: Resuscitation Academy with EPIC Training

Register [here](#)

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**EPIC Update**
In early 2015, a refresher will be videoed LIVE and will include updated information on the EPIC Project as well as an interview with an EMS provider TBI victim. The video will then be archived as the most updated refresher course. CE Credit will be available.

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**Are you an EPIC expert?**
We’ll be posting Weekly EPIC Scenario Questions on our Facebook and Twitter accounts every Monday! Be sure to “like” and “follow” us to answer these questions and to stay up to date on all our announcements!

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