

Australian College of
Rural & Remote Medicine
WORLD LEADERS IN RURAL PRACTICE



COLLEGE STANDARDS

Recommended Minimum Standards
for small rural hospital emergency departments

June 2016



Foreword

These recommendations are to assist small rural hospitals in working towards being adequately equipped and resourced to initially manage any presentation to their Emergency Department. These standards are viewed as **minimum** requirements for such hospitals.

There are many factors that will influence the need for additional resources to be part of any particular Emergency Department's design and function. These include:

- Proximity to, or geographical isolation from, larger and more well-resourced facilities
- Availability of retrieval services and limitations imposed by weather, time of day, geography and operational issues.
- Training and experience of local medical, nursing and other health professionals
- Local, Regional and State policies, protocols and guidelines
- The projected population size, and specific health needs of the local population
- Seasonal variation in numbers of patients presenting to the Emergency Department

It is acknowledged that all health systems are constrained by budgets with many competing demands for the available finances. As such, these recommendations are not made with the intention of there being any specific time frame for implementation, but rather being a guide that will inform future planning and development and service delivery.

Finally, these recommendations will be subject to ongoing peer and College review that reflects current best practice, evidence based medicine and evolving clinical service delivery.

College Position

These standards are developed on the understanding that people living in rural and remote areas should have timely access to emergency care of an acceptable standard. The 'gold standard' for safe, quality emergency care lies at the intercept of in-time access to services, and adequate resourcing with appropriately skilled staff. Decisions regarding resourcing as well as clinical quality and safety frameworks should always give due consideration to the risk to rural and remote patients of no service or delayed access to distant services.

Definitions

A 'Small Rural Hospital Emergency Department' is broadly defined as that within MMM areas 4-7. MMM4 would be a town of up to 5,000 - 15,000 people. Larger MMM4 towns with associated catchment area would anticipate Emergency Department presentations of approximately 10,000 per year.

General principles

An Emergency Department must have the following basic elements:

- Suitably trained nursing staff available 24 hours a day, seven days a week.
- A triage process whereby patients are allocated priority based on clinical need.
- A daily roster of medical staff available in house or on call 24 hours a day, seven days a week.



- Dedicated facilities to manage emergency presentations including a dedicated resuscitation area with appropriate equipment to provide advanced paediatric, adult and trauma life support prior to transfer to definitive care.
- A formal structure in place to be able to access specialty advice 24 hours a day, seven days a week.
- A formal structure in place to be able to access appropriate retrieval services 24 hours a day, seven days a week.

Physical environment

- The Emergency Department is clearly signed with direct access for disabled patients and those arriving by private vehicle or ambulance.
- A means for patients/carers to summon hospital staff when the Emergency Department does not have 24 hour staffing.
- At least one room designated as the “Resuscitation” room (that may be used for other purposes but can instantly be made available for the assessment and management of serious, and potentially serious patients).
- The Resuscitation room has minimum of 25m² area and allows unimpeded entrance and exit for patient trolley to/from ambulance parking bay and helicopter landing area (if available)
- The room layout is sufficient to allow unimpeded staff circulation around the full 360 degrees of the patient trolley.
- A suitable dedicated patient trolley with hydraulic or electric assisted position adjustment, IV pole, portable oxygen and compatible with local Xray imaging.
- Transfer slide or sheet compatible with ambulance trolleys and hospital beds
- A minimum of two suction outlets, two oxygen outlets and eight General Power Outlets.
- Where possible, all power/medical gas/suction/patient monitoring lines etc come from a single point of origin (e.g. back wall or overhead pendant).
- Adequate shadowless room lighting (to AS/NZS standard) with separate overhead 360 degree mobile light source for direct illumination for procedural work.
- Sufficient in-room organised storage space for all resuscitation, medical and ancillary equipment that limits need for staff to exit room to obtain necessary items.
- Organisation of equipment required for urgent adult/paediatric use by designated drawers/colour coding/wall mounted “shadow board” or similar to allow rapid sourcing by all staff. (In smaller hospitals, resuscitation equipment and associated pharmaceuticals may be best organised in a “crash trolley” for use in areas outside the Emergency Department.)
- Wall mounted white board for documentation.
- Wall mounted clock
- Minimal delay automatic back-up generator to supply power for all resuscitation room requirements
- Separate battery back up/Uninterruptable Power Supply for emergency lighting

Personnel

- A clearly defined and simple system for locating and calling in additional local medical, nursing and ancillary staff.
- A minimum of three health personnel available on site (or close call) with authority to activate call-in procedures, triage and provide immediate Basic Life Support.
- Medical



