

***PATIENT CARE
STRATEGIES FOR SCARCE
RESOURCE SITUATIONS***



**MINNESOTA HEALTHCARE SYSTEM
PREPAREDNESS PROGRAM**

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**PATIENT CARE
STRATEGIES FOR SCARCE RESOURCE SITUATIONS**

**MINNESOTA HEALTHCARE SYSTEM
PREPAREDNESS PROGRAM**

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Core Clinical Strategies for Scarce Resource Situations Core clinical categories are practices and resources that form the basis for medical and critical care.			Resource Reference and Triage Cards Resource cards address the unique system response issues required by specific patient groups during a major incident. Some of this information is specific to the State of Minnesota's resources and processes.		
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PATIENT CARE STRATEGIES FOR SCARCE RESOURCE SITUATIONS

Summary Card

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Potential trigger events:	<ul style="list-style-type: none"> •Mass Casualty Incident (MCI) •Infrastructure damage/loss •Pandemic/Epidemic 	<ul style="list-style-type: none"> •Supplier shortage •Recall/contamination of product •Isolation of facility due to access problems (flooding, etc)
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How to use this card set:

1. Recognize or anticipate resource shortfall
2. Implement appropriate incident management system and plans; assign subject matter experts (technical specialists) to problem
3. Determine degree of shortfall, expected demand, and duration; assess ability to obtain needed resources via local, regional, or national vendors or partners
4. Find category of resource on index
5. Refer to specific recommendations on card
6. Decide which strategies to implement and/or develop additional strategies appropriate for the facility and situation
7. Assure consistent regional approach by informing public health authorities and other facilities if contingency or crisis strategies will continue beyond 24h and no regional options exist for re-supply or patient transfer; activate regional scarce resource coordination plans as appropriate
8. Review strategies every operational period or as availability (supply/demand) changes

Core strategies to be employed (generally in order of preference) during, or in anticipation of a scarce resource situation are:

- Prepare** - pre-event actions taken to minimize resource scarcity (e.g., stockpiling of medications)
- Substitute** - use an essentially equivalent device, drug, or personnel for one that would usually be available (e.g., morphine for fentanyl)
- Adapt** - use a device, drug, or personnel that are not equivalent but that will provide sufficient care (e.g., anesthesia machine for mechanical ventilation)
- Conserve** - use less of a resource by lowering dosage or changing utilization practices (e.g., minimizing use of oxygen driven nebulizers to conserve oxygen)
- Re-use** - re-use (after appropriate disinfection / sterilization) items that would normally be single-use items
- Re-allocate** - restrict or prioritize use of resources to those patients with a better prognosis or greater need

Capacity Definitions:

Conventional capacity – The spaces, staff, and supplies used are <i>consistent with daily practices</i> within the institution. These spaces and practices are used during a major mass casualty incident that triggers activation of the facility emergency operations plan.	Contingency capacity – The spaces, staff, and supplies used are not consistent with daily practices, but provide care to a standard that is <i>functionally equivalent</i> to usual patient care practices. These spaces or practices may be used temporarily during a major mass casualty incident or on a more sustained basis during a disaster (when the demands of the incident exceed community resources).	Crisis capacity – Adaptive spaces, staff, and supplies are not consistent with usual standards of care, but provide <i>sufficiency</i> of care in the setting of a catastrophic disaster (i.e., provide the best possible care to patients given the circumstances and resources available). Crisis capacity activation constitutes a significant adjustment to standards of care (Hick et al, 2009).
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This card set is designed to facilitate a structured approach to resource shortfalls at a healthcare facility. It is a decision support tool and assumes that incident management is implemented and that key personnel are familiar with ethical frameworks and processes that underlie these decisions (for more information see Institute of Medicine 2012 Crisis Standards of Care: A Systems Framework for Catastrophic Disaster Response <http://www.iom.edu/Reports/2012/Crisis-Standards-of-Care-A-Systems-Framework-for-Catastrophic-Disaster-Response.aspx> and the Minnesota Pandemic Ethics Project - <http://www.health.state.mn.us/divs/idepc/ethics/>). Each facility will have to determine the most appropriate steps to take to address specific shortages. Pre-event familiarization with the contents of this card set is recommended to aid with event preparedness and anticipation of specific resource shortfalls. The cards do not provide comprehensive guidance, addressing only basic common categories of medical care. Facility personnel may determine additional coping mechanisms for the specific situation in addition to those outlined on these cards.

The content of this card set was developed by the Minnesota Department of Health (MDH) Science Advisory Team in conjunction with many subject matter experts whose input is greatly appreciated. This guidance does not represent the policy of MDH. Facilities and personnel implementing these strategies in crisis situations should assure communication of this to their healthcare and public health partners to assure the invocation of appropriate legal and regulatory protections in accord with State and Federal laws. This guidance may be updated or changed during an incident by the Science Advisory Team and MDH. The weblinks and resources listed are examples, and may not be the best sources of information available. Their listing does not imply endorsement by MDH. This guidance does not replace the judgement of the clinical staff and consideration of other relevant variables and options during an event.

MINNESOTA DEPARTMENT OF HEALTH
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OXYGEN

STRATEGIES FOR SCARCE RESOURCE SITUATIONS

MINNESOTA HEALTHCARE SYSTEM PREPAREDNESS PROGRAM

RECOMMENDATIONS	Strategy	Conventional	Contingency	Crisis														
Inhaled Medications <ul style="list-style-type: none"> Restrict the use of Small Volume Nebulizers when inhaler substitutes are available. Restrict continuous nebulization therapy. Minimize frequency through medication substitution that results in fewer treatments (6h-12h instead of 4h-6h applications). 	<i>Substitute & Conserve</i>																	
High-Flow Applications <ul style="list-style-type: none"> Restrict the use of high-flow cannula systems as these can demand 12 to 40 LPM flows. Restrict the use of simple and partial rebreathing masks to 10 LPM maximum. Restrict use of Gas Injection Nebulizers as they generally require oxygen flows between 10 LPM and 75 LPM. Eliminate the use of oxygen-powered venturi suction systems as they may consume 15 to 50 LPM. 	<i>Conserve</i>																	
Air-Oxygen Blenders <ul style="list-style-type: none"> Eliminate the low-flow reference bleed occurring with any low-flow metered oxygen blender use. This can amount to an additional 12 LPM. Reserve air-oxygen blender use for mechanical ventilators using high-flow non-metered outlets. (These do not utilize reference bleeds). Disconnect blenders when not in use. 	<i>Conserve</i>																	
Oxygen Conservation Devices <ul style="list-style-type: none"> Use reservoir cannulas at 1/2 the flow setting of standard cannulas. Replace simple and partial rebreather mask use with reservoir cannulas at flowrates of 6-10 LPM. 	<i>Substitute & Adapt</i>																	
Oxygen Concentrators if Electrical Power Is Present <ul style="list-style-type: none"> Use hospital-based or independent home medical equipment supplier oxygen concentrators if available to provide low-flow cannula oxygen for patients and preserve the primary oxygen supply for more critical applications. 	<i>Substitute & Conserve</i>																	
Monitor Use and Revise Clinical Targets <ul style="list-style-type: none"> Employ oxygen titration protocols to optimize flow or % to match targets for SPO2 or PaO2. Minimize overall oxygen use by optimization of flow. Discontinue oxygen at earliest possible time. <table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="width: 20%;">Starting Example</th> <th style="width: 20%;">Initiate O2</th> <th style="width: 20%;">O2 Target</th> <th style="width: 40%;"></th> </tr> </thead> <tbody> <tr> <td>Normal Lung Adults</td> <td>SPO2 <90%</td> <td>SPO2 90%</td> <td rowspan="3" style="vertical-align: top;">Note: Targets may be adjusted further downward depending on resources available, the patient's clinical presentation, or measured PaO2 determination.</td> </tr> <tr> <td>Infants & Peds</td> <td>SPO2 <90%</td> <td>SPO2 90-95%</td> </tr> <tr> <td>Severe COPD History</td> <td>SPO2 <85%</td> <td>SPO2 90%</td> </tr> </tbody> </table>	Starting Example	Initiate O2	O2 Target		Normal Lung Adults	SPO2 <90%	SPO2 90%	Note: Targets may be adjusted further downward depending on resources available, the patient's clinical presentation, or measured PaO2 determination.	Infants & Peds	SPO2 <90%	SPO2 90-95%	Severe COPD History	SPO2 <85%	SPO2 90%	<i>Conserve</i>			
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Expendable Oxygen Appliances <ul style="list-style-type: none"> Use terminal sterilization or high-level disinfection procedures for oxygen appliances, small & large-bore tubing, and ventilator circuits. Bleach concentrations of 1:10, high-level chemical disinfection, or irradiation may be suitable. Ethylene oxide gas sterilization is optimal, but requires a 12-hour aeration cycle to prevent ethylene chlorohydrin formation with polyvinyl chloride plastics. 	<i>Re-use</i>																	
Oxygen Re-Allocation <ul style="list-style-type: none"> Prioritize patients for oxygen administration during severe resource limitations. 	<i>Re-Allocate</i>																	

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STAFFING

STRATEGIES FOR SCARCE RESOURCE SITUATIONS

MINNESOTA HEALTHCARE SYSTEM PREPAREDNESS PROGRAM

RECOMMENDATIONS	Strategy	Conventional	Contingency	Crisis
<p>Staff and Supply Planning</p> <ul style="list-style-type: none"> Assure facility has process and supporting policies for disaster credentialing and privileging - including degree of supervision required, clinical scope of practice, mentoring and orientation, and verification of credentials Encourage employee preparedness planning (www.ready.gov and other resources). Cache adequate personal protective equipment (PPE) and support supplies. Educate staff on institutional disaster response. Educate staff on community, regional and state disaster plans and resources. Develop facility plans addressing staff's family / pets or staff shelter needs. 	Prepare			
<p>Focus Staff Time on Core Clinical Duties</p> <ul style="list-style-type: none"> Minimize meetings and relieve administrative responsibilities not related to event. Reduce documentation requirements. Cohort patients to conserve PPE and reduce staff PPE donning/doffing time and frequency. Restrict elective appointments and procedures. 	Conserve			
<p>Use Supplemental Staff</p> <ul style="list-style-type: none"> Bring in equally trained staff (burn or critical care nurses, Disaster Medical Assistance Team [DMAT], other health system or Federal sources). Equally trained staff from administrative positions (nurse managers). Adjust personnel work schedules (longer but less frequent shifts, etc.) if this will not result in skill / PPE compliance deterioration. Use family members/lay volunteers to provide basic patient hygiene and feeding – releasing staff for other duties. 	Substitute			
	Adapt			
<p>Focus Staff Expertise on Core Clinical Needs</p> <ul style="list-style-type: none"> Personnel with specific critical skills (ventilator, burn management) should concentrate on those skills; specify job duties that can be safely performed by other medical professionals. Have specialty staff oversee larger numbers of less-specialized staff and patients (for example, a critical care nurse oversees the intensive care issues of 9 patients while 3 medical/surgical nurses provide basic nursing care to 3 patients each). Limit use of laboratory, radiographic, and other studies, to allow staff reassignment and resource conservation. Reduce availability of non-critical laboratory, radiographic, and other studies. 	Conserve			
<p>Use Alternative Personnel to Minimize Changes to Standard of Care</p> <ul style="list-style-type: none"> Use less trained personnel with appropriate mentoring and just-in-time education (e.g., healthcare trainees or other health care workers, Minnesota Responds Medical Reserve Corps, retirees). Use less trained personnel to take over portions of skilled staff workload for which they have been trained. Provide just-in-time training for specific skills. Cancel most sub-specialty appointments, endoscopies, etc. and divert staff to emergency duties including in-hospital or assisting public health at external clinics/screening/dispensing sites. 	Adapt			

