



ABCDE -Approach



- Airway
- Breathing
- Circulation
- Disability
- Environment/Exposure



ABCDE -Approach



- Algorithm to examine the patient
- Easy to learn
- Easy to remember
- Didactic concept for learning
- Well established and accepted
- Best practice and evidence

A = Airway

- Examination

- Is airway free?
- Blood
- Vomit
- Noises

Measures

- Suction
- Secure airway
- Stabilize cervical spine

B = Breathing

- Examination

- Frequency
- Depth
- Pattern
- Auscultation
- Inspection of thorax
- Cyanosis
- Engorged jugular veins
- Pulse oximetry

Measures

- Apply oxygen
- Assisted or controlled ventilation
- Release tension pneumothorax

C = Circulation

- Examination

- Colour of skin
- Pulse / heart rate
- Recap-time (<2sec)
- Internal/external bleeding
 - Expose the patient
 - Check abdomen, pelvis and femur

Measures

- Bleeding control
- Pelvic sling
- If necessary, prudent volume therapy

D = Disability

- Examination

- Pupils
- AVPU
- GCS
- Sensibility

Measures

- Position the patient as indicated
 - Upper body position
 - Rescue position
 - Flat
- Immobilisation if indicated and not yet done



E = Environment/Exposure



- Examination

- Expose the patient
- Check temperature
- Evaluate SAMPLE

Measures

- Respect patient privacy
- Warmth management
- Evaluate situation at the site for further treatment