- A designated Emergency Department Team Leader with overall responsibility for orientating new/locum medical staff as well as liaising with local Hospital/Nursing administration on the delivery of Emergency Medicine services within the hospital (In smaller facilities, this may be the Director of Medical Services or a GP VMO).
- This doctor is also responsible for liaising with the Regional Health Authority/Clinical Network (or however designated) for those over-arching issues necessary for delivery of safe and sustainable emergency services.
- At all times, the ability to contact at least one other medical practitioner with Emergency/Resuscitation skills (In solo doctor towns this may be a doctor in a neighbouring town, RFDS doctor, regional Emergency Department, Retrieval service or via Telehealth services)
- Nursing
 - A dedicated Emergency Department Nursing Team Leader with similar nursing and liaison roles as Medical Team Leader.
 - Delegates to senior nurse on duty for 24 hour cover.
- Ancillary staff
 - A minimum of one other staff member on site with certification in Basic Life Support and familiarity with hospital policies and procedures.
 - Access to local ambulance personnel (or other emergency services personnel - may be volunteer) with agreed protocols to supplement hospital personnel as dictated by clinical need.

Standing orders/Policies/Protocols

- Prominently displayed or immediately accessible resuscitation guidelines for adult, paediatric and neonatal BLS/ALS algorithms, Anaphylaxis, Choking.
- Immediately accessible documentation of pathways/protocols for urgent clinical management (e.g thrombolysis protocol, Failed intubation pathway, Severe asthma, Acute Pulmonary oedema, Burns management, Massive Transfusion protocol (if access to blood products))
- Documented multi agency Mass Casualty Plan part tested at least annually. (Mass Casualty defined as *“Any number of casualties produced in a relatively short period of time that exceeds local clinical and logistic support capabilities of the Hospital”*).
- Documented and regularly updated manual of clinical pathways for commonly presenting, but potentially serious medical conditions e.g. Acute Coronary Syndrome, Stroke, Chronic Obstructive Pulmonary Disease
- Documented and regularly updated manual of pharmacological agent storage, preparation and administration
- Documented and regularly updated manual of medical equipment use and trouble shooting.
- All the above to be consistent with local/regional health authority/clinical network practices and supported by regular in service training (at least annually).
- An agreed and clearly documented debrief and audit process for regular and systematic review of all serious cases/resuscitation/deaths/adverse events with input from appropriate health professional staff including regional referral centre.
- A clearly documented Security Response Plan, utilising appropriately trained in house staff (and external resources if required) to maintain a safe environment for patients, staff and visitors.

Lines of communication/referral/advice/distant support/resources

- Dedicated hands-free telephone in Emergency/Resuscitation Room



- Prominently displayed telephone numbers and Direct dialling to Regional Emergency Physician/Retrieval Service/Advice line/Poisons Information etc. (as dictated by local, regional or state systems)
- Dedicated ED computer/fax/printer hardware with unrestricted internet/email access. This also requires local jurisdiction protocols for accessing medical records (including My Health Record) as well as receiving/sending/storing patient information/images to/from other health providers.
- In house access (preferably located in Emergency/Resuscitation Room) to Telehealth videoconferencing facilities and ability to transmit clinical images in real time
- An alarm system to summon additional hospital staff in the event of sudden patient deterioration/overwhelmed resources.
- In house reference material in readily accessible electronic or hard copy format e.g. Australian Medicines Handbook, Therapeutic Guidelines series, ACRRM Clinical guidelines, Royal Children's Hospital guidelines, Cameron et al *Textbook of Adult Emergency Medicine*, *Textbook of Paediatric Emergency Medicine*.
- Readily accessible patient information sheets for commonly presenting conditions, available for distribution by hospital staff and written in plain language relevant to local cultural and literacy requirements.

Diagnostic and monitoring equipment**

- Point of care diagnostic pathology testing that includes:
 - basic quantitative haematology, biochemistry and serology
 - Fingerprick blood glucose and ketones
 - Basic urinalysis including β hCG
 - Breath alcohol analysis
- Mobile Digital Xray unit capable of chest and limb imaging (and availability of appropriately trained staff)
- Digital camera for clinical photographs (and jurisdiction specific protocols for storage and transmission of images)
- Mobile diagnostic ultrasound unit with image storage capability*
- 12 lead ECG machine (preferably with store capability)
- Portable or wall mounted ophthalmoscope/otoscope set
- Portable or wall mounted blood pressure monitor
- Standard thermometers and at least one thermometer capable of reading low temperatures
- Portable or wall mounted patient monitor capable of displaying continuous vital signs including
 - Pulse
 - Blood Pressure
 - Oxygen saturation
 - ECG wave form
 - End tidal CO₂* (Disposable colourimetric CO₂ indicator is an acceptable alternative)
 - Temperature



