NOR-CAL EMS	05-0506	Spinal Motion Restriction
Nor-Cal EMS Policy & Procedure Manual		BLS/ALS Protocols
Effective Date: 10/01/2020		Next Revision: 10/01/2023
Approval: Jeffrey Kepple MD – MEDICAL DIRECTOR		SIGNATURE ON FILE

Authority

Health and Safety Code Division 2.5, California Code of Regulations, Title 22, Division 9.

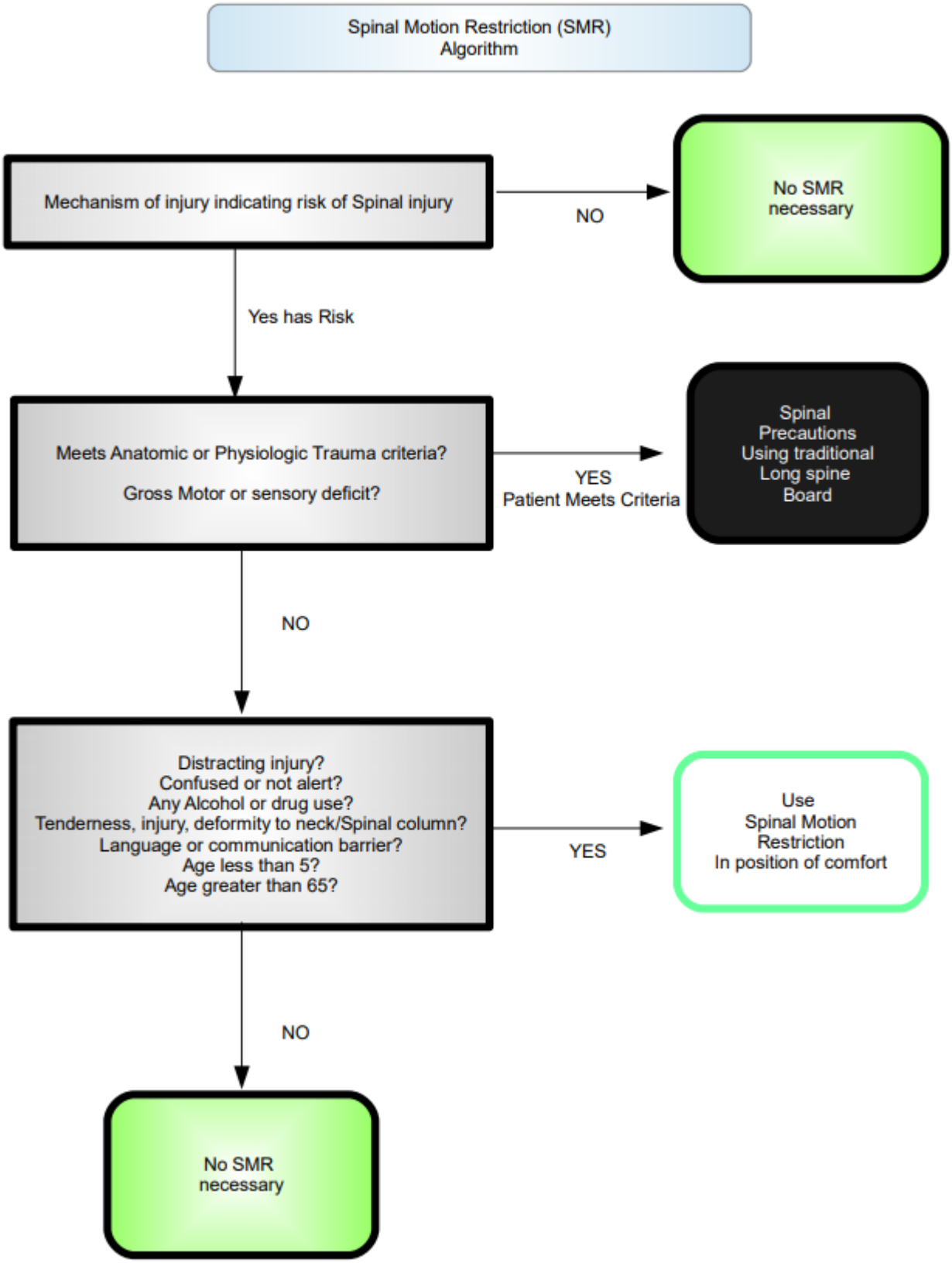
Protocol

Begin with a rapid assessment to determine if Traditional Long Spine board or Spinal Motion Restriction (SMR) or no precautions are necessary.

Spinal Motion Restriction consists of placement of an appropriately sized rigid cervical collar on the patient and placing the patient in a position of comfort.

Important things to consider

1. If patient develops any neck discomfort during after exam or during transport or has changes in CSM - **Apply SMR**.
2. Allow patients that are ambulatory to sit on stretcher in position of comfort.
3. Backboard may be used as mechanism to carry patient (along with Flat, Scoop, or KED) and removed once on the gurney if time allows.
4. While a trauma patient may only need SMR, you may need to carry, then remove from device if time allows (Trauma scene times should be less than 10 minutes if possible).
5. No need to remove Helmets from Football players with pads – unless airway control becomes an issue.
6. Motorcycle, bicycle, ski and other (non-football) helmets should be removed to allow appropriate SMR.
7. Pregnant patients and those with Nausea / Vomiting maybe placed in a lateral position while in SMR with padding to maintain a neutral position.


Spinal Motion Restriction (SMR)
Algorithm
Mechanism of injury indicating risk of Spinal injury
NO
No SMR
necessary
Yes has Risk
Meets Anatomic or Physiologic Trauma criteria?
Gross Motor or sensory deficit?
YES
Patient Meets Criteria
Spinal
Precautions
Using traditional
Long spine
Board
NO
Distracting injury?
Confused or not alert?
Any Alcohol or drug use?
Tenderness, injury, deformity to neck/Spinal column?
Language or communication barrier?
Age less than 5?
Age greater than 65?
YES
Use
Spinal Motion
Restriction
In position of comfort
NO
No SMR
necessary