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NUTRITIONAL SUPPORT

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RECOMMENDATIONS	Strategy	Conventional	Contingency	Crisis
<p>Food</p> <ul style="list-style-type: none"> Maintain hospital supply of inexpensive, simple to prepare, long-shelf life foodstuffs as contingency for at least 96 hours without resupply, with additional supplies according to hazard vulnerability analysis (e.g., grains, beans, powdered milk, powdered protein products, pasta, and rice). Access existing or devise new emergency/disaster menu plans. Maintain hospital supply of at least 30 days of enteral and parenteral nutrition components and consider additional supplies based on institution-specific needs. Review vendor agreements and their contingencies for delivery and production, including alternate vendors. Note: A 30-day supply based on usual use may be significantly shortened by the demand of a disaster. 	Prepare			
<p>Water</p> <ul style="list-style-type: none"> Stock bottled water sufficient for drinking needs for at least 96 hours if feasible (for staff, patients and family/visitors), or assure access to drinking water apart from usual supply. Potential water sources include food and beverage distributors. Ensure there is a mechanism in place to verify tap water is safe to drink. Infants: assure adequate stocks of formula and encourage breastfeeding. 	Prepare			
<p>Staff/Family</p> <ul style="list-style-type: none"> Plan to feed additional staff, patients, and family members of staff/patients in select situations (ice storm as an example of a short-term incident, an epidemic as an example of a long-term incident). 	Prepare			
<p>Planning</p> <ul style="list-style-type: none"> Work with stakeholders to encourage home users of enteral and parenteral nutrition to have contingency plans and alternate delivery options. Home users of enteral nutrition typically receive delivery of 30 days supply and home users of parenteral nutrition typically receive a weekly supply. Anticipate receiving supply requests from home users during periods of shortage. Work with vendors regarding their plans for continuity of services and delivery. Identify alternate sources of food supplies for the facility should prime vendors be unavailable (including restaurants – which may be closed during epidemics). Consider additional food supplies at hospitals that do not have food service management accounts. Determine if policy on family provision of food to patients is in place, and what modifications might be needed or permitted in a disaster. Liberalize diets and provide basic nutrients orally, if possible. Total parenteral nutrition (TPN) use should be limited and prioritized for neonatal and critically ill patients. Non-clinical personnel serve meals and may assist preparation. Follow or modify current facility guidelines for provision of food/feeding by family members of patients. Anticipate and have a plan for the receipt of food donations. If donated food is accepted, it should be non-perishable, prepackaged, and in single serving portions. Collaborate with pharmacy and nutrition services to identify patients appropriate to receive parenteral nutrition support vs. enteral nutrition. Access premixed TPN/PPN solutions from vendor if unable to compound. Refer to Centers for Disease Control (CDC) Fact Sheets and American Society for Parenteral and Enteral Nutrition (ASPEN) Guidelines. Substitute oral supplements for enteral nutrition products if needed. Eliminate or modify special diets temporarily. Use blenderized food and fluids for enteral feedings rather than enteral nutrition products if shortages occur. Examples: <ol style="list-style-type: none"> The Oley Foundation: Making Your Own Food for Tube Feeding, http://www.oley.org/lifeline/TubetalkSO07.html#Making%20your%20own Klein, Marsha Dunn, and Suzanne Evans Morris. Homemade Blended Formula Handbook. Tucson: Mealtimes Notions LLC, 2007. 	Prepare			
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	Adapt			
	Substitute & Adapt			
	Adapt			

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MEDICATION ADMINISTRATION

STRATEGIES FOR SCARCE RESOURCE SITUATIONS

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RECOMMENDATIONS	Strategy	Conventional	Contingency	Crisis												
<p>Cache / Increase Supply Levels</p> <ul style="list-style-type: none"> Patients should have at least 30 days supply of home medications and obtain 90 day supply if pandemic, epidemic, or evacuation is imminent. Examine formulary to determine commonly-used medications and classes that will be in immediate / high demand. Increase supply levels or cache critical medications - particularly for low-cost items and analgesics. Key examples include: <table border="1" data-bbox="159 428 1354 837"> <tr> <td>Analgesia</td> <td>• morphine, other narcotic and non-narcotic (non-steroidals, acetaminophen) class - injectable and oral (narcotic conversion tool at http://www.globalrph.com/narcoticonv.htm)</td> </tr> <tr> <td>Sedation</td> <td>• particularly benzodiazepine (lorazepam, midazolam, diazepam) injectables</td> </tr> <tr> <td>Anti-infective</td> <td>• narrow and broad spectrum antibiotics for pneumonia, skin infections, open fractures, sepsis (e.g.: cephalosporins, quinolones, tetracyclines, macrolides, aminoglycosides, clindamycin, etc.), select antivirals</td> </tr> <tr> <td>Pulmonary</td> <td>• metered dose inhalers (albuterol, inhaled steroids), oral steroids (dexamethasone, prednisone)</td> </tr> <tr> <td>Behavioral Health</td> <td>• haloperidol, other injectable and oral anti-psychotics, common anti-depressants, anxiolytics</td> </tr> <tr> <td>Other</td> <td>• sodium bicarbonate, paralytics, induction agents (etomidate, propofol), proparacaine/tetracaine, atropine, pralidoxime, epinephrine, local anesthetics, antiemetics, insulin, common oral anti-hypertensive and diabetes medications</td> </tr> </table>	Analgesia	• morphine, other narcotic and non-narcotic (non-steroidals, acetaminophen) class - injectable and oral (narcotic conversion tool at http://www.globalrph.com/narcoticonv.htm)	Sedation	• particularly benzodiazepine (lorazepam, midazolam, diazepam) injectables	Anti-infective	• narrow and broad spectrum antibiotics for pneumonia, skin infections, open fractures, sepsis (e.g.: cephalosporins, quinolones, tetracyclines, macrolides, aminoglycosides, clindamycin, etc.), select antivirals	Pulmonary	• metered dose inhalers (albuterol, inhaled steroids), oral steroids (dexamethasone, prednisone)	Behavioral Health	• haloperidol, other injectable and oral anti-psychotics, common anti-depressants, anxiolytics	Other	• sodium bicarbonate, paralytics, induction agents (etomidate, propofol), proparacaine/tetracaine, atropine, pralidoxime, epinephrine, local anesthetics, antiemetics, insulin, common oral anti-hypertensive and diabetes medications	<i>Prepare</i>			
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<p>Use Equivalent Medications</p> <ul style="list-style-type: none"> Obtain medications from alternate supply sources (pharmaceutical representatives, pharmacy caches). <table border="1" data-bbox="159 915 1354 1203"> <tr> <td>Pulmonary</td> <td>• Metered dose inhalers instead of nebulized medications</td> </tr> <tr> <td>Analgesia/ Sedation</td> <td>• Consider lorazepam for propofol substitution (and other agents in short supply) • ICU analgesia/sedation drips Morphine 4-10mg IV load then 2mg/h and titrate / re-bolus as needed usual 3-20mg/h); lorazepam 2-8mg or midazolam 1-5mg IV load then 2-8mg/h drip</td> </tr> <tr> <td>Anti-infective</td> <td>• Examples: cephalosporins, gentamicin, clindamycin substitute for unavailable broad-spectrum antibiotic • Target therapy as soon as possible based upon organism identified.</td> </tr> <tr> <td>Other</td> <td>• Beta blockers, diuretics, calcium channel blockers, ace inhibitors, anti-depressants, anti-infectives</td> </tr> </table>	Pulmonary	• Metered dose inhalers instead of nebulized medications	Analgesia/ Sedation	• Consider lorazepam for propofol substitution (and other agents in short supply) • ICU analgesia/sedation drips Morphine 4-10mg IV load then 2mg/h and titrate / re-bolus as needed usual 3-20mg/h); lorazepam 2-8mg or midazolam 1-5mg IV load then 2-8mg/h drip	Anti-infective	• Examples: cephalosporins, gentamicin, clindamycin substitute for unavailable broad-spectrum antibiotic • Target therapy as soon as possible based upon organism identified.	Other	• Beta blockers, diuretics, calcium channel blockers, ace inhibitors, anti-depressants, anti-infectives	<i>Substitute</i>							
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<p>Reduce Use During High Demand</p> <ul style="list-style-type: none"> Restrict use of certain classes if limited stocks likely to run out (restrict use of prophylactic / empiric antibiotics after low risk wounds, etc.). Decrease dose; consider using smaller doses of medications in high demand / likely to run out (reduce doses of medications allowing blood pressure or glucose to run higher to ensure supply of medications adequate for anticipated duration of shortage). Allow use of personal medications (inhalers, oral medications) in hospital. Do without - consider impact if medications not taken during shortage (statins, etc.). 	<i>Conserve</i>															
	<i>Conserve</i>															

MEDICATION ADMINISTRATION

STRATEGIES FOR SCARCE RESOURCE SITUATIONS (cont.)

MINNESOTA HEALTHCARE SYSTEM PREPAREDNESS PROGRAM

RECOMMENDATIONS	Strategy	Conventional	Contingency	Crisis
Modify Medication Administration <ul style="list-style-type: none"> Emphasize oral, nasogastric, subcutaneous routes of medication administration. Administer medications by gravity drip rather than IV pump if needed: <i>IV drip rate calculation - drops / minute = amount to be infused x drip set / time (minutes) (drip set = qts / mL - 60, 10, etc.).</i> Rule of 6: pt wgt (kg) x 6 = mg drug to add to 100mL fluid = 1mcg / kg / min for each 1 mL / hour NOTE: For examples, see http://www.dosagehelp.com/iv_rate_drop.html Consider use of select medications beyond expiration date.* Consider use of veterinary medications when alternative treatments are not available.* 	Adapt			
	Adapt			
Restrict Allocation of Select Medications <ul style="list-style-type: none"> Allocate limited stocks of medications with consideration of regional/state guidance and available epidemiological information (e.g.: anti-viral medications such as oseltamivir) Allocate limited stock to support other re-allocation decisions (ventilator use, etc.). 	Re-Allocate			
	Re-Allocate			

*Legal protection such as Food and Drug Administration approval or waiver required.

HEMODYNAMIC SUPPORT AND IV FLUIDS

STRATEGIES FOR SCARCE RESOURCE SITUATIONS

MINNESOTA HEALTHCARE SYSTEM PREPAREDNESS PROGRAM

RECOMMENDATIONS		Strategy	Conventional	Contingency	Crisis
Cache Additional Intravenous (IV) Cannulas, Tubing, Fluids, Medications, and Administration Supplies		Prepare			
Use Scheduled Dosing and Drip Dosing When Possible • Reserve IV pump use for critical medications such as sedatives and hemodynamic support.		Conserve			
Minimize Invasive Monitoring • Substitute other assessments (e.g., clinical signs, ultrasound) of central venous pressure (CVP). • When required, assess CVP intermittently via manual methods using bedside saline manometer or transducer moved between multiple patients as needed, or by height of blood column in CVP line held vertically while patient supine.		Conserve			
Emphasize Oral Hydration Instead of IV Hydration When Possible Utilize appropriate oral rehydration solution • Oral rehydration solution: 1 liter water (5 cups) + 1 tsp salt + 8 tsp sugar, add flavor (e.g., ½ cup orange juice, other) as needed. • Rehydration for moderate dehydration 50-100mL / kg over 2-4 hours Pediatric hydration Pediatric maintenance fluids: • 4 mL/kg/h for first 10kg of body weight (40 mL/h for 1st 10 kg) • 2 mL/kg/h for second 10kg of body weight (20 mL/h for 2nd 10kg = 60 mL/h for 20kg child) • 1 mL/kg/h for each kg over 20kg (example - 40 kg child = 60 mL/h plus 20 mL/h = 80 mL/h) Supplement for each diarrhea or emesis NOTE: Clinical (urine output, etc.) and laboratory (BUN, urine specific gravity) assessments and electrolyte correction are key components of fluid therapy and are not specifically addressed by these recommendations. NOTE: For further information and examples, see http://rehydrate.org , http://www.cdc.gov/mmwr/preview/mmwrhtml/rr5216a1.htm and http://www.ped.med.utah.edu/cai/howto/IntravenousFluidOrders.PDF .		Substitute			
Provide Nasogastric Hydration Instead of IV Hydration When Practical • Patients with impediments to oral hydration may be successfully hydrated and maintained with nasogastric (NG) tubes. • For fluid support, 8-12F (pediatric: infant 3.5F, < 2yrs 5F) tubes are better tolerated than standard size tubes.		Substitute			
Substitute Epinephrine for Other Vasopressor Agents • For hemodynamically unstable patients who are adequately volume-resuscitated, consider adding 6mg epinephrine (6mL of 1:1000) to 1000mL NS on minidrip tubing and titrate to target blood pressure. • Epinephrine 1:1000 (1mg/mL) multi-dose vials available for drip use.		Substitute			
Re-use CVP, NG, and Other Supplies After Appropriate Sterilization / Disinfection • Cleaning for all devices should precede high-level disinfection or sterilization. • High-level disinfection for at least twenty minutes for devices in contact with body surfaces (including mucous membranes); glutaraldehyde, hydrogen peroxide 6%, or bleach (5.25%) diluted 1:20 (2500 ppm) are acceptable solutions. NOTE: chlorine levels reduced if stored in polyethylene containers - double the bleach concentration to compensate). • Sterilize devices in contact with bloodstream (e.g., ethylene oxide sterilization for CVP catheters).		Re-use		(disinfection – NG, etc)	(sterilization – central line, etc)

HEMODYNAMIC SUPPORT AND IV FLUIDS

STRATEGIES FOR SCARCE RESOURCE SITUATIONS (cont.)