Medical procedural and treatment resources ***

- A suitable cardiac monitor/defibrillator that incorporates AED, synchronisation and pacing capability (and 24 hour availability of staff trained in the use of this equipment) and associated pads/leads/cables.
- Airway requirements
 - full range of adult and paediatric oro-pharyngeal airways
 - Adult and paediatric rigid and flexible suction catheters
 - At least two suction points (either plumbed with medical gases or separate high volume electrical suction apparatus) and separate from any other manual or venturi operated suction devices.
 - A full range of adult and paediatric naso-pharyngeal airways
 - A full range of adult and paediatric laryngeal masks
 - A full range of adult, paediatric and neonatal endotracheal tubes
 - Adult and paediatric bougies and introducers
 - Adult and paediatric Magill forceps
 - Two laryngoscopes with interchangeable adult, paediatric and neonatal blades
 - A simple video laryngoscope system in addition to the above equipment*
 - Adult and paediatric percutaneous cricothyroidotomy kits
 - Surgical cricothyroidotomy set (Disposable scalpel, tracheal spreader/artery forceps, bougie, Size 6 endotracheal tube, gauzes)
 - Associated lubricant, connectors, tubing, securing devices
- Respiratory support requirements
 - Adult and paediatric non-rebreather oxygen masks
 - Adult and paediatric nasal cannulae
 - Adult and paediatric nebulisation masks
 - Adult, paediatric and neonatal Bag-Valve-Mask assemblies with full range of mask sizes
 - Portable ventilator with CPAP/BiPAP capability and suitable for both adult and paediatric requirements***
 - Directly plumbed or portable cylinder supply of oxygen, medical air, and Nitrous Oxide capable of maintaining prolonged high volume requirements
 - Associated connectors, tubing, filters
 - Pneumothorax set including full range of intercostal catheters, fine wire guided catheter, aspiration set and associated non-return underwater seals and flutter valves
- Circulatory requirements
 - Full range of peripheral IV cannulae
 - Intra-osseous cannulae (manual or power driven)
 - Multi lumen central venous line insertion kit
 - Rapid infusion exchange catheter
 - Associated giving sets, lines, 3 way taps, securing tapes etc
 - In line IV pump sets – manual and electronic
 - In line warming device or warm fluid storage
 - Paediatric burettes
 - Adequate supplies of appropriate IV resuscitation, maintenance and infusion fluids
 - 0.9% Normal saline (NaCl)
 - 5% Dextrose
 - 0.9% normal saline/5% Dextrose (or other suitable paediatric maintenance fluid as per local/regional guidelines)
 - Saline/glucose/potassium adult maintenance fluid as per local/regional guidelines



- Paediatric specific requirements
 - Readily accessible paediatric flowcharts, percentile charts, guidelines and protocols
 - Paediatric pharmacopeia and calculator
 - Broselow tape (or similar rapid measure system)
 - Nasal administration devices/atomisers
 - Infant scales
- Obstetric and Gynaecological
 - Delivery bundle (drapes, obstetric lubricant, cord clamp, scissors, Foetal heart doppler)
 - Vaginal speculae and light source
- Neonatal set (warming blankets/heater, meconium aspirator, small suction catheters, cord blood sample tubes)
- Musculoskeletal requirements
 - Adult and paediatric semi-rigid and soft cervical collars
 - Adjustable lower limb traction splint
 - Upper limb slings and splints
 - Pelvic binder
 - Suitable plaster or fibreglass casting material and associated soft underlay
 - Cast cutter and spreaders
- ENT and Ophthalmological requirements
 - Head torch/binocular magnifying glasses
 - Nasal speculae
 - Otoscope
 - Nasal packing system for both anterior and posterior packing
 - Fine alligator forceps, blunt hook/probe
 - Fine suction catheters
 - Silver nitrate sticks
 - Slit lamp*
 - Ophthalmoscope
 - Alger brush and burrs
- Dental requirements
 - Emergency Dental Handbook for Medical Practitioners
 - GC Fuji IX kit powder + liquid
 - Dycal Cs(OH)₂ base + catalyst
 - Plastic cement spatula
 - SS double ended spatula
 - Microbrush applicators
 - disposable dental mirrors
 - surgicel or Kaltostat
 - 500mg Tranexamic acid tablets (to make 5% solution for intra-oral haemorrhage control)
 - Bupivacaine 0.5%
- Urological requirements
 - Bladder scanner (if ultrasound unit not available)
 - Full range of Foley catheters
 - Multi-lumen irrigation catheters
 - Suprapubic catheter set
 - Lignocaine gel/lubricant
 - Associated connectors, measuring and collection bags
- Gastro-enterological requirements
 - Range of Oro-gastric and naso-gastric tubes



