



Patient Stabilization

First-Hour Priorities

"ABCD₃E₃ PITCHER"

<u>Code</u>	<u>Meaning</u>	<u>GOALS TO BE MET IN FIRST HOUR</u>
A	Airway	Self-maintained or Endotracheal tube (LMA interim OK).
B	Breathing	SpO ₂ ≥ 90% & PaCO ₂ controlled & Work of Breathing OK. PaCO ₂ : TBI 5±0.2kPa. Lung Protection: up to 7kPa. Pneumothoraces, haemothoraces drained.
C	Circulation	MAP 65-70mmHg (80-85 if raised ICP) & Normal Sinus Rhythm (& CI >2.2 l/min/m ² if measurable). Adequate vascular access.
D	D1 "Dextrose"	Blood glucose 5.0 - 9.9 mmol/l.
	D2 "DO ₂ "	Lactate falling due to interventions (review 4-hourly).
	D3 "Disability"	Baseline neurological examination (GCS, Cr Nn, Limbs).
E	E1 "Envenomation"	Identify toxidromes, give antidotes, protect HCPs.
	E2 "Environmental"	Remove and reverse environmental hazards.
	E3 "Exposure"	See all parts of body, full examination.
P	Pain & Panic	Effective analgesia ± anxiolysis ⇒ Comfortable patient.
I	Infection	Cultures taken & empiric antimicrobials given. ±Drainage.
T	Temperature	Post Cardiac Arrest 36.5°C; Trauma 37.0-37.5°C; Brain injury 37.0°C (not higher); Sepsis < 39.6°C.
C	Clotting	Stop bleeding: Platelets > 50, INR < 1.5; Fibrinogen > 2. Anticoagulate (ACS, PTE): enoxaparin ±aspirin±clopidogrel
H	Haemoglobin	Not shocked: 7.0g/dl. Shocked: 8.0g/dl. ACS: 10.0g/dl.
E	Electrolytes	Correction in progress: K ⁺ 3.5-5.5. Mg ²⁺ 1.0-1.5. Na ⁺ > 120. Ca ²⁺ > 0.8. (All mmol/l)
R	Rehydration	Default 1ml/kg/hr. Rehydration 4ml/kg/hr *4 hours. Keep up with measurable ongoing losses.