MINNESOTA HEALTHCARE SYSTEM PREPAREDNESS PROGRAM

RECOMMENDATIONS	Strategy	Conventional	Contingency	Crisis
<p>Intraosseous / Subcutaneous (Hypodermoclysis) Replacement Fluids</p> <ul style="list-style-type: none"> • Consider as an option when alternative routes of fluid administration are impossible/unavailable • Intraosseous before percutaneous <p><u>Intraosseous</u></p> <ul style="list-style-type: none"> • Intraosseous infusion is not generally recommended for hydration purposes, but may be used until alternative routes are available. Intraosseous infusion requires pump or pressure bag. Rate of fluid delivery is often limited by pain of pressure within the marrow cavity. This may be reduced by pre-medication with lidocaine 0.5mg/kg slow IV push. <p><u>Hypodermoclysis</u></p> <ul style="list-style-type: none"> • Cannot correct more than moderate dehydration via this technique. • Many medications cannot be administered subcutaneously. • Common infusion sites: pectoral chest, abdomen, thighs, upper arms. • Common fluids: normal saline (NS), D5NS, D5 1/2 NS (Can add up to 20-40 mEq potassium if needed.) • Insert 21/24 gauge needle into subcutaneous tissue at a 45 degree angle, adjust drip rate to 1-2 mL per minute. (May use 2 sites simultaneously if needed.) • Maximal volume about 3 liters / day; requires site rotation. • Local swelling can be reduced with massage to area. • Hyaluronidase 150 units / liter facilitates fluid absorption but not required; may not decrease occurrence of local edema. 	Substitute			
<p>Consider Use of Veterinary and Other Alternative Sources for Intravenous Fluids and Administration Sets</p>	Adapt			



MECHANICAL VENTILATION / EXTERNAL OXYGENATION STRATEGIES FOR SCARCE RESOURCE SITUATIONS

MINNESOTA HEALTHCARE SYSTEM PREPAREDNESS PROGRAM

RECOMMENDATIONS	Strategy	Conventional	Contingency	Crisis																																										
Increase Hospital Stocks of Ventilators and Ventilator Circuits, ECMO or bypass circuits	Prepare																																													
Access Alternative Sources for Ventilators / specialized equipment <ul style="list-style-type: none"> Obtain specialized equipment from vendors, healthcare partners, regional, state, or Federal stockpiles via usual emergency management processes and provide just-in-time training and quick reference materials for obtained equipment. 	Substitute																																													
Decrease Demand for Ventilators <ul style="list-style-type: none"> Increase threshold for intubation / ventilation. Decrease elective procedures that require post-operative intubation. Decrease elective procedures that utilize anesthesia machines. Use non-invasive ventilatory support when possible. 	Conserve																																													
Re-use Ventilator Circuits <ul style="list-style-type: none"> Appropriate cleaning must precede sterilization. If using gas (ethylene oxide) sterilization, allow full 12 hour aeration cycle to avoid accumulation of toxic byproducts on surface. Use irradiation or other techniques as appropriate. 	Re-use																																													
Use Alternative Respiratory Support Technologies <ul style="list-style-type: none"> Use transport ventilators with appropriate alarms - especially for stable patients without complex ventilation requirements. Use anesthesia machines for mechanical ventilation as appropriate / capable. Use bi-level (BiPAP) equipment to provide mechanical ventilation. Consider bag-valve ventilation as temporary measure while awaiting definitive solution / equipment (as appropriate to situation – extremely labor intensive and may consume large amounts of oxygen). 	Adapt																																													
Assign Limited Ventilators to Patients Most Likely to Benefit if No Other Options Are Available STEP ONE: assess patient acuity using SOFA (see next page+) scoring table and/or other parameters appropriate to the situation (agent-specific prognostic indicators, modifications based on agent involved).	Re-allocate																																													
<table border="1"> <thead> <tr> <th>ORGAN SYSTEM</th> <th>SCORE = 0</th> <th>1</th> <th>2</th> <th>3</th> <th>4</th> </tr> </thead> <tbody> <tr> <td>RESPIRATORY PaO2 / FIO2</td> <td>> 400</td> <td>≤ 400</td> <td>≤ 300</td> <td>≤ 200 with resp. support</td> <td>≤ 100 with resp. support</td> </tr> <tr> <td>HEMATOLOGIC Platelets</td> <td>> 150</td> <td>≤ 150</td> <td>≤ 100</td> <td>≤ 50</td> <td>≤ 20</td> </tr> <tr> <td>HEPATIC Bilirubin (mg / dl)</td> <td>< 1.2</td> <td>1.2 – 1.9</td> <td>2.0 – 5.9</td> <td>6 – 11.9</td> <td>≥ 12</td> </tr> <tr> <td>CARDIOVASCULAR Hypotension</td> <td>None</td> <td>Mean Arterial Pressure < 70 mmHg</td> <td>Dopamine ≤ 5 or any Dobutamine</td> <td>Dopamine > 5 or Epi < 0.1 or Nor-Epi ≤ 0.1</td> <td>Dopamine > 15 or Epi > 0.1 or Nor-Epi > 0.1</td> </tr> <tr> <td>CENTRAL NERVOUS SYSTEM Glasgow Coma Score</td> <td>15</td> <td>13 - 14</td> <td>10 - 12</td> <td>6 - 9</td> <td><6</td> </tr> <tr> <td>RENAL Creatinine</td> <td><1.2</td> <td>1.2 - 1.9</td> <td>2.0 - 3.4</td> <td>3.5 - 4.9</td> <td>≥5.0</td> </tr> </tbody> </table>					ORGAN SYSTEM	SCORE = 0	1	2	3	4	RESPIRATORY PaO2 / FIO2	> 400	≤ 400	≤ 300	≤ 200 with resp. support	≤ 100 with resp. support	HEMATOLOGIC Platelets	> 150	≤ 150	≤ 100	≤ 50	≤ 20	HEPATIC Bilirubin (mg / dl)	< 1.2	1.2 – 1.9	2.0 – 5.9	6 – 11.9	≥ 12	CARDIOVASCULAR Hypotension	None	Mean Arterial Pressure < 70 mmHg	Dopamine ≤ 5 or any Dobutamine	Dopamine > 5 or Epi < 0.1 or Nor-Epi ≤ 0.1	Dopamine > 15 or Epi > 0.1 or Nor-Epi > 0.1	CENTRAL NERVOUS SYSTEM Glasgow Coma Score	15	13 - 14	10 - 12	6 - 9	<6	RENAL Creatinine	<1.2	1.2 - 1.9	2.0 - 3.4	3.5 - 4.9	≥5.0
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MECHANICAL VENTILATION / EXTERNAL OXYGENATION MINNESOTA HEALTHCARE SYSTEM

STRATEGIES FOR SCARCE RESOURCE SITUATIONS (cont.) PREPAREDNESS PROGRAM

RECOMMENDATIONS				Strategy	Crisis
<p>STEP TWO: Compared to other patient(s) requiring and awaiting external ventilation / oxygenation, does this patient have significant differences in prognosis or resource utilization in one or more categories below that would justify re-allocation of the ventilator / unit? Factors listed in relative order of importance/weight. Injury/epidemiologic factors may have the highest predictive value in some cases and may also affect the predictive ability of the SOFA score.</p>				Re-allocate	
Criteria	Patient keeps resource 		Resource re-allocated		
1.Organ system function ^a	Low potential for death (SOFA score ≤ 7)	Intermediate potential for death (SOFA score 8-11)	High potential for death (SOFA score ≥12)		
2.Duration of benefit / prognosis	Good prognosis based upon epidemiology of specific disease/ injury. No severe underlying disease. ^b	Indeterminate / intermediate prognosis based upon epidemiology of specific disease / injury Severe underlying disease with poor long-term prognosis and/or ongoing resource demand (e.g., home oxygen dependent, dialysis dependent) and unlikely to survive more than 1-2 years.	Poor prognosis based upon epidemiology of specific disease / injury (e.g., pandemic influenza) Severe underlying disease with poor short-term (e.g., <1 year) prognosis		
3.Duration of need	Short duration – flash pulmonary edema, chest trauma, other conditions anticipating < 3 days on ventilator	Moderate duration – e.g., pneumonia in healthy patient (estimate 3-7 days on ventilator)	Long duration – e.g., ARDS, particularly in setting of preexisting lung disease (estimate > 7 days on ventilator)		
4.Response to mechanical ventilation	Improving ventilatory parameters over time ^c	Stable ventilatory parameters over time	Worsening ventilatory parameters over time		
<p>^a The Sequential Organ Failure Assessment (SOFA) score is the currently preferred assessment tool but other predictive models may be used depending on the situation / epidemiology. Note: SOFA scores were not designed to forecast mortality, and thus single or a few point difference between patients may not represent a 'substantial difference' in mortality, but larger differences and trends can be extremely helpful in determining resource assignment.</p> <p>^b Examples of underlying diseases that predict poor short-term survival include (but are not limited to):</p> <ol style="list-style-type: none"> 1. Congestive heart failure with ejection fraction < 25% (or persistent ischemia unresponsive to therapy or non-reversible ischemia with pulmonary edema) 2. Severe chronic lung disease including pulmonary fibrosis, cystic fibrosis, obstructive or restrictive diseases requiring continuous home oxygen use prior to onset of acute illness 3. Central nervous system, solid organ, or hematopoietic malignancy with poor prognosis for recovery 4. Cirrhosis with ascites, history of variceal bleeding, fixed coagulopathy or encephalopathy 5. Acute hepatic failure with hyperammonemia <p>^cChanges in Oxygenation Index over time may provide comparative data, though of uncertain prognostic significance. OI = MAWP x FiO2 / PaO2 where: OI = oxygenation index, MAWP= Mean Airway Pressure, FiO2 = inspired oxygen concentration, PaO2 = arterial oxygen pressure (May be estimated from oxygen dissociation curve if blood gas unavailable.)</p>					
<p>STEP THREE: Re-allocate ventilator / resource only if patient presenting with respiratory failure has significantly better chance of survival/benefit as compared to patient currently receiving ventilation. Follow additional regional and state/federal guidance and institutional processes for scarce resource situations.</p>					

BLOOD PRODUCTS

STRATEGIES FOR SCARCE RESOURCE SITUATIONS

MINNESOTA HEALTHCARE SYSTEM

PREPAREDNESS PROGRAM

Category	RECOMMENDATIONS	Healthcare Facility	Blood Center	Strategy	Conventional	Contingency	Crisis
All Blood Products	<ul style="list-style-type: none"> Increase donations if required, and consider local increase in frozen reserves Increase O positive levels Consider maintaining a frozen blood reserve if severe shortage Increase recruitment for specific product needs 		√	Prepare			
	<ul style="list-style-type: none"> Consider adjustments to donor HGB/HCT eligibility 		√	Adapt			
	<ul style="list-style-type: none"> Relax travel deferrals for possible malaria and BSE (bovine spongiform encephalitis)* 		√	Prepare			
Packed Red Blood Cells	<ul style="list-style-type: none"> Use cell-saver and auto-transfusion to degree possible 	√		Re-use			
	<ul style="list-style-type: none"> Limit O negative use to women of child-bearing age Use O positive in emergent transfusion in males or non-child bearing females to conserve O negative 	√		Conserve			
	<ul style="list-style-type: none"> Change donations from whole blood to 2x RBC apheresis collection if specific shortage of PRBCs 		√	Adapt			
	<ul style="list-style-type: none"> More aggressive crystalloid resuscitation prior to transfusion in shortage situations (blood substitutes may play future role) 	√		Conserve			
	<ul style="list-style-type: none"> Long-term shortage, collect autologous blood pre-operatively and consider cross-over transfusion 	√		Conserve			
	<ul style="list-style-type: none"> Enforce lower hemoglobin triggers for transfusion (for example, HGB 7) 	√		Conserve			
	<ul style="list-style-type: none"> Consider limiting high-consumption elective surgeries (select cardiac, orthopedic, etc) 	√		Conserve			
	<ul style="list-style-type: none"> Consider use of erythropoietin (EPO) for chronic anemia in appropriate patients 	√		Adapt			
	<ul style="list-style-type: none"> Further limit PRBC use, if needed, to active bleeding states, consider subsequent restrictions including transfusion only for end-organ damage, then to shock states only 	√		Re-allocate			
	<ul style="list-style-type: none"> Consider Minimum Qualifications for Survival (MQS) limits on use of PRBCs (for example, only initiate for patients that will require < 6 units PRBCs and/or consider stopping transfusion when > 6 units utilized). Specific MQS limits should reflect available resources at facility. 	√		Re-allocate			
	<ul style="list-style-type: none"> Reduce or waive usual 56 day inter-donation period* based upon pre-donation hemoglobin 		√	Adapt			
<ul style="list-style-type: none"> Reduce weight restrictions for 2x RBC apheresis donations according to instruments used and medical director guidance* 		√	Adapt				
Fresh Frozen Plasma	<ul style="list-style-type: none"> Though not true substitute, consider use of fibrinolysis inhibitors or other modalities to reverse coagulopathic states (tranexamic acid, aminocaproic acid, activated coagulation factor use, or other appropriate therapies) 	√		Substitute			
	<ul style="list-style-type: none"> Consider reduction in red cell : FFP ratios in massive transfusion protocols in consultation with blood bank medical staff 	√		Conserve			
	<ul style="list-style-type: none"> No anticipatory use of FFP in hemorrhage without documented coagulopathy 	√		Conserve			
	<ul style="list-style-type: none"> Obtain FDA variance to exceed 24 collections per year for critical types* 		√	Adapt			

*FDA approval/variance required via American Association of Blood Banks (AABB)

BLOOD PRODUCTS

STRATEGIES FOR SCARCE RESOURCE SITUATIONS (cont.)

