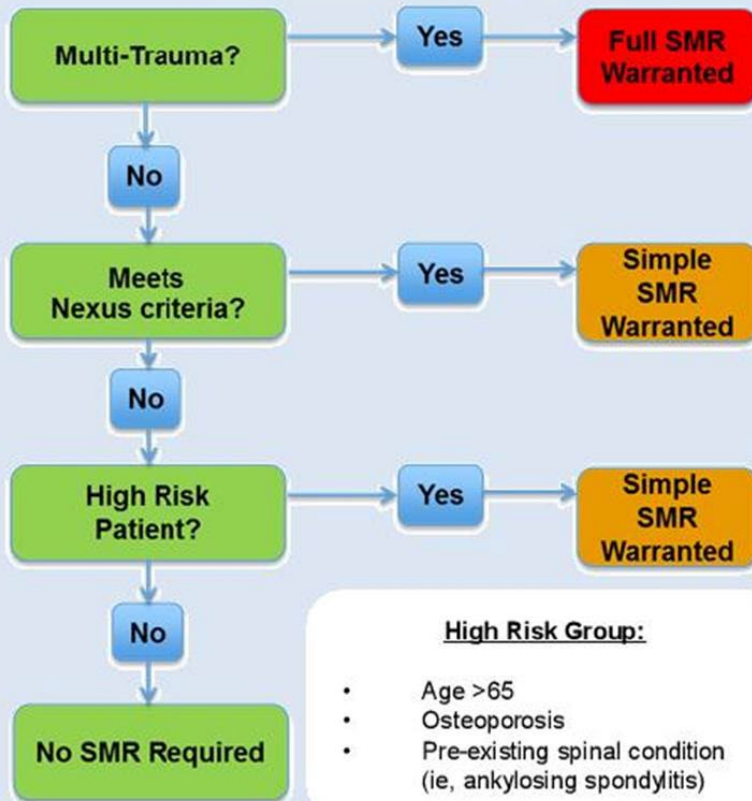




## Powell River First Aid Training

### Adult Cervical SMR Decision Matrix Patients Aged 16 - 65



**Simple SMR:** Cervical collar on – head not taped; patient on mattress not clamshell; head of stretcher up 30° only if head injured

**Multi-trauma:** more than one simultaneous injury, such as multiple bone fractures, major lacerations and damage to internal organs or major blood vessels.

### Modified NEXUS

1. Is there midline tenderness?
2. Is there an altered LOC?
  - Must be alert and oriented x 3 (or 4)
3. Are there new focal neurological deficits?
4. Are they intoxicated?
  - Judgement and pain sensation must be intact
5. Is there a major distracting injury?
  - Significant enough to interfere with their ability to assess pain response when palpating spine

No to ALL FIVE questions – SMR is not warranted.

#### Thoracolumbar Injuries

If the patient does not require SMR as per NEXUS criteria, but has any of the following findings, do **not** sit the patient up or raise the head of the stretcher on the assumption that T/L spine injuries may be present:

- Dangerous mechanism of injury
- Fall from height >3m
- Axial load to head or base of spine
- High speed MVC (>100kph)
- Rollover MVC
- Pre-existing spinal pathology
- New back deformity, bruising, or bony midline tenderness on logroll