

SAN DIEGO FIRE-RESCUE DEPARTMENT PERSONNEL REHABILITATION (Rehab) PACKAGE

VITAL SIGN PROCEDURES:

Vital signs shall be taken on all personnel who are rotated through Rehab. Personnel are to rest and re-hydrate 15-20 minutes before assessment in Rehab. If the vital signs are determined to be outside of established guidelines, additional rest and hydration shall be instituted. After a minimum of ten additional minutes, the fire fighter will be re-evaluated. If the vital signs are still outside of the guidelines, an additional ten minutes of rehab will be provided. After a third and final evaluation, the firefighter's disposition will be established.

VITAL SIGN PARAMETERS:

Any of the following vital signs require additional time and/or assessment in rehab:

1. Signs or symptoms that suggest a need for further medical evaluation including (but not limited to) light-headedness, headache, dizziness, confusion, altered level of consciousness, chest pain, or abdominal pain.
2. Pulse > 100/min, symptomatic bradycardia, irregular heartbeat, etc.
(All Pulses shall be measured manually)
3. Respirations > 30/min
4. Blood Pressure: systolic > 160 or < 100 or diastolic >100
5. Temperature (oral or tympanic) > 101 F

It is important to emphasize that these assessment guidelines are only indicators and may not indicate that a medical problem exists. These parameters are established to aid rehabilitation evaluators and to increase the level of protection for personnel. Medical decisions are made on a case-by-case basis with the fire and rescue personnel's welfare in mind.

SEAL COMPLETED FORMS IN THIS ENVELOPE AND SEND TO:

HUMAN RESOURCES



DISPOSITION OF PERSONNEL WITH A CHIEF COMPLAINT OR VITAL SIGNS OUTSIDE ESTABLISHED PARAMETERS:

1. The following should occur if SDFD personnel have a chief complaint:
 - a. Medical management of the patient shall be under the direction of the Rehab/Medical Officer until the responsibility is transferred to appropriate personnel.
 - b. A paramedic ambulance is requested through the Incident Commander (IC) if ambulance transport is most appropriate.
 - c. Patient is transported to an appropriate facility, including a hospital, trauma center, burn center; the City's contracted industrial health facility or the employee's "physician of record."
2. The Rehab/Medical Officer or designee shall contact a Base Hospital to receive direction if a medical decision is required. This direction may include:
 - a. Consultation to allow fire personnel to return to active duty if they have a pre-existing benign condition and they do not request medical attention.
 - b. Compliance with County of San Diego EMT-P Base Hospital Contact Policy.
3. Medical decisions are on a case-by-case basis with the fire and rescue personnel's welfare in mind. The IC shall also be informed of consultations with a Base Hospital.
4. Once determined medically "Unfit For Duty" by the Medical Officer and IC, clearance from a city-contracted industrial health physician or the employee's physician of record must be received prior to the SDFD personnel/patient returning to duty.

San Diego Fire & Rescue

REHABILITATION REPORT

DATE: _____

INCIDENT NUMBER: _____

INCIDENT TYPE: _____

ADDRESS: _____

REHAB OFFICER: _____

MEDICAL OFFICER: _____

REHAB MEDICAL UNITS:

<u>AMBULANCE COMPANY</u>	<u>UNIT#</u>	<u>PERSONNEL</u>
<u>SDMSE</u>	_____	<u>/</u>
_____	_____	<u>/</u>

FIRE UNITS:

ALARM 1st _____

2nd _____

3rd _____

Strike Team # _____

Strike Team # _____

Strike Team# _____

COMMENTS: _____