MINNESOTA HEALTHCARE SYSTEM PREPAREDNESS PROGRAM

Category	RECOMMENDATIONS	Healthcare Facility	Blood Center	Strategy	Conventional	Contingency	Crisis
Platelets	<ul style="list-style-type: none"> Though not true substitute, consider use of desmopressin (DDAVP) to stimulate improved platelet performance in renal and hepatic failure patients 	√		Substitute			
	<ul style="list-style-type: none"> May use leukoreduced whole blood pooled platelets (and, if required, consider non-leukoreduced whole blood pooled platelets) 		√	Adapt	Leukoreduced		Non-leukoreduced
	<ul style="list-style-type: none"> Convert less needed ABO Whole Blood to Apheresis 		√	Adapt			
	<ul style="list-style-type: none"> Transfuse platelets only for active bleeding, further restrict to life-threatening bleeding if required by situation 	√		Conserve			
	<ul style="list-style-type: none"> No prophylactic use of platelets 	√		Conserve			
	<ul style="list-style-type: none"> Accept female platelet donors without HLA antibody screen 		√	Adapt			
	<ul style="list-style-type: none"> Accept female donors for pooled and stored platelets 		√	Adapt			
	<ul style="list-style-type: none"> Apply for variance of 7 day outdate requirement* 		√	Adapt			
	<ul style="list-style-type: none"> Consider a 24 hr hold until the culture is obtained and immediate release for both Pool and Apheresis 		√	Adapt			
	<ul style="list-style-type: none"> Obtain FDA variance to allow new Pool and Store sites to ship across state lines* 		√	Adapt			
	<ul style="list-style-type: none"> Reduce pool sizes to platelets from 3 whole blood donations 		√	Adapt			

*FDA approval/variance required via American Association of Blood Banks (AABB)

RENAL REPLACEMENT THERAPY REGIONAL RESOURCE CARD

MINNESOTA HEALTHCARE SYSTEM PREPAREDNESS PROGRAM

Resource cards are intended to provide incident-specific tactics and planning information to supplement the general strategy cards. They are organized according to the 'CO-S-TR' framework of incident response planning – <http://journals.cambridge.org/action/displayAbstract?fromPage=online&aid=8844490&fulltextType=RA&fileId=S193578930000135X>

Category	RESOURCE and RECOMMENDATIONS	Strategy	Conventional	Contingency	Crisis
Command, Control, Communication, Coordination	<p>General Preparedness Information Compared to other critical care interventions, hemodialysis offers equipment availability, expansion capacity, and care coordination that greatly reduces the risk of contingency and crisis care, at least in our geographic area.</p> <p>Disaster dialysis challenges generally result from:</p> <ol style="list-style-type: none"> 1. Lack of clean water sources (each hemodialysis requires about 160 liters ultra-clean water) 2. Relocation of dialysis-dependent patients to a new area (evacuation of nursing homes, flood zones, etc.) 3. Increase in patients requiring dialysis (crush syndrome, unusual infections) <p><u>Outpatient</u></p> <ul style="list-style-type: none"> • Primary providers are DaVita and Fresenius – both have extensive contingency plans to increase capacity and relocate patients (including toll-free numbers to access dialysis services) • Renal Network 11 (multi-state renal planning, quality, and emergency preparedness) has database of all dialysis patients in the state/region and assists coordination activities (http://www.esrdnet11.org/resources/disaster_prep_resources.asp) <p><u>Inpatient</u></p> <ul style="list-style-type: none"> • Most facilities lease inpatient services via contract with above or other agencies; some have own nurses and program – plans should account for contingency use of alternate services / leasing services <p><u>Patient preparedness</u></p> <ul style="list-style-type: none"> • Patients should have a disaster plan – including specific foods set aside for up to 72h. Note that shelters are unlikely to have foods conducive to renal dietary needs (low sodium, etc.) • Personal planning guidance is available at: http://www.kidney.org/atoz/pdf/disaster_preparedness.pdf <p>Shortage of Renal Replacement Therapy (RRT) Resources</p> <ul style="list-style-type: none"> • Affected facility should contact involved/affected dialysis provider companies and organizations as expert consultants¹ (MDH OEP and the Renal Network 11 website maintain contact information) 	Prepare			
	Space	<p>Relocated Patients Requiring Outpatient Dialysis</p> <ul style="list-style-type: none"> • Contact usual outpatient provider network to schedule at new facility – refer patients to 'hotlines' as needed <p>Excess Patients Requiring Dialysis</p> <ul style="list-style-type: none"> • Transfer patients to other facilities capable of providing dialysis • Consider moving patients to facilities with in-house water purification if water quality is an issue for multiple inpatients requiring dialysis • Consider moving other inpatient or outpatient dialysis staff and equipment to facilities requiring increased dialysis capacity 	Substitute		
			Adapt		

RENAL REPLACEMENT THERAPY REGIONAL RESOURCE CARD

MINNESOTA HEALTHCARE SYSTEM PREPAREDNESS PROGRAM

Category	RESOURCE and RECOMMENDATIONS	Strategy	Conventional	Contingency	Crisis
Supplies	<p>Water Supply</p> <ul style="list-style-type: none"> Quantify water-purifying machines available for bedside dialysis machines Identify facilities providing high-volume services that purify their own water and pipe to specific rooms in the dialysis unit, intensive care, etc. Identify water-purifying and dialysis machines to be obtained through lease agreements <p>Water Contamination</p> <ul style="list-style-type: none"> Consider alternate sources of highly purified water Consider transferring stable inpatients to outpatient dialysis centers for dialysis treatments and vice versa Consider use of MN National Guard water reserves and purification equipment – but must assure adequate purity for dialysis (potable is NOT sufficiently clean) <p>Power Outage or Shortage</p> <ul style="list-style-type: none"> Consider transferring stable inpatients to outpatient dialysis centers for dialysis treatments and vice versa Consider transferring inpatients to other hospitals Consider transfer of outpatients to other facilities for care until issue resolved <p>Dialysis Catheters, Machines, Reverse Osmosis Machines, and/or Other Supply Shortages</p> <p>Note: Dialysis catheters and tubing are inexpensive, relatively interchangeable, and supplied by several manufacturers</p> <ul style="list-style-type: none"> Stock adequate dialysis tubing sets and venous access catheters (Quinton, etc.) for at least one month's usual use Identify provider network and other sources of supplies and machines Transfer machines/supplies between outpatient centers and hospitals, or between hospitals 	Prepare			
		Prepare Substitute			
			Adapt		
		Substitute Adapt			
		Prepare			
			Substitute		
Staff	<p>Dialysis Staff Shortages²</p> <ul style="list-style-type: none"> Non-dialysis nursing staff to take on "routine" elements of dialysis nursing (e.g., taking VS, monitoring respiratory and hemodynamic status, etc.) Dialysis nursing staff to supervise non-dialysis nursing staff providing some dialysis functions Outpatient dialysis techs may be used to supervise dialysis runs if provider deficit is critical issue (would be unlikely aside from potentially in pandemic or other situation affecting staff) 	Substitute			
		Adapt			
Special	<p>Community Planning</p> <ul style="list-style-type: none"> Medical needs of re-located renal failure patients are substantial; planning on community level should incorporate their medication and dietary needs during evacuation and sheltering activities. 	Prepare			
Triage	<p>Insufficient Resources Available For All Patients Requiring Dialysis</p> <ul style="list-style-type: none"> Change dialysis from 'scheduled' to 'as needed' based on clinical and laboratory findings (particularly hyperkalemia and impairment of respiration) – parameters may change based on demand for resources Conceivable (but extraordinary, given outpatient dialysis machine resources) situations may occur where resources are insufficient to the point that some patients may not be able to receive dialysis (for example, pandemic when demand nationwide exceeds available resources) – access to dialysis should be considered as part of critical care intervention prioritization (see Mechanical Ventilation Strategies for Scarce Resource Situations) 	Conserve			
		Re-allocate			

RENAL REPLACEMENT THERAPY

REGIONAL RESOURCE CARD

MINNESOTA HEALTHCARE SYSTEM

PREPAREDNESS PROGRAM

Category	RESOURCE and RECOMMENDATIONS	Strategy	Conventional	Contingency	Crisis
Treatment	Crush Syndrome <ul style="list-style-type: none"> Initiate IV hydration and acidosis prevention protocols “in the field” for crush injuries to prevent/treat rhabdomyolysis in hospital settings 	Conserve			
	Mode of Dialysis <ul style="list-style-type: none"> Restrict to hemodialysis only for inpatient care (avoid continuous renal replacement therapy(CRRT) and peritoneal dialysis (PD) due to duration of machine use (CRRT) and supply issues (PD)) 	Substitute			
	Increased Demand on Resources <ul style="list-style-type: none"> Shorten duration of dialysis for patients that are more likely to tolerate it safely Patients to utilize their home “kits” of medication (Kayexalate) and follow dietary plans to help increase time between treatments, if necessary 	Conserve			
Transportation	Transportation Interruptions <ul style="list-style-type: none"> Dialysis patients may require alternate transportation to assure ongoing access to dialysis treatment. Chronic patients should coordinate with their service providers / dialysis clinics first for transportation and other assistance during service/transportation interruptions. Emergency management and/or the health and medical sector may have to supplement contingency transportation to dialysis during ice storms or other interruptions to transportation. 	Prepare Adapt			

¹ The major national dialysis corporations have extensive experience contending with disasters; their input during any anticipated or actual incident is imperative to optimize the best patient care in Minnesota.

² See Staffing in the Core Clinical Strategies for Scarce Resource Situations card set.

**MINNESOTA HEALTHCARE SYSTEM
PREPAREDNESS PROGRAM**

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BURN TREATMENT REGIONAL RESOURCE CARD

MINNESOTA HEALTHCARE SYSTEM PREPAREDNESS PROGRAM

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Category	RESOURCE and RECOMMENDATIONS	Strategy	Conventional	Contingency	Crisis									
Command, Control, Communication, Coordination	<p>General Preparedness Information</p> <ul style="list-style-type: none"> This cardset is specifically designed to address supplies and needs during the first 24 hours of care <table border="1"> <thead> <tr> <th>American Burn Association verified burn centers in Minnesota</th> <th>Referral/Consultation Phone numbers</th> <th># Burn Beds</th> </tr> </thead> <tbody> <tr> <td>Hennepin County Medical Center (HCMC)</td> <td>1-800-424-4262</td> <td>17</td> </tr> <tr> <td>Regions Hospital (Regions)</td> <td>1-800-922-BURN (2876)</td> <td>18</td> </tr> </tbody> </table> <ul style="list-style-type: none"> Additional capacity and burn expertise may be available at: <ul style="list-style-type: none"> Essentia Health-Duluth (15 bed burn unit) Mayo Clinic St. Marys Hospital in Rochester (no burn unit) Burn casualties must be stabilized at the receiving hospital and then transferred to a burn center. Burn casualties should initially be transported to the highest level of burn/trauma care that is available in the area. Metro Regional Hospital Resource Center (RHRC) will coordinate transfers of patients to concentrate as many burn patients at, or close to, burn centers per Metropolitan Cooperative Burn Plan Greater Minnesota incident – contact MDH-OEP on-call (via State Duty Officer) if HCMC and Regions are unable to accommodate casualties or if assistance required with transportation/resource issues; affected regional healthcare coalition/Regional Healthcare Preparedness Coordinator will coordinate with MDH and Metro RHRC Mass burn incidents are unusual but must be anticipated. The ability of non-burn center hospitals to stabilize successfully and initially treat victims is critical to successful response. All hospitals should plan for incidents considering their relative size and role in the community In a mass burn incident, burn consultation resources will be provided. Resource contacts may be outside of Minnesota (e.g., University of Michigan), because HCMC and Regions staff will be occupied with patient care and transfer activities 	American Burn Association verified burn centers in Minnesota	Referral/Consultation Phone numbers	# Burn Beds	Hennepin County Medical Center (HCMC)	1-800-424-4262	17	Regions Hospital (Regions)	1-800-922-BURN (2876)	18	Prepare			
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Regions Hospital (Regions)	1-800-922-BURN (2876)	18												
Space	<p>Space</p> <ul style="list-style-type: none"> Maximal use of burn beds at HCMC, Regions, and Essentia Health-Duluth 	Adapt												
	<ul style="list-style-type: none"> Expand burn units at HCMC and Regions into other ICU spaces at those hospitals 	Conserve												
	<ul style="list-style-type: none"> Transfer non-burn ICU patients out of HCMC and Regions to other facilities according to Metro Compact, if necessary Cohort overflow at institutions close to burn centers (Abbott Northwestern, St. Joseph's, Children's) Forward movement to regional burn centers in adjoining states as required to assure appropriate ongoing care in coordination with MDH-OEP and Great Lakes Healthcare Partnership (FEMA Region V - MN, WI, IL, IN, MI, OH), and IA and MO burn centers (most burn centers have 6-12 beds each) National Disaster Medical System (NDMS) patient movement may be required in massive incidents. In such an event, a burn transfer coordination point will be designated and contact information circulated to hospitals 	Adapt												

