

## Region 1 EMS

### STANDING MEDICAL ORDERS

First Responder, EMT-Basic, EMT-Intermediate, Paramedic, PHRN

#### **SMO: Emergency Incident Rehabilitation**

**Overview:** Emergency Incident Rehabilitation (EIR) SMO is to provide guidance on the implementation and use of a rehabilitation process as a tactical requirement of the incident management system (IMS) at the scene of an emergency incident or training exercise. It will ensure that emergency responders whom might be suffering the effects of metabolic heat buildup, dehydration, physical exertion, and / or extreme weather receive medical monitoring, rest, re-hydration and rehabilitation during emergency operations.

#### **INFORMATION NEEDED**

- \_\_\_ Amount of work time completed
- \_\_\_ Number and type of SCBA used
- \_\_\_ Any SCBA failure
- \_\_\_ Any complaints of weakness, dizziness, muscle cramps, nausea, vomiting, headache, or any injuries.

#### **OBJECTIVE FINDINGS**

- \_\_\_ RPE (Rating of Perceived Exertion)
- \_\_\_ Respiratory assessment
- \_\_\_ Pulse assessment
- \_\_\_ Blood pressure assessment
- \_\_\_ Skin assessment
- \_\_\_ SpCO **\*\* if available \*\***
- \_\_\_ SpO<sub>2</sub> **\*\* if available \*\***

#### **EXCLUSIONS:**

- \_\_\_ Bystanders: "Non-emergency responders"
- \_\_\_ Any and all emergency responders requiring any form of treatment (over vital signs) will be transferred to EMS evaluation / transport division

#### **MEDICAL MONITOR**

- \_\_\_ Ensure personal safety
- \_\_\_ Perform a visual check of an individual
- \_\_\_ Perform a LOC assessment
- \_\_\_ Evaluate the emergency responders RPE / Borg scale
- \_\_\_ Perform and record vital signs
- \_\_\_ Perform and record SpCO **\*\* if available \*\***
- \_\_\_ Perform and record SpO<sub>2</sub> **\*\* if available \*\***
- \_\_\_ Repeat process based on the individuals medical monitor results  
- refer to the "Region 1 EMS – EIR Medical Monitoring flow chart"

**DOCUMENTATION:**

- Emergency Incident Rehabilitation Report
- Rehab Sector – Company check in / out sheet

**Medical Control Contact Criteria**

- Contact Medical Control for any questions regarding transportation or refusal / release of services

**PRECAUTIONS AND COMMENTS:**

- Treatment is defined as any other care beyond vital signs in this Standing Medical Order
- Refusal / Release of Service is not required unless treatment is done
- No treatment can be done under this Standing Medical Order
- If treatment is required, the emergency responder must be transferred to the treatment / transportation division where regional / local protocols and standard documentation process will be followed

**EIR Program References:**

NFPA 1500, *Standard on Fire Department Occupational Safety and Health Program*, 2007 edition

NFPA 1521, *Standard for Fire Department Safety Officer*, 2002 edition

NFPA 1561, *Standard on Emergency Services Incident Management System*, 2005 edition

NFPA 1583, *Standard on Health-Related Fitness Programs for Fire Fighters*, 2000 edition

NFPA 1584, *Standard on the Rehabilitation Process for Members During Emergency Operations and Training Exercises*, 2007 Edition