- Proctoscope and light source
- Wound care
 - Skin cleaning/Irrigation fluids – saline, chlorhexidine, iodine
 - Range of dressings including specialised burns care (non-stick gauze and plastic cling film)
 - Suture sets and range of common size suture material - absorbable and non-absorbable
 - Tissue glue
 - Surgical instruments – disposable scalpels, large and small needle holders, large and small scissors, large and small artery forceps, toothed and non-toothed tissue forceps
- Miscellaneous requirements
 - Assorted Syringes, syringe labels, needles for injection
 - Personal protective equipment – gloves, goggles, masks, waterproof aprons, gowns
 - Weight scales
 - Large scissors for clothing removal
 - Battery powered vacuum for safe removal of broken glass/foreign material
 - Miscellaneous tools to aid foreign body removal – ring cutter, pliers, wire cutter, bolt cutter

Pharmaceutical supplies

(NB: some pharmaceuticals are listed in multiple categories)

- Resuscitation/cardiac
 - Adrenaline 1:1000
 - Amiodarone
 - Atropine
 - Aspirin
 - Clopidogrel
 - Ticagrelor
 - GTN spray or sub-lingual, topical and IV
 - Frusemide
 - Magnesium
 - Adenosine
 - Metoprolol
 - Digoxin
 - Calcium gluconate
 - Tenecteplase
 - Enoxaparin
 - Unfractionated heparin
- Other agents
 - Antibiotics
 - Penicillin
 - Clindamycin
 - Amoxycillin
 - Flucloxacillin
 - Piperacillin/Tazobactam
 - Cephazolin
 - Ceftriaxone
 - Metronidazole
 - Gentamicin
 - Vancomycin
 - Doxycycline



- Acyclovir
- Inotropes/Vasoconstrictors
 - Adrenaline
 - Noradrenaline
 - Metaraminol
- Induction agents/sedatives
 - Midazolam
 - Propofol
 - Ketamine
- Neuromuscular blockers
 - Suxamethonium
 - Rocuronium
- Metabolic agents
 - Glucagon
 - Short acting insulin
 - 50% Dextrose
 - Sodium Bicarbonate
 - Potassium Chloride (KCl)
- Analgesics
 - Morphine
 - Fentanyl
 - Ketorolac
 - Oral Oxycodone
 - IV Paracetamol
 - Minor analgesics
 - Paracetamol (oral and rectal)
 - Ibuprofen
 - Non-steroidal anti-inflammatory drugs
 - Paracetamol/codeine combinations
- Anti-emetics
 - Metoclopramide
 - Ondansetron
 - Droperidol
 - Prochlorperazine
- Respiratory
 - Salbutamol (MDI, nebuliser and IV)
 - Ipratropium
 - Prednisolone
 - Hydrocortisone
 - Dexamethasone
- Gastro-intestinal preparations
 - Oral antacid
 - Esomeprazole (or other PPI)
 - Activated charcoal
 - Octreotide
- Anti-convulsants
 - Midazolam
 - Phenytoin
- Anti-psychotics/anxiolytics/sedatives



- Olanzapine
- Ketamine
- Droperidol
- Haloperidol
- Chlorpromazine
- Diazepam
- Ophthalmological and ENT preparations
 - Oxybuprocaine ocular drops
 - Fluorescein ocular drops
 - Atropine or short acting mydriatic ocular drops
 - Chloramphenicol drops and ointment
 - Dexamethasone ocular drops
 - Steroid + antibiotic otic drops
 - Co-phenylcaine spray
 - Lignocaine spray
- Haemostasis
 - Tranexamic Acid
 - Other Blood products* (e.g. Fresh Frozen Plasma, Group O Rh negative blood, Platelats, Prothrombinex) as determined by regional/state guidelines.
- Toxinology
 - Naloxone
 - Flumazenil
 - N-acetylcysteine
 - Vitamin K
 - Dantrolene*
 - Antivenom* (relevant to local geographical area and regional/state guidelines)
- Obstetric and gynaecological
 - Syntocinon
 - Ergometrine
 - Anti D
- Local anaesthetics
 - 1% and 2% lignocaine
 - Lignocaine + Adrenaline
 - Ropivacaine
 - Topical Amethocaine/Lignocaine/Adrenaline solution
 - Topical Lignocaine/Prilocaine cream or patch (EMLA)

Notations

* This item/equipment is recommended for larger emergency departments with 10,000 or more patient attendances per annum.

**Where possible, any new equipment purchased should be consistent with that used by local ambulance or retrieval service

***Where possible, medical procedural equipment should be packaged as a bundle with all requirements for that procedure, or purchased as a single use kit with long shelf life.



AKNOWLEDGEMENTS

The College would like to thank the many members who provided valuable contributions to this project and acknowledge their role as the national arbiters of the practice of rural generalist emergency medicine. We would especially like to acknowledge:

- Dr Peter Arvier FACRRM
- A/Prof Bruce Chater FACRRM
- Dr Aniello Iannuzzi FACRRM
- Dr Peter McInerney FACRRM
- Vasilios Nimorakiotakis (Bill Nimo) FACRRM (Hon) FACEM