BURN TREATMENT REGIONAL RESOURCE CARD

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Category	RESOURCE and RECOMMENDATIONS	Strategy	Conventional	Contingency	Crisis								
Supplies Typical Planning Numbers	<p>Hospital Outpatient Supply Planning</p> <table border="1"> <thead> <tr> <th>Center Type</th> <th>Burn Center</th> <th>Level I & II Trauma Centers</th> <th>Level III & IV Trauma Centers</th> </tr> </thead> <tbody> <tr> <td>Number of Outpatients</td> <td>100</td> <td>50</td> <td>25</td> </tr> </tbody> </table> <p><i>Outpatient clinics and urgent care centers may also cache appropriate supplies for their location and patient population.</i> Suggested supplies per patient for first 72 hours (amounts needed will vary) include:</p> <ul style="list-style-type: none"> • 5 - 8 cm x18 cm (3 x 7 inch) sheets petroleum-impregnated gauze (e.g., Adaptic) • 4 - 10 cm (4 inch) rolls of stretchable roller gauze (e.g., Kerlix); variety of sizes suggested • 2 - 120 g (4 oz) tube bacitracin • 30 tablets of ibuprofen 800 mg and stock liquid form for pediatric use • 50 – opioid analgesic tablets (50 tablets for 5 day supply if 1-2 tablets every 4 to 6 hours); also stock pediatric alternatives • Assume half of all patients will require tetanus boosters • Especially in smaller communities, outpatient/pharmacy resources may be limited. Assess and plan for up to 72 hours without re-supply 	Center Type	Burn Center	Level I & II Trauma Centers	Level III & IV Trauma Centers	Number of Outpatients	100	50	25	<p>Prepare Increase Supply</p> <p>Adapt</p>			
	Center Type	Burn Center	Level I & II Trauma Centers	Level III & IV Trauma Centers									
Number of Outpatients	100	50	25										
<p>Inpatient Supply Planning</p> <p>Institutions should prepare based on role in community. In contingency/crisis situation, emphasis moves away from silver-impregnated dressings (expensive to stockpile) to bacitracin/petrolatum-impregnated dressings (e.g. Adaptic). If transfer is possible within the first 24 hours, simple dry sterile sheets or dressings are appropriate - see Burn Triage Card for further information.</p> <table border="1"> <thead> <tr> <th>Center Type</th> <th>Burn Center</th> <th>Level I & II Trauma Centers</th> <th>Level III & IV Trauma Centers</th> </tr> </thead> <tbody> <tr> <td>Number of Inpatients</td> <td>50</td> <td>10</td> <td>5</td> </tr> </tbody> </table> <p>Consider stocking, or having plans to obtain supplies sufficient for 2-3 days of care. Estimated usage of supplies per 24 hours per patient is below.</p> <ul style="list-style-type: none"> • 15 - 8 cm x 18 cm (3 x 7 inch) sheets petroleum gauze (about 50 % of total body surface area (BSA) normal body mass patient - use as average for major burn patient) • 2 - bacitracin 120 g (4 oz) tubes (or 1 lb. jar for 2 victims) • 10 rolls of 10 cm (4 inch) stretchable roller gauze, such as Kerlix • 2 - 5 cm (2 inch) rolls stretchable roller gauze (e.g., Kerlix) for fingers/toes/small area wrapping - can cut 4 inch in half also • Morphine (or equivalent) 10 mg/hour x 24 hours = (roughly) 250mg/day/patient • Massive doses of opioid analgesia and anxiolytics may be required by burn patients (including any patients that are only receiving palliative care) • 1 tetanus booster per 2 patients • IV fluid - for example from Parkland formula 4mL/kg x 50% BSA = 14 liters of fluid. Lactated Ringers usually preferred, but saline acceptable • 1 - central line (including 20% pediatric sizes) 	Center Type	Burn Center	Level I & II Trauma Centers	Level III & IV Trauma Centers	Number of Inpatients	50	10	5	<p>Prepare Increase Supply</p> <p>Adapt</p>				
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MINNESOTA HEALTHCARE SYSTEM PREPAREDNESS PROGRAM

Category	RESOURCE and RECOMMENDATIONS	Strategy	Conventional	Contingency	Crisis
Staff	<p>Staff</p> <ul style="list-style-type: none"> Strongly consider pre-incident training on care of major burns for physician and nursing staff; have quick-reference cards/materials available for burn stabilization Identify staff with prior burn treatment experience (e.g., military) Plan for just-in-time training for non-burn nursing and physician staff, reinforcing key points of burn patient care (including importance of adequate fluid resuscitation, urine output parameters, principles of analgesia, etc.) Consider sending burn-trained RN/MD to affected center to assist with triage and initial management if staffing allows. Burn nurses and physicians provide burn/dressing related care only; other ICU and floor nursing and physician staff provide supportive care. Adjust burn nurse staffing patterns as needed. See <i>Staffing Strategies for Scarce Resource Situations</i> sheet for further considerations Consider just-in-time training on dressing changes, wound care and monitoring – especially at non-burn centers MDH may work with state and upper Midwest experts to set up a ‘hotline’ and/or telemedicine or other virtual means by which non-burn centers may easily consult with burn experts National Disaster Medical System (NDMS) personnel and other supplemental staff may be required 	<p>Prepare</p> <p>Adapt</p> <p>Adapt</p> <p>Conserve Adapt Substitute</p>			
Special	<p>Special Considerations</p> <p>Consider availability of resources for:</p> <ul style="list-style-type: none"> Airway/inhalational injury – extra airway management supplies, bag-valve assemblies, etc. Pediatric age-appropriate intravenous, intraosseous access devices, medication dosing guides Consider carbon monoxide or cyanide poisoning if closed space smoke exposure – consult Poison Control Center* Inhalational exposure – aggressive, early airway management for inhalational injuries Electrical – high incidence of rhabdomyolysis and internal injuries – increase fluid resuscitation, add bicarbonate to intravenous fluids to alkalinize urine, monitor serum bicarbonate, creatinine, and creatine kinase Chemical and radiologic – consider need for specific therapies - consult Poison Control Center* Consider need for decontamination - consult Poison Control Center* Psychological support for patients, their families and staff. (Do not under-estimate the increased stress and psychological impact of a burn incident, particularly a mass casualty incident, on health care providers.) <p>* Poison Control Center 1-800-222-1222</p>	<p>Prepare</p>			

BURN TREATMENT REGIONAL RESOURCE CARD

MINNESOTA HEALTHCARE SYSTEM PREPAREDNESS PROGRAM

Category	RESOURCE and RECOMMENDATIONS	Strategy	Conventional	Contingency	Crisis																																																																																																																								
Triage	<p>Critical Burns – Transfer to Burn Center As Soon As Possible</p> <ul style="list-style-type: none"> See Burn Triage Card Regardless of the extent of burn involvement, palliation of pain should be considered a priority. <p>If large number of casualties and very severe burns, triage may have to be implemented based on knowledge of percent burn, age and underlying health issues, combined trauma or other conditions (such as severe inhalational injury). Initially, full support should be provided to as many patients as possible. A triage table may contribute to decisions made by burn surgeons but should NOT substitute for a more global assessment of patient prognosis.</p> <p>(Saffle JR, Gibran N, Jordan M. Defining the ratio of outcomes to resources for triage of burn patients in mass casualties. J Burn Care Rehabil. 2005;26:478-482)</p> <table border="1"> <thead> <tr> <th rowspan="2">Age (yrs)</th> <th colspan="10">Burn Size (% total body surface area)</th> </tr> <tr> <th>0-10%</th> <th>11-20%</th> <th>21-30%</th> <th>31-40%</th> <th>41-50%</th> <th>51-60%</th> <th>61-70%</th> <th>71-80%</th> <th>81-90%</th> <th>91%+</th> </tr> </thead> <tbody> <tr> <td>0-1.9</td> <td>Very high</td> <td>Very high</td> <td>Very high</td> <td>High</td> <td>Medium</td> <td>Medium</td> <td>Medium</td> <td>Low</td> <td>Low</td> <td>Low/Expectant</td> </tr> <tr> <td>2.0-4.9</td> <td>Outpatient</td> <td>Very high</td> <td>Very high</td> <td>High</td> <td>High</td> <td>High</td> <td>Medium</td> <td>Medium</td> <td>Low</td> <td>Low</td> </tr> <tr> <td>5.0-19.9</td> <td>Outpatient</td> <td>Very high</td> <td>Very high</td> <td>High</td> <td>High</td> <td>High</td> <td>Medium</td> <td>Medium</td> <td>Medium</td> <td>Low</td> </tr> <tr> <td>20.0-29.9</td> <td>Outpatient</td> <td>Very high</td> <td>Very high</td> <td>High</td> <td>High</td> <td>Medium</td> <td>Medium</td> <td>Medium</td> <td>Low</td> <td>Low</td> </tr> <tr> <td>30.0-39.9</td> <td>Outpatient</td> <td>Very high</td> <td>Very high</td> <td>High</td> <td>Medium</td> <td>Medium</td> <td>Medium</td> <td>Medium</td> <td>Low</td> <td>Low</td> </tr> <tr> <td>40.0-49.9</td> <td>Outpatient</td> <td>Very high</td> <td>Very high</td> <td>Medium</td> <td>Medium</td> <td>Medium</td> <td>Medium</td> <td>Low</td> <td>Low</td> <td>Low</td> </tr> <tr> <td>50.0-59.9</td> <td>Outpatient</td> <td>Very high</td> <td>Very high</td> <td>Medium</td> <td>Medium</td> <td>Medium</td> <td>Low</td> <td>Low</td> <td>Low/Expectant</td> <td>Low/Expectant</td> </tr> <tr> <td>60.0-69.9</td> <td>Very high</td> <td>Very high</td> <td>Medium</td> <td>Medium</td> <td>Low</td> <td>Low</td> <td>Low</td> <td>Low/Expectant</td> <td>Low/Expectant</td> <td>Low/Expectant</td> </tr> <tr> <td>70.0+</td> <td>Very high</td> <td>Medium</td> <td>Medium</td> <td>Low</td> <td>Low</td> <td>Low/Expectant</td> <td>Expectant</td> <td>Expectant</td> <td>Expectant</td> <td>Expectant</td> </tr> </tbody> </table> <p>Outpatient: Survival and good outcome expected, without requiring initial admission; Very High: Survival and good outcome expected with limited/short-term initial admission and resource allocation (straightforward resuscitation, LOS <14-21 days, 1-2 surgical procedures); High: Survival and good outcome expected (survival ≥ 90%) with aggressive and comprehensive resource allocation, including aggressive fluid resuscitation, admission ≥14-21 days, multiple surgeries, prolonged rehabilitation; Medium: Survival 50-90% and/or aggressive care and comprehensive resource allocation required, including aggressive resuscitation, initial admission ≥14-21 days, multiple surgeries and prolonged rehabilitation; Low: Survival <50% even with long-term aggressive treatment and resource allocation; Expectant: Predicted survival ≤10% even with unlimited aggressive treatment.</p>	Age (yrs)	Burn Size (% total body surface area)										0-10%	11-20%	21-30%	31-40%	41-50%	51-60%	61-70%	71-80%	81-90%	91%+	0-1.9	Very high	Very high	Very high	High	Medium	Medium	Medium	Low	Low	Low/Expectant	2.0-4.9	Outpatient	Very high	Very high	High	High	High	Medium	Medium	Low	Low	5.0-19.9	Outpatient	Very high	Very high	High	High	High	Medium	Medium	Medium	Low	20.0-29.9	Outpatient	Very high	Very high	High	High	Medium	Medium	Medium	Low	Low	30.0-39.9	Outpatient	Very high	Very high	High	Medium	Medium	Medium	Medium	Low	Low	40.0-49.9	Outpatient	Very high	Very high	Medium	Medium	Medium	Medium	Low	Low	Low	50.0-59.9	Outpatient	Very high	Very high	Medium	Medium	Medium	Low	Low	Low/Expectant	Low/Expectant	60.0-69.9	Very high	Very high	Medium	Medium	Low	Low	Low	Low/Expectant	Low/Expectant	Low/Expectant	70.0+	Very high	Medium	Medium	Low	Low	Low/Expectant	Expectant	Expectant	Expectant	Expectant	Conserve			
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BURN TREATMENT

REGIONAL RESOURCE CARD

MINNESOTA HEALTHCARE SYSTEM

PREPAREDNESS PROGRAM

Category	RESOURCE and RECOMMENDATIONS	Strategy	Conventional	Contingency	Crisis
Treatment	<p>Treatment</p> <p>Provide stabilizing burn care (airway, fluid management, analgesia, etc. – see Burn Triage Card with initial priorities, wound care, and nursing care).</p> <p>After stabilizing care, assess need for transfer to burn center. In a mass burn incident, assure coordination with Regional Hospital Resource Center, which will help to prioritize transportation and manage logistics. Patients may have to be held for 1-2 days at non-burn centers awaiting transfer in some cases.</p>	Adapt			
Transport	<p>Transport</p> <ul style="list-style-type: none"> Initial dressings should be dry, sterile dressing if transfer planned. If transfer will be delayed, adaptic dressings may be applied in consultation with burn center. In consultation with burn specialist, arrange air medical transport or ground transport as appropriate. If multiple institutions are affected, coordinate with Regional Hospital Resource Center/Regional Healthcare Preparedness Coordinators Obtain consultation with burn experts for ongoing care and triage/transportation prioritization if immediate transportation/referral is not possible Plan for oxygen, fluids, and analgesia requirements during transport Consider need for airway intervention prior to transport Multi-agency coordination center may be used to help prioritize use of transportation assets Consider use of Metro Mass Casualty Incident (MCI) buses for large numbers of patients being transferred (contact MDH-OEP on-call via State Duty Officer) Regional transfer may be required – Metro Regional Healthcare Resource Center will coordinate this with MDH-OEP and appropriate state and Federal (NDMS) resources 	Prepare			
		Adapt			

**MINNESOTA HEALTHCARE SYSTEM
PREPAREDNESS PROGRAM**

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BURN TRIAGE CARD

Patient Arrives / Initial Assessment

High risk features? *

- Partial thickness burns > 10% total body surface area (BSA)
- Burns that involve the face, hands, feet, genital area or joints
- Third degree burns
- Electrical burns, including lightning injury
- Chemical burns
- Inhalation injury
- Any patient with burns and concomitant trauma

* Consultation/special consideration recommended for elderly, children <5 years, underlying diseases such as diabetes, or special rehabilitation needs

Yes
Yes

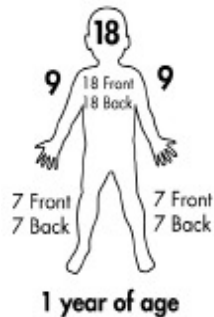
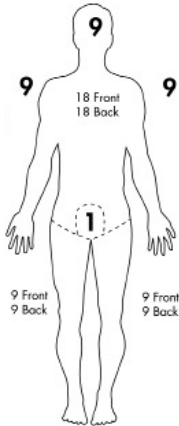
No