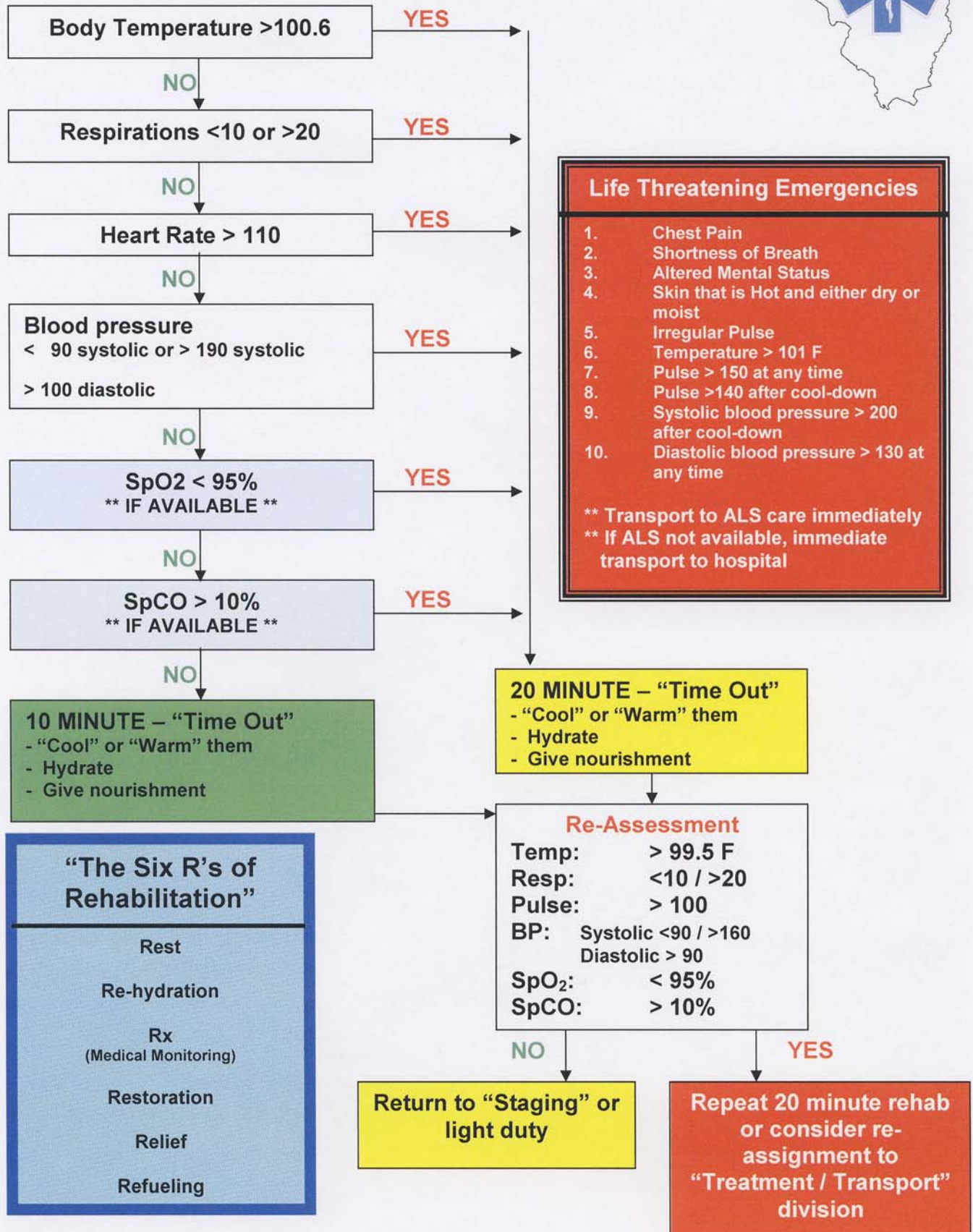
Emergency Incident Rehabilitation, FEMA Publication FA-114 / July 1992  
WAC 296-305-05001

Dickinson EV, Wieder MA: *Emergency Incident Rehabilitation*, ed 2, Upper Saddle River, New Jersey, 2003, Prentice Hall

Sports Drink Studies – Gatorade:

- Vrijens, D.M.J. and Rehrer, N.J. *J Appl Physiol*, 86:1847-1851, 1999.
- Passe, D.H. et al. *Appetite* 35:219-229, 2000.
- Casa, DJ, et al. NATA Position Statement: Fluid Replacement for Athletes. *J Athl Training* 35:212-224, 2000.

# Emergency Incident Rehabilitation Flowchart



# EMERGENCY INCIDENT REHABILITATION REPORT

IDPH Region 1 EMS - MABAS Divisions

**INCIDENT:** \_\_\_\_\_

DATE: \_\_\_/\_\_\_/\_\_\_ TIME START: \_\_\_\_\_ END: \_\_\_\_\_

EIR Division Officer: \_\_\_\_\_

EIR Area Name: \_\_\_\_\_

TIMES	NAME / AGENCY	TEMP	RESP	PULSE	B/P	SpO <sub>2</sub>	SpCO	COMMENTS / CONCERNS	TRANSFERRED TO TREATMENT DIVISION
IN					/				
					/				
OUT					/				
IN					/				
					/				
OUT					/				
IN					/				
					/				
OUT					/				
IN					/				
					/				
OUT					/				
IN					/				
					/				
OUT					/				

**Medical Monitoring Reference:** Body Temperature < 100.6  
 Acceptable Values Respiration 10 to 20  
 (< - less than // > - greater than)

Heart Rate < 110  
 SpO<sub>2</sub> > 95 / SpCO < 10

Blood Pressure: **INITIAL**  
 Sys: >90 & <190  
 Dias: <100

**Re-Assessment**  
 Sys: <90 / >160  
 Dias: <90