



THE LETHAL TRAUMA TRIAD



WHAT DOES IT CONSIST OF? HOW CAN WE PREVENT IT?

AN **ARTICLE 999** SUMMARY OF **GERECHT'S 2014 JEMS** ARTICLE:
[HTTPS://WWW.JEMS.COM/PATIENT-CARE/TRAUMA-S-LETHAL-TRIAD-HYPOTHERMIA-ACIDOSIS/](https://www.jems.com/patient-care/trauma-s-lethal-triad-hypothermia-acidosis/)

1

HYPOTHERMIA

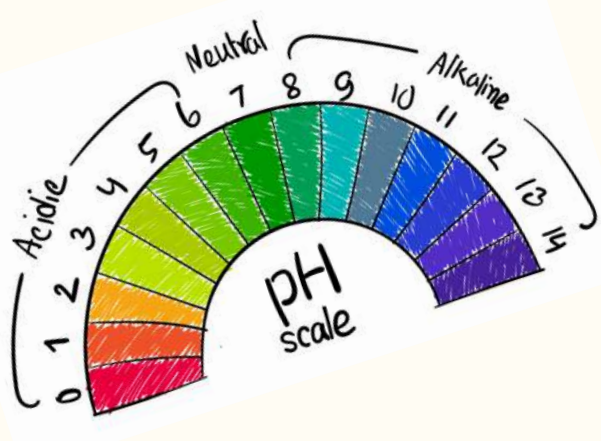
Caused by shock, brain injuries, environment, fluid administration. Contributed by pre-existing medical conditions or age.



2

ACIDOSIS

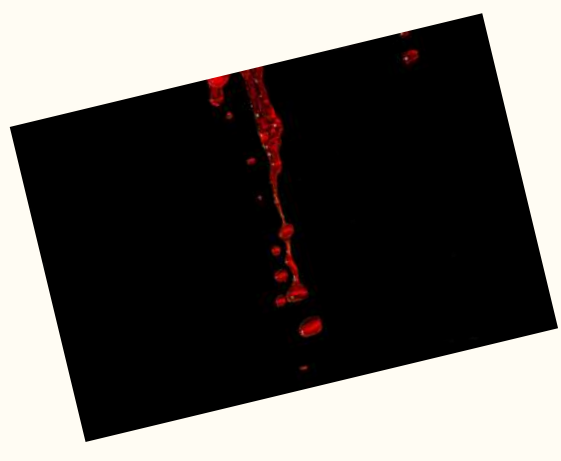
Caused by poor perfusion, with primary causes including blood loss - > anaemia, vasoconstriction due to hypothermia. Also caused by excess use of normal saline or hypoventilation (respiratory acidosis) due to a variety of conditions.



3

COAGULOPATHY

Caused by blood loss that is ongoing, or/and excess crystalloid administration. Contributed by pre-existing medical conditions i.e. anticoagulants.



TREATMENT + PREVENTION

1

STOP BLEEDING

PRESSURE.

TXA.

SEARCH FOR SOURCES YOU MAY HAVE MISSED.

2

MONITOR OXYGENATION

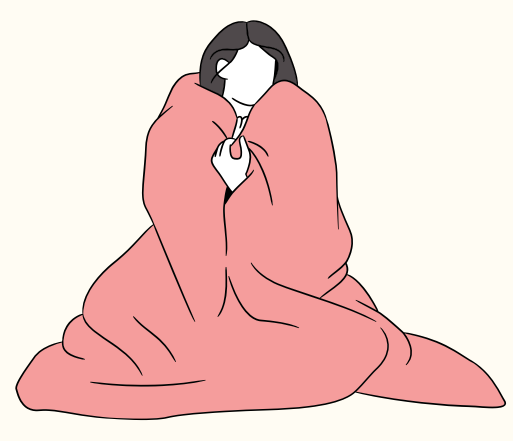
- SPO2
- END TIDAL
- IS YOUR PATIENT HYPOVENTILATING? TREAT THE CAUSE.

3

PROVIDE WARMTH

AND PREVENT FURTHER HEAT LOSS & ENVIRONMENTAL EXPOSURE.

CONSIDER WARM FLUIDS.



4

LIMIT FLUID ADMINISTRATION

IF YOUR PATIENT IS BLEEDING, THEY NEED BLOOD.

CONSIDER PERMISSIVE HYPOTENSION.



...AND DON'T FORGET TO CHECK THE LACTATE (IF YOU HAVE THE RESOURCES).