Minor

- Consider outpatient management, consultation/referral to wound/burn clinic or burn center as required
- Burn care outpatient supplies see Burn Treatment Regional Resource Card

Rule of Nines

Numbers expressed in percentages



Figures courtesy of:
Hennepin County Medical Center Burn Unit

Initial Interventions:

Airway/Breathing – Assess airway and provide oxygen. Consider early intubation for >25% BSA burns. Intubation recommended: stridor, voice change, respiratory distress, circumferential neck burns, carbonaceous sputum, hypoxia, or prolonged transport time and major burn patient

Circulation – Assess vital signs and pulses. Burn shock common >20% BSA. Treat low blood pressure with IV fluids; consider other sources of hypotension. Avoid boluses when possible - increase fluid rates by 10% per hour for low urine output or lower blood pressures

Disability – Assess neurologic status (including sensation and motor); cervical spine protection if trauma/high-voltage (>1000 V) injury
Decontamination – Consider potential for chemical/radiologic contamination. Chemical burns should be irrigated for 30 minutes with body temperature water while consulting Poison Control* about specific treatments

Expose/Estimate – Remove clothing, jewelry, and contact lenses. Protect from hypothermia. Estimate second/third degree burn area (see figures below). Area of patient's hand (including fingers) equals 1% BSA

Fluids – IV access in non-burned tissue if possible. Start Lactated Ringers (LR) 4 mL/kg/% BSA. Give 50% over first 8 hours and rest over 16 hours from time of burn. Children <5 years add 2 ampules D50 to each liter of LR. May use normal saline if no LR available

History – Note time of injury, mechanism, AMPLET (Allergies, Medications, Past surgical and medical history, Last meal, Events surrounding the incident, Tetanus status)

Nasogastric or Orogastric – Insert tube for all intubated patients

Pain Control – Administer analgesia; extraordinary doses may be required to control pain adequately

Urine Output – All electrocutions, intubated patients, and major burns should have indwelling urinary catheter (e.g., Foley). Goal is 0.5mL/kg/hr output adults, 1mL/kg/hr children

Wound Care – Do not remove adherent clothing. Warm, dry dressings over burns - NO wet dressings

Special Considerations:

- Closed space exposure assume carbon monoxide and/or cyanide toxicity - provide 100% oxygen*
- High-voltage electrical – assume rhabdomyolysis and assess for internal injuries. Normal saline resuscitation until clear urine output 1-2 mL/kg/hr. Monitor creatine kinase, serum bicarbonate and creatinine. Consult with burn/referral center for ongoing management

*Consult Minnesota Regional Poison Control Center at 1-800-222-1222.

Secondary Assessment – Critical Burn Features?

- >20% BSA second and/or third degree burns
- Intubated patient, inhalational injury, or prolonged closed-space smoke exposure
- Co-existing major trauma, rhabdomyolysis, or other complications
- Hemodynamic instability not responding to fluid resuscitation

Yes
Yes

High Priority For Transfer To Burn Center

- Continue fluid resuscitation and analgesia
- Escharotomies may be required to allow ventilation of patients with circumferential neck, chest or abdominal burns
- Arrange transfer and consultation
- Some patients in this category may be triaged to receive only palliative care (until/unless additional resources become available)

No

Secondary Priority For Transfer

- May have to manage in place awaiting transfer (24-48 hours)
- Obtain consultation from burn center - MDH may organize hotline/alternative resources during mass casualty incidents
- Cover burns with clean dry linens - no immediate dressings are necessary if transferred in the first 24 hours - after 24 hours consider bacitracin dressings per burn consultation
- Monitor urine output and provide IV fluids to maintain parameters as above
- Infection control – providers should gown, glove, and mask
- Follow cardiorespiratory and renal function
- Maintain body temperature
- Consider early use of enteral/tube feedings if oral intake inadequate
- Analgesia
- Circulation, Motor and Sensory function (CMS) checks
- Evaluate for other injuries

American Burn Association Burn Centers in Minnesota

Hennepin County Medical Center	1-800-424-4262
Regions Hospital	1-800-922-BURN (2876)

MINNESOTA DEPARTMENT OF HEALTH
OFFICE OF EMERGENCY PREPAREDNESS
www.health.state.mn.us/oep/healthcare



**MINNESOTA HEALTHCARE SYSTEM
PREPAREDNESS PROGRAM**

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PEDIATRICS

REGIONAL RESOURCE CARD

MINNESOTA HEALTHCARE SYSTEM

PREPAREDNESS PROGRAM

Resource cards are intended to provide incident-specific tactics and planning information to supplement the general strategy cards. They are organized according to the 'CO-S-TR' framework of incident response planning – <http://journals.cambridge.org/action/displayAbstract?fromPage=online&aid=8844490&fulltextType=RA&fileId=S193578930000135X>

Category	RESOURCE and RECOMMENDATIONS	Strategy	Conventional	Contingency	Crisis						
Command, Control, Communication, Coordination	<p>Planning and response considerations:</p> <p>Tertiary centers with inpatient pediatric, trauma and PICU capability can provide consultation and transfer support based on patient needs. The following centers can provide real-time consultation in support of pediatric critical care when transfer is difficult or not possible or when highly specialized services (e.g. ECMO) are anticipated to be needed.</p> <ul style="list-style-type: none"> Pediatric hospital resources in Minnesota: <ul style="list-style-type: none"> Level I Pediatric Trauma Centers – Hennepin County Medical Center, Mayo Clinic Eugenio Litta Children’s Hospital, Gillette Children’s/Regions Hospital, Children’s Hospitals and Clinics of Minnesota University of Minnesota Amplatz Children’s Hospital St. Mary’s Children’s Hospital Duluth (Essentia) Other tertiary centers with inpatient pediatric and PICU capability Pediatric patients will have to be stabilized (and in some cases treated, for 24 to 48 hours) at initial receiving hospital in major incident – all facilities must be prepared for pediatric cases Facility procedures for patient tracking, unaccompanied minors, and release of minors to family/caregivers Smaller incidents – facility-to-facility coordination Metro - Regional Hospital Resource Center (RHRC) will coordinate transfers of patients to concentrate as many pediatric patients as possible at, or close to, pediatric centers per Metropolitan Cooperative Pediatric Plan (concentrate those less than 5 years of age and critically ill at children’s hospitals) Statewide incident impact <ul style="list-style-type: none"> MDH will work with Regional Healthcare Preparedness Coordinators (RHPCs) and hospitals/healthcare coalitions to facilitate patient and resource distribution Statewide consultation/referral hotline may be initiated as needed 	Prepare									
						Space	<p>Space:</p> <ul style="list-style-type: none"> Use maximal beds on pediatric unit and at pediatric centers noted above Prioritize transfer of children < 8 years of age to pediatric specialty centers Surge to non-pediatric, age-appropriate units within hospital Distribute non-critical and older pediatric patients from overwhelmed pediatric centers to other accepting facilities Expand acute outpatient care for the minimally injured/ill Forward movement to regional pediatric centers in adjoining states as required to assure appropriate ongoing care – in coordination with MDH-OEP and Great Lakes Healthcare Partnership (FEMA V – MN, WI, IL, IN, OH, MI and city of Chicago) and/or National Disaster Medical System (NDMS) patient movement for catastrophic incident (unlikely to only affect pediatric portion of population) 	Adapt Conserve Substitute			

PEDIATRICS

REGIONAL RESOURCE CARD

MINNESOTA HEALTHCARE SYSTEM

PREPAREDNESS PROGRAM

Category	RESOURCE and RECOMMENDATIONS	Strategy	Conventional	Contingency	Crisis																													
Supplies	<p>Outpatient Supply Planning:</p> <ul style="list-style-type: none"> Consider expansion of outpatient pediatric-specific supplies (e.g., crutches, pediatric-specific forms of analgesics) at facility to support discharged patients <p>Inpatient Supply Planning:</p> <ul style="list-style-type: none"> Institutions should prepare based on role in community As a minimum, recommend each facility be prepared to care for the number of victims listed in the table below, based on their designated trauma level in the MN Trauma System. <table border="1"> <thead> <tr> <th rowspan="2">Inpatient Type</th> <th colspan="4">Minnesota State Trauma Designation</th> </tr> <tr> <th>Level I</th> <th>Level II</th> <th>Level III</th> <th>Level IV</th> </tr> </thead> <tbody> <tr> <td>Critical Injuries < age 8 yrs</td> <td>8</td> <td>6</td> <td>4</td> <td>2</td> </tr> <tr> <td>Moderate Injuries < age 18 yrs</td> <td>20</td> <td>15</td> <td>10</td> <td>5</td> </tr> <tr> <td>Minor Injuries < age 18 yrs</td> <td>20</td> <td>15</td> <td>10</td> <td>5</td> </tr> <tr> <td>Infants < age 1 yr</td> <td>4</td> <td>3</td> <td>2</td> <td>1</td> </tr> </tbody> </table>	Inpatient Type	Minnesota State Trauma Designation				Level I	Level II	Level III	Level IV	Critical Injuries < age 8 yrs	8	6	4	2	Moderate Injuries < age 18 yrs	20	15	10	5	Minor Injuries < age 18 yrs	20	15	10	5	Infants < age 1 yr	4	3	2	1	Prepare			
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<p>The American Academy of Pediatrics/American College of Emergency Physicians recommended equipment list at http://pediatrics.aappublications.org/content/107/4/777.full.pdf+html is the basis for planning, with emphasis on:</p> <ul style="list-style-type: none"> Airway equipment sufficient for number and age of victims Vascular access equipment, including adequate quantity of intravenous cannulas and intraosseous needles References, charts, or other systems for size/weight-based equipment and drug dosing (reference book, wall charts, Broselow tape, or similar) External warming devices (such as Bair-hugger™) State trauma system guidelines also identify pediatric equipment expectations 																																		

PEDIATRICS

REGIONAL RESOURCE CARD

MINNESOTA HEALTHCARE SYSTEM PREPAREDNESS PROGRAM

Category	RESOURCE and RECOMMENDATIONS	Strategy	Conventional	Contingency	Crisis
Staff	<p>Staff:</p> <ul style="list-style-type: none"> Pre-incident pediatric medical/trauma critical care training should be conducted for physician and nursing staff expected to provide emergency care. Consider courses such as Advanced Pediatric Life Support, Pediatric Advanced Life Support Staff that do not regularly provide pediatric emergency care but could be called upon in a disaster should receive pre-incident training and orientation to facility equipment. Scenario-based or other training (simulation and other brief, frequent training) is highly recommended Just-in-time training may be required in certain situations for non-pediatric nursing and physician staff reinforcing key points of pediatric or incident-specific patient care (including pediatric assessment triage, importance of fluid management, urine output parameters, principles of analgesia, etc) In a major incident, adjust pediatric physician and nurse staffing patterns as needed to provide supervision of key aspects of pediatric care. See <i>Staffing Strategies for Scarce Resource Situations</i> for further consideration; for example, have critical care staff supervise care at a higher level, delegating many bedside duties to other providers MDH may work with in-state and adjacent state experts to set up 'hotline' to provide consultation to non-pediatric centers caring for pediatric patients (for example during pandemic) National Disaster Medical System and/or other supplemental staff may be required to work in facilities (see <i>Staffing Strategies for Scarce Resource Situations</i>) 	Prepare			
		Adapt			
		Conserve Adapt Substitute			
Special	<p>Consider availability of resources for:</p> <ul style="list-style-type: none"> Social work/ family support Psychological support for children, their families and staff (do not under-estimate the increased stress and psychological impact of a pediatric incident, particularly a mass casualty incident, on healthcare providers) Discharge support and planning, particularly for rehabilitation and other specialty follow-up Patient tracking and patient safety, particularly for unaccompanied minors (e.g. banding system to identify children and guardians) Family / caregiver accommodations 	Prepare			
Triage	<p>Consider early transfer to a facility providing pediatric intensive care services for:</p> <ul style="list-style-type: none"> Progressing respiratory symptoms/hypoxia Shock, or need for ongoing resuscitation Critical trauma, including neurotrauma according to usual trauma triage criteria Patients with concomitant burns should be transferred to Regions Hospital or Hennepin County Medical Center Patients with complex underlying medical conditions may require consultation or special triage considerations 	Conserve			

PEDIATRICS

REGIONAL RESOURCE CARD

MINNESOTA HEALTHCARE SYSTEM

PREPAREDNESS PROGRAM

Category	RESOURCE and RECOMMENDATIONS	Strategy	Conventional	Contingency	Crisis
Treatment	<p>Provide stabilizing care (airway, fluid management, analgesia, etc.) – see Pediatric Triage Card for initial priorities</p> <p>Special Considerations:</p> <ul style="list-style-type: none"> • Airway/Breathing and Circulation (ABCs) are still critical – do not deviate from usual trauma/critical care priorities due to size/age/behavior concerns • Pediatric airways are small; there is little room between partial and complete obstruction • Age and height-based estimations are NOT always accurate – always be prepared with a range of equipment sizes, especially for airway interventions • Assess skin color, capillary refill and heart rate for signs of poor perfusion. Hypotension is a late sign of shock in pediatric patients • Typically, pediatric patients respond to treatments more quickly than adults. Reassess them frequently and alter treatments to fit the response • Monitor for signs of pain and treat pediatric patients with analgesics via weight-based guidelines, then titrate to effect. Pediatric pain is often inadequately treated • Hypoglycemia and hypothermia are very common –anticipate, prevent, and correct as necessary • Monitor IV fluids carefully to control volume delivered in smaller patients (e.g., IV pumps or buretrols) • Double-check medication doses with team members, especially with medication drips as significant errors are common. DO NOT exceed maximum adult dose • Assessment may be difficult due to age-related and communication-related issues – history from the family/caregivers may be critical • Do not separate the child from family/guardian if at all possible • Medical alert bracelets and care plans should be sought for all children 	<i>Prepare</i>			
Transportation	<p>After stabilizing care, assess need for transfer:</p> <ul style="list-style-type: none"> • Plan for oxygen, fluids, and analgesia requirements in transport • Consider need for airway intervention prior to transport • Consider plans for caregivers/family transportation • A mass casualty incident may affect more than one facility requiring coordination with regional healthcare coalitions to prioritize transportation and manage logistics via Multi-Agency Coordination • Regional transfer coordination may be required in major disasters – MDH Office of Emergency Preparedness will assist regional healthcare coalitions and involve appropriate State and Federal (NDMS) resources; in certain situations (such as pandemic, major mass casualty incident) patients may have to receive care in non-pediatric centers • Ensure that targeted medical record information (including name, allergies, medications given, current medications, age and family contact information) is always with patient • Arrange transport via air medical transport as appropriate – if multiple institutions affected coordinate with regional healthcare coalition and/or multi-agency coordination system 	<i>Prepare Adapt</i>			

PEDIATRIC TRIAGE CARD For Mass Casualty Situations

Patient Arrives / Initial Assessment

High Risk Features? *

- Hypoxia or respiratory distress
- Multiple injuries or high-energy mechanism
- Signs of hypoperfusion / shock (may be isolated to tachycardia)
- Altered mental status

* Consultation may be warranted for age <5 years, or underlying complex illness/disease (congenital abnormality, etc.)

