

Differences Between Icelandic and American First Aid & Wilderness Medical Protocols

Anaphylaxis summary:

Same as English protocols (use epinephrine, etc.) except that:

1. Use 0.5 not 0.3 mg epinephrine per dose
2. In place of diphenhydramine (Benadryl®), use
 1. 2 mg klemastini (clemastine) (Tavegyl®) with
 2. 300 mg ranitidine (Zantac®) in tablets by mouth every 4-6 hours
3. In place of prednisone, use prednisolone (Decortin®) tablets 40-60 mg

Asthma summary: Same as English protocols except that in place of prednisone, use prednisolone (Decortin®) tablets 40-60 mg

Medications: Decortin H: Anti-inflammatory. Trade name for prednisolone sold in Iceland
Tavegyl is a trade name for the antihistamine clemastine (klemastini).

Zantac is a trade name for ranitidine, an antihistamine effective against hives (also used as an antacid).

Wound Management: Generally don't removed impaled objects, unless there's a problem (like causes difficulty in transport or can't immobilize safely).

BLS resuscitation (European Resuscitation Council, vs. American Heart Association):

5 initial breaths for a submersed, non-breathing patient

Back blows over abdominal thrusts