

# Damage Control Orthopaedic Trauma Surgery

## Day 1

Time	Session
0815 – 0830	Faculty meeting
0830 – 0845	<b>Introduction</b>
0845 – 0900	<b>Lecture: Lessons from war</b>
0900 – 0930	<b>Lecture: Damage Control concepts</b>
0930 – 1015	<b>Demonstration: Crew resource management</b> DCR/DCO simulation
1015 – 1030	Refreshments
1030 – 1140	<b>Practical</b> Open tibia – principles of debridement Primary haemorrhage – tourniquet use Excise, extend, explore – clock face system Application of tibial external fixator to RIGHT TIBIA Perform 4 compartment fasciotomy
1140 – 1255	<b>Practical</b> Open distal LEFT femoral with vascular impairment/bleeding Different approach to arterial bleeding vs arterial insufficiency Haemorrhage control options – limitations of tourniquet use Demonstration of vascular anatomy Spanning external fixator across knee Priorities, eg control vessel, fasciotomy, shunt, exfix, definitive repair Temporary vascular shunt to femoral artery
1255 – 1345	Lunch
1345 – 1405	<b>Lecture: Thoracic injury</b>
1405 – 1505	<b>Practical</b> Rib plating
1505 – 1520	Refreshments
1520 – 1630	<b>Practical</b> Clamshell thoracotomy Shoulder/neck junctional haemorrhage control: control of bleeding at the shoulder girdle
1630 – 1645	<b>Wrap up</b>

1645 – 1700 Faculty meeting

## Day 2

Time	Session
0815 – 0830	Registration and refreshments
0830 – 0835	<b>Introduction</b> Reflection on day 1 and introduction to day 2
0835 – 0855	<b>Lecture: Damage Control concepts</b>
0855 – 0935	<b>Interactive session: Early appropriate care (EAC) and decision making</b>
0935 – 0950	Refreshments
0950 – 1120	<b>Practical</b> Distal humerus fracture with brachial artery injury and compartment syndrome Management priorities in the polytrauma patient including use of tourniquet Brachial artery exploration Review forearm compartment anatomy Two incision forearm fasciotomy Spanning external fixator LEFT elbow The mangled hand (discussion)
1120 – 1215	<b>Lecture: when things go bang – blast and ballistics injuries</b>
1215 – 1315	Lunch
1315 – 1530	<b>Practical</b> Pelvic bleeding: binder application – self/cadaver Extraperitoneal pelvic packing Pelvic Exfix application Exposure and control of iliac vessels
1530 – 1600	<b>Refreshments and wrap up</b> How this course has changed you, and other reflections