Yes →

Initial interventions:

- Airway** – Assess and position airway; airway interventions as needed. Children < 5 years have small airways that do not tolerate edema well. Reassess frequently
- Breathing** – Assess for evidence of respiratory distress (retractions, hypoxia, grunting). Provide oxygen, bronchodilators (e.g., albuterol, epinephrine) and other interventions as needed
- Circulation** – Assess for signs of hypoperfusion including capillary refill, vital signs, pulses, etc. Fall in blood pressure is late and end-stage. Treat signs of hypoperfusion aggressively with 20 mL/kg normal saline (and 10 mL/kg packed red blood cells if hemorrhagic shock persists after initial boluses of saline), see Fluid Management below
- Disability** – Assess neurologic status (including sensation and motor) and need for cervical spine protection
- Decontamination** – Consider for chemical/radiologic – brush away loose material, then copious water. Consult Poison Control Center at 1-800-222-1222
- Expose** – Remove clothing, jewelry and, if mental status altered, contact lenses. Protect from heat loss; hypothermia is common
- Fluids** – IV fluids (see Fluid Management below)
- Family** – Avoid separating family/guardians from patients. Identify and notify patient's family/guardians of patient's status when possible
- Glucose** – Check fingerstick glucose for all significantly ill/injured children. Correct hypoglycemia
- History** – Note mechanism and time of injury, treatments pre-hospital, underlying diseases, tetanus status, medications/allergies, social history, family history, immunization history
- Orogastric** – Tube for all intubated patients (due to usual gastric distension)
- Pain control** – Titrated opioid analgesia, IV, intranasal, or subcutaneous as required for comfort (e.g., morphine 0.1 mg/kg or fentanyl 1 mcg/kg IV)
- Temperature/Thermal** – Protect from heat losses; initiate cooling/rewarming or anti-pyresis as indicated. Children lose body heat rapidly
- Urine output** – Target urine output to 0.5 - 1 ml/kg/hour. Indwelling urinary catheter as needed

No ↓

Minor:

- Assessment, treatment and observation
- Address psychosocial needs; re-unify with family; support as needed
- Discharge, if able, to secure environment if parent/guardian not accompanying

Secondary Assessment – Critical illness/injury?

- Intubated or progressive respiratory failure
- Multiple organ systems affected
- Surgical emergency
- Evidence of shock (poor perfusion, high lactate, persistent tachycardia) not responding to fluid resuscitation

Yes →

High Priority for Transfer to Pediatric Center

- Continue fluid resuscitation
- Arrange transfer and consultation
- May have to provide transfers, triage resources, or even provide palliative care as only intervention based on scope of injury/nature of incident. Re-triage as more resources become available or condition changes.

No ↓

Secondary Priority for Transfer

- May have to manage in place awaiting transfer (24-48 hours) (e.g. isolated orthopedic injuries)
- Obtain consultation from pediatric referral center (during mass casualty incident MDH may organize hotline)
- Diagnostic studies as indicated (minimize ionizing radiation without omitting necessary studies)
- Monitor urine output and provide IV fluids (see Fluid Management)
- Infection control – providers should gown, glove and mask as appropriate for illness/injury
- Follow cardiorespiratory and renal function, Circulation, Motor and Sensory function (CMS) and glucose checks at regular intervals
- Maintain body temperature
- Analgesia
- Psychological triage and support/family support

Fluid Management

- Initial fluid for resuscitation – normal saline
 - Initial bolus 20 mL/kg, repeat as needed
 - May initiate packed red blood cells 10 mL/kg if hemorrhage not responding to 40 mL/kg saline total bolus
- Maintenance fluid rate
 - 4 mL/kg/hr first 10 kg (40 mL/hr)
 - 2 mL/kg/hr second 10kg (20+40 = 60 mL/hr)
 - 1 mL/kg/hr each kg >20 kg
- Glucose replacement IV/IO
 - Neonate D10W 3 mL/kg
 - Under 4 years D25W 2mL/kg
 - ≥ 4 years D50W 1 mL/kg
- Goals – normal vital signs, urine output 0.5-1 mL/kg/hr



**MINNESOTA HEALTHCARE SYSTEM
PREPAREDNESS PROGRAM**

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PALLIATIVE CARE REGIONAL RESOURCE CARD

MINNESOTA HEALTHCARE SYSTEM PREPAREDNESS PROGRAM

Resource cards are intended to provide incident-specific tactics and planning information to supplement the general strategy cards. They are organized according to the 'CO-S-TR' framework of incident response planning – <http://journals.cambridge.org/action/displayAbstract?fromPage=online&aid=8844490&fulltextType=RA&fileId=S193578930000135X>

Orientation to Specialty and Goals:

NOTE:

This card provides a focused description of palliative care management principles in disaster situations. These principles are relevant to all patients, as well as those who may receive palliative care as their only intervention due to demand on the healthcare system relative to their prognosis.

Specialty Description:

Palliative care has a goal of providing the best possible quality of life for people facing the pain and stress of a serious, but not necessarily terminal, medical condition. It can be appropriate for patients of any age and at any stage of an illness - from diagnosis on - and can be provided along with treatments for the medical condition.

Index:					
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Communications and Coordination	Pages 11-2 & 11-3	Special	Page 11-5	Key Symptoms and Treatments	Page 11-9
Space	Page 11-4	Triage	Page 11-6	Dose Conversion Table for Selected Opioids	Page 11-10
Supplies	Page 11-4	Treatment	Pages 11-7 & 11-8		

Principles of Palliative Care:

- **Palliative care should be provided to ALL patients.**
- In a subset of patients, it may be the only care that is able to be provided due to the patient's prognosis and available resources
- Focuses on human contact and comfort in addition to medical care
- Increases the physical and mental well-being of the patient
- Is not abandonment or euthanasia, and does not aim to hasten death (though in some cases, the doses required to relieve severe symptoms may indirectly contribute to the dying process; however, this meets the ethical criteria for the double-effect principle where indirect harm is permissible in the service of a greater good)
- Relieves symptoms and provides physical comfort measures such as control of pain, nausea, dyspnea, temperature regulation, and positioning
- Assures respectful care, reassurance, and emotional and social support as possible

Disaster Considerations:

- Symptom support should be maintained in hospital and non-hospital environments – this will involve planning by outpatient entities such as hospice care, pharmacies, medical equipment providers as well as inpatient entities such as palliative care programs
- For existing hospice patients, the spectrum of care should be defined
- For those designated to receive only palliative care key considerations are:
 - ◊ Expected survival - hours, days, or weeks – this helps to guide needs, referrals, and resources
 - ◊ Required interventions – this helps guide location of care and support planning
 - ◊ Basis for designation – if the decision for palliative care is based on the lack of a single resource, there must be a plan for re-assessment if the patient's condition improves or more resources become available (i.e., would they qualify to receive additional treatment if more resources become available and how are they contacted/monitored) - see triage tree below
- Home health and other agencies will need to prioritize services relative to hospice patients during a disaster (as this can have significant impact on patient/family/agency planning)
- Supportive measures should be offered that maintain comfort, but do not prolong the dying process
 - ◊ If death is inevitable, there may be no point in providing intravenous fluids
 - ◊ **If death is not certain, other forms of support may be very reasonable as other resources become available**

PALLIATIVE CARE REGIONAL RESOURCE CARD

MINNESOTA HEALTHCARE SYSTEM PREPAREDNESS PROGRAM

Category	RESOURCE and RECOMMENDATIONS	Strategy	Conventional	Contingency	Crisis
Planning Resources	<p>Planning Resources:</p> <ul style="list-style-type: none"> • General palliative care resources and fact sheets <ul style="list-style-type: none"> • End of Life/Palliative Education Resource Center (EPERC) - Medical College of Wisconsin http://www.eperc.mcw.edu/EPERC/FastFactsandConcepts • General recommendations for home care/family based care and infectious prevention <ul style="list-style-type: none"> • Home Care Guide: Providing Care at Home http://www.minneapolismn.gov/www/groups/public/@health/documents/webcontent/wcms1p-088274.pdf • ICU care <ul style="list-style-type: none"> • Improving Palliative Care in the ICU (IPAL-ICU project) http://www.capc.org/ipal-icu • General resources in palliative care and non-pharmacologic intervention <ul style="list-style-type: none"> • Innovations in End-of-Life Care: Practical Strategies and International Perspectives http://www2.edc.org/lastacts/ http://www2.edc.org/lastacts/archives/archivesJuly02/nonpharm.pdf 	Prepare			
Planning / Communications and Coordination	<p>Key Minnesota Organizations:</p> <ul style="list-style-type: none"> • Minnesota Network of Hospice & Palliative Care (www.mnhpc.org) • Inpatient palliative care programs: Palliative care MD on 24 hour pager for most facilities/systems • Hospice programs: Majority of State has hospice program coverage and most programs usually have hospice MD on 24 hour pager - check with hospital health systems main contact/referral phone line 	Prepare			

PALLIATIVE CARE REGIONAL RESOURCE CARD

MINNESOTA HEALTHCARE SYSTEM PREPAREDNESS PROGRAM

Category	RESOURCE and RECOMMENDATIONS	Strategy	Conventional	Contingency	Crisis
Communications and Coordination	<p>Communications and Coordination:</p> <ul style="list-style-type: none"> Close coordination between hospitals, home care agencies, and public health is required prior to and during disasters in which increased home care and at-home palliative and hospice services are expected Communications, including printed materials and a mechanism for ongoing situational awareness, are required during contingency and crisis events – this may involve conference calls or other means of keeping stakeholder agencies informed and up-to-date In major disasters requiring proactive triage to palliative care only, MDH may provide additional guidance and incident-specific resources, which may include a hotline for advice and consultation about palliative care issues. Additional resources for families providing home care would also need to be made available by local and state public health and major healthcare systems <p>Communications with Families and Patients:</p> <ul style="list-style-type: none"> Review advance care planning in the context of the current situation – proxy designations, advance directives, Physician Orders for Life-Sustaining Treatment (POLST) forms, http://www.mnmed.org/KeyIssues/POLSTCommunications/tabid/3291/Default.aspx. Interventions able to be offered may not fulfill all of the preferences expressed in those directives http://www.health.state.mn.us/divs/fpc/profinfo/advdir.htm Describe palliative support as a quality of life and aggressive symptom management framework that is not related to hastening death or euthanasia Incorporate relevant cultural variables into palliative care plans Proactively provide families and patients with up-to-date information on the resources in shortage and any relevant triage criteria/processes being used, as well as any necessary infection prevention measures Explain the basis of triage decisions and any re-assessment or potential options. Re-frame goals of care with patient and family Maintain hope despite changes in treatment/goals - factors that often decrease hope include feeling devalued, abandoned or isolated (“there is nothing more that can be done”), lack of direction and goals, and unrelieved pain and discomfort 	Prepare Adapt			

PALLIATIVE CARE REGIONAL RESOURCE CARD

MINNESOTA HEALTHCARE SYSTEM PREPAREDNESS PROGRAM

Category	RESOURCE and RECOMMENDATIONS	Strategy	Conventional	Contingency	Crisis
Space	<p>Inpatient Space: In crisis situations there may be a large number of patients that are receiving palliative care only – cohorted spaces may be an option for these patients. These areas should be:</p> <ul style="list-style-type: none"> • Comfortable – the maximal physical comfort should be provided to patients and families and the environment and equipment should be as comfortable as possible given the resources available • Private – as much privacy as possible should be planned for the patients and families <p>Outpatient Space: Facilities should have plans in place with home healthcare agencies as well as plans for family provision of palliative care. This may include:</p> <ul style="list-style-type: none"> • Home care/hospice agencies should prioritize services to those with the most limited support or more intensive support needs during a disaster (e.g., prioritize services to those requiring intravenous fluids or medications, oxygen, or other high-intensity therapies - if these can be maintained during the disaster) • Phone banks and other indirect support services for families and patients <p>Transitions:</p> <ul style="list-style-type: none"> • When inpatients are receiving palliative care as their only treatment, they must be cared for in a space appropriate to their remaining life expectancy (i.e., patients with hours to live would not be moved, and patients with days or weeks remaining would be moved to another inpatient area or to home/outpatient care) • Access to pre-printed information for families guiding them in the provision of comfort care including: <ul style="list-style-type: none"> ◊ Analgesia and other medication dosing per physician or other instructions ◊ General information about prevention of decubitus ulcers and maintenance of comfort ◊ The dying process, what to expect, and what to plan for ◊ Resources that the family can use in case of questions or problems • Assure that appropriate infection prevention precautions are accounted for (e.g. droplet precautions) 	<p><i>Adapt</i></p> <p><i>Conserve Adapt</i></p> <p><i>Substitute Adapt Conserve</i></p>			
Supplies	<p>Supplies: There is no substitute for pre-event stockpiling of medications to treat key symptoms. <i>Every</i> disaster will require significant quantities of analgesics. The availability of adequate pain and symptom relief should be a key area of disaster planning.</p> <p>Inpatient and Outpatient: Anticipate the need for additional stocks of medications to provide analgesia and symptom relief for all patients. Inexpensive but critical medications to stockpile include:</p> <ul style="list-style-type: none"> • Oral non-opioid analgesics (also valuable as anti-pyretics) • Opioid analgesics • Benzodiazepines • Anti-psychotics • Anti-emetics • Steroids • Diuretics <p>Outpatient pharmacies should anticipate the need for increased supplies of these agents and support palliative care dosing of these agents that may be in excess of usual recommendations.</p> <ul style="list-style-type: none"> • Avoid stockpiling or hoarding in the setting of increased demand. 	<p><i>Prepare</i></p> <p><i>Adapt</i></p>			

PALLIATIVE CARE REGIONAL RESOURCE CARD

MINNESOTA HEALTHCARE SYSTEM PREPAREDNESS PROGRAM

Category	RESOURCE and RECOMMENDATIONS	Strategy	Conventional	Contingency	Crisis
Staff	<p>Staff:</p> <ul style="list-style-type: none"> Physician and nursing staff expected to provide disaster palliative care should receive pre-incident palliative care training Staff that do not regularly provide palliative care, but could be called upon in a disaster, should receive pre-incident training and orientation to facility resources The facility should identify subject matter experts within their facility/area and obtain their input into palliative care planning. During a response, these experts can provide input on strategies and tactics, as well as provide overall clinical guidance and expertise 	Prepare			
	<ul style="list-style-type: none"> Faith-based and other community resources for non-clinical support may be critical assets for those receiving care at home Spiritual resources should be made available to both patient and family if desired and feasible Just-in-time training should be provided to nursing and physician staff as required to acquaint them with palliative care priorities, medication dosing, and other issues 	Conserve Adapt Substitute			
	<ul style="list-style-type: none"> Hospice agencies should have plans to adjust staff roles and triage services provided in response to increased demand In case palliative care areas are activated, support these areas with staff that are comfortable with medication administration that can be supervised by staff with more experience. Precise recommendations on staffing are difficult as the needs of the patients can vary greatly, but every attempt should be made to provide adequate personnel to meet the comfort needs of patients – this may involve tiered use of professional and non-professional staff Additional staff may have to be drawn from other institutions or fields, or from the Medical Reserve Corps (e.g., to provide broader support to homecare). These staff will also require just-in-time training Regionally, palliative care teams that can support a facility in crisis or support additional outpatient care may be advantageous 	Conserve Adapt Substitute			
Special	<p>Special:</p> <p>When triage to ‘palliative care only’ in disasters is not by patient choice, management of expectations and transitions is critical to the physical and mental well-being of patient, family, and providers.</p> <ul style="list-style-type: none"> Consider availability of resources for: <ul style="list-style-type: none"> Social work/family resources Spiritual support Psychological support for patients and their families Discharge and/or death support and planning Family/caregiver accommodations Psychological support for staff 	Prepare			

PALLIATIVE CARE REGIONAL RESOURCE CARD

MINNESOTA HEALTHCARE SYSTEM PREPAREDNESS PROGRAM

Category	RESOURCE and RECOMMENDATIONS	Strategy	Conventional	Contingency	Crisis
Triage	<p>Triage:</p> <ul style="list-style-type: none"> The need for palliative care should be anticipated in all disaster scenarios Triage decisions may be required in minutes (multiple burn victims), over hours (many trauma victims), or over days or weeks (pandemic) When it is clear that the volume of patients and current level of resources will require prioritizing some patients to palliative care only, triage criteria should be developed whenever possible and a formal triage team put in place (proactive measures may not be possible in the early phase of an incident, but should be implemented as soon as possible) Location for palliative care should be optimized given the constraints of the incident – patients may be triaged to home, to other facilities, to inpatient units, or to other locations Triage is dynamic. As resources allow, it is critical to re-triage patients so that they may receive resources that have become available. Predicted prognosis does not equate with actual outcome in many cases. (See triage tree below) <p>Triage Tree - Resource-dependent palliative care considerations</p> <pre> graph TD A[Actively dying or certain to die?] -- Yes --> B[Provide palliative care only; minimize interventions that 'prolong death'] A -- No --> C[Poor prognosis relative to others in need?] C -- Yes --> D[Does demand limit all resources or just select resources (ventilators, select medications)?] C -- No --> E[Provide all available resources, including symptom management] D -- All --> B D -- Select --> F[Provide resources that are available to improve prognosis] B --> G[Re-assess prognosis of ALL patients at regular intervals; optimize symptom management] F --> G E --> G G --> A </pre>	<p>Conserve</p> <p>Re-allocate</p> <p>Adapt</p>			

PALLIATIVE CARE REGIONAL RESOURCE CARD

MINNESOTA HEALTHCARE SYSTEM PREPAREDNESS PROGRAM

Category	RESOURCE and RECOMMENDATIONS	Strategy	Conventional	Contingency	Crisis						
	<ul style="list-style-type: none"> Opioids typically do not have ceiling effects for analgesia. Limitations are usually related to side effects or intolerances Patients with sustained-release opioid needs usually require short-acting opioid for breakthrough pain as well as for dose-finding for long-acting opioid dose adjustments. Short-acting breakthrough dose should typically be 10 -15 % of total 24 hour daily requirement of the sustained-release opioid When dosing with opioids, remember common side effects and treat accordingly (e.g., constipation, nausea, pruritis, confusion, sedation). Respiratory depression is a rare event related to opioid dosing and usually occurs in the context of multiple drug class utilization, and other underlying chronic clinical conditions Fentanyl transdermal patches require good adipose stores to be effective, as the real physiologic reservoir is underlying adipose tissue. If patients are thin, think of other opioid options Best opioids to consider in the face of renal insufficiency include methadone, fentanyl, and dilaudid Breakthrough dose: 1/3 to 1/2 of the twelve hour dose or 10-15 % of the 24 hour dose (if >3 breakthrough doses per 24 hr period consistently required, consider retitration of dose) Titration dosage, may use the following guideline: (Pain scores from 1-10 with 10 being worst imaginable) <table border="0" style="margin-left: 40px;"> <tr> <td>Pain > 7</td> <td>Increase dose by 50% to 100%</td> </tr> <tr> <td>Pain 4 – 7</td> <td>Increase dose by 25% to 50%</td> </tr> <tr> <td>Pain < 4</td> <td>Increase dose by 25% if indicated/desired</td> </tr> </table> Once a patient has 2 or fewer breakthrough doses and a steady state of medication has been reached, then a continuous release equianalgesic opioid may be initiated. Always start with an instant release before switching to continuous release. Note that continuous release opioids do not have mg/mg equivalence - e.g. a patient requiring 60mg of morphine elixir each day would not be started on 60mg of MS Contin as an equivalent dose Switch from fixed combination acetaminophen/opioids to a single entity opioid when acetaminophen dose > 3000 - 4000 mg / day or as weight appropriate Avoid fixed dose combination analgesics in pediatric patients when possible to allow more effective titration and avoid excess acetaminophen dosing Consider use of methadone where available particularly for outpatient management of pain 	Pain > 7	Increase dose by 50% to 100%	Pain 4 – 7	Increase dose by 25% to 50%	Pain < 4	Increase dose by 25% if indicated/desired	<p>Prepare</p> <p>Adapt</p>			
Pain > 7	Increase dose by 50% to 100%										
Pain 4 – 7	Increase dose by 25% to 50%										
Pain < 4	Increase dose by 25% if indicated/desired										
Tracking	<p>Tracking:</p> <ul style="list-style-type: none"> Assure that patients referred to home care (formally or informally) are tracked by public health and the appropriate agencies 	Prepare									

PALLIATIVE CARE REGIONAL RESOURCE CARD

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Key Symptoms and Treatments:

Symptom	Pharmacologic Options	Additional Strategies
Pain	See 'WHO ladder' on page 7	Integrative therapies, acupuncture, hypnosis, interventional techniques, music therapy, heat/cold therapy, supportive caring
Dyspnea	Opioids and oxygen are standard therapy, additional agents of benefit may include benzodiazepines, bronchodilators, and nebulized furosemide (20 mg IV solution with 3 mL normal saline every 4 hours as needed)	Treat underlying cause, oxygen, direct air from fan onto face; integrative therapies, hypnosis.
Nausea	Serotonin antagonists (ondansetron), substance P antagonists (aprepitant), dopamine antagonists (prochlorperazine), butyrophenones (haloperidol), corticosteroids, benzodiazepines, atypical antipsychotics (olanzapine), cannabinoids, anti-histamines (meclizine), anticholinergics (scopolamine), substituted benzamide (metoclopramide)	Treat underlying cause; consider interventional options depending on underlying cause (e.g., small bowel obstruction consider nasogastric tube), integrative therapies, hypnosis, acupuncture, music therapy, supportive caring. Consider constipation as possible etiology if on chronic opioids.
Anxiety	Benzodiazepines, atypical antipsychotics, cannabinoids, anti-depressants	Treat underlying cause, spiritual support, supportive caring, integrative therapies, hypnosis, relaxation techniques, music therapy
Agitation / Delirium	Haloperidol, atypical antipsychotics, sedatives	Provide quiet, dark environment, hydration, support sleep hygiene, minimize stimulation, consider calming soft music Identify specific underlying cause if possible: <ul style="list-style-type: none"> • Benzodiazepine paradoxical agitation - consider discontinuing • Opioid neurotoxicity - consider opioid rotation • Steroid psychosis - consider dose change or elimination • Opioid withdrawal - consider tapering doses
Constipation	Docusate sodium, sennosides, polyethylene glycol, lactulose, magnesium citrate, bisacodyl, glycerine, enemas	Treat underlying conditions, hydration, consider subcutaneous methylnaltrexone for chronic opioid-induced constipation – ensure no mechanical obstruction re: risk of perforation (risk higher in patients on steroids)
Diarrhea	Loperamide 2 mg tablets if not contraindicated. Other interventions according to cause.	Determine underlying cause and potential therapies
Secretion control	Sublingual atropine; 1% eye drops 2-3 drops every 3-4 hours as needed; glycopyrolate (IV 0.4 mg every 4-6 hours, oral 2 mg every 8 hours or appropriate weight-based dose); scopolamine patch	Education for family regarding: death rattle, reposition in bed, very gentle suction +/-, mouth care
Skin breakdown / protection		Treat underlying cause, gentle repositioning, supportive pads, air mattress, specialty beds
Active dying	Aggressive supportive care depending needs. Do not 'prolong dying process' with on-going therapies such as transfusions, IV fluids, artificial nutrition, antibiotics. Stop medications that have no bearing on symptom support management. Focus on the 'patient as person' – not on clinical indicators. Oxygen does not offer symptom benefit for actively dying patients and oxygen delivery devices can be uncomfortable and cause sensations of claustrophobia.	Supportive care of family, education about dying process, spiritual support, psychosocial support, company, listening, storytelling, silence, companionship. Discontinue monitors and vital signs documentation.

DOSE CONVERSION TABLE FOR SELECTED OPIOIDS

(Consider dose reduction between opioid in view of incomplete cross tolerance)

Hydromorphone IV (mg / day)	Hydromorphone PO (mg/day)	Morphine IV (mg/day)	Morphine PO (mg/day)	Fentanyl* Transdermal (mcg/hr)	Oxycodone PO (mg/day)
2.5	12.5	17	50	25	30
5	25	33	100	50	65
7.5	37.5	50	150	75	100
10	50	67	200	100	130
12.5	62.5	83	250	125	165
15	75	100	300	150	200
17.5	87.5	117	350	175	230
20	100	133	400	200	265
22.5	112.5	150	450	225	300
25	125	167	500	250	330
27.5	137.5	183	550	275	360
30	150	200	600	300	400

*Transdermal Fentanyl absorption and response may vary depending on amount of adipose tissue present (i.e. better absorbed in patients with more adipose tissue, worse absorption in thin patients). Also, consider dose reduction (e.g. 25%) if transitioning from transdermal patch to oral opioid equivalent