



CARPA Standard Treatment Manual

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Coordinating Editor
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CARPA STM

- Standard Treatment Manual - 1992
- A clinic manual for primary health care practitioners in remote and rural communities in Central and Northern Australia
- Single multidisciplinary tool – doctors, remote area nurses, Aboriginal health workers, Allied health professionals

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Where we have come from



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Progress to date – 5th Edition

- Introduction
- 92 clinical and health promotion protocols
 - Emergency and assessment
 - Child Health
 - Mental Health
 - Chronic Diseases
 - Sexual Health
 - General Topics
- Reference section

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Progress to date – 5th Edition

- Blue covers
- Being laid out for publication
- Anticipated available October/November 2009

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Protocols

<p>1 - Emergency and assessment</p> <ul style="list-style-type: none"> Emergency DR ABC Abdominal pain Anaphylaxis Anxiety over the phone Assessing or treating in custody Bites Burns Chest pain Fits Injuries Low blood glucose Marine bites and stings Medical consultation for evacuation Meningitis Nausea and vomiting Near hanging Nose bleed Poisoning Unconscious person <p>2 - Child Health</p> <ul style="list-style-type: none"> Anaemia Breathing problems Chest infection – 2 months to 5 years Chronic obstructive lung disease Asthma Child growth & development Diarrhoea Ear and hearing problems Rashes Sexual abuse and assault Sick babies under 2 months Urine problems – 2 months to 12 years 	<p>3 - Mental health and drug problems</p> <ul style="list-style-type: none"> Mental health assessment Mental health emergency Aggressive people Anxiety Confusion – delirium and dementia Depression Family and domestic violence Grief and loss Psychosis Suicide risk Transport – people who may be violent Alcohol information Alcohol problems - acute Amphetamines and other stimulants Cannabis Kava Petrol and solvent sniffing <p>4 - Chronic Diseases</p> <ul style="list-style-type: none"> Adult health checks Brief interventions Messages for healthy food choices, physical activity, size and weight Taking medicine and giving advice Tobacco information Interpreting results Assessing & reducing cardiovascular risk Combined checks for chronic diseases Abnormal blood tests (lipids) Chronic coronary artery disease Diabetes Heart failure High BP (hypertension) 	<p>5 - Sexual Health</p> <ul style="list-style-type: none"> HIV/AIDS Sexually transmitted infections (STIs) in men <p>6 - General topics</p> <ul style="list-style-type: none"> Bone infection (osteomyelitis) Breathing problems Chest infection – over 5 years and adults Chronic lung disease Asthma Chicken pox and shingles Contail and sea cuts Dental and oral problems Disability Eye problems Head lice/Head Hepatitis Incontinence Joint problems Joint sprains and strains Legionary Melioidosis Pain management Paintful scutum (ball bag) Palliative care Rectal bleeding Rheumatic fever and heart disease Skin conditions Sore throat Tetanus immunisations – when to give Tuberculosis (TB) Urine problems – over 12 years and adults Worms
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Protocol changes

- Wherever practical, protocols follow the format of
 - Ask – getting the person's story (subjective assessment)
 - Check – observations, assessment and tests to help establish diagnosis (includes previous headings such as look, feel, listen)
 - Do – treatments or interventions
 - Follow up – ongoing care or actions
- Information about medicines included in *Antibiotics doses table* has not been repeated in the text
- All respiratory protocols (chest infection, asthma, chronic suppurative lung disease or chronic lung disease) are group together following the *Breathing problems* protocol in Child health or General topics
- Mental health and drug problems – rearranged so that mental health protocols are together, then drug related protocols
- Chronic disease protocols – cardiovascular risk approach has been taken, rearranged so lifestyle issues are together, then cardiovascular risk, then disease specific protocols

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New protocols

- Low blood glucose* – Emergency and assessment
- Breathing problems in children* – Child health
- Child growth and development* – Child health – replaces *Child growth and malnutrition*, includes developmental issues
- Sick babies under 2 months* – Child health – replaces *Babies less than 3 months old who are sick*
- Rashes* – Child health – includes *Measles*
- Amphetamines and other stimulants* – Mental health and drug problems
- Messages for healthy food choices, physical activity, size and weight* – Chronic diseases – replaces *Healthy choices for food and activity* and *Healthy weight for adults*
- Interpreting results* – Chronic diseases
- Assessing and reducing cardiovascular risk* – Chronic diseases
- Combined checks for chronic diseases* – Chronic diseases
- Joint problems* – General topics – replaces *Joint infection (septic arthritis)*, includes other swollen, painful joint presentations
- Joint sprains and strains* – General topics – replaces *Sports injuries*
- Leprosy* – General topics
- Pain management* – General topics – includes *Paracetamol doses* and *Pain relief*

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Removed protocols

- Chest pain assessment* – included in *Chest pain*
- Pain relief* – included in *Pain management*
- Procaine penicillin reactions* – combined with *Anaphylaxis*
- Babies less than 3 months old who are sick* – replaced by *Sick babies under 2 months*
- Child growth and malnutrition* – replaced by *Child growth and development*
- Measles* – included in *Rashes*
- Mental health introduction*
- Overview of chronic diseases*
- Healthy choices for food and activity* – included in *Messages for healthy food choices, physical activity, size and weight*
- Healthy weight for adults* – included in *Messages for healthy food choices, physical activity, size and weight*
- Syphilis* – included in *Sexually transmitted infections (STIs) in men*
- Immunisation/vaccination* – moved to *CRANplus CPM*
- Joint infection (septic arthritis)* – replaced by *Joint problems*
- Paracetamol doses* – included in *Pain management*
- Sports injuries* – replaced by *Joint sprains and strains*

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Changed protocols

Moved

- Breathing problems in adults* – from Emergency and assessment to General topics
- Asthma in Adults* – from Chronic diseases to General topics
- Chronic lung disease in adults* – from Chronic diseases to General topics
- Adult health check* – from General topics to Chronic diseases
- Brief interventions* – from General topics to Chronic disease
- Nose bleed* – from General topics to Emergency and assessment

Name change

- Psychiatric emergencies* – now *Mental health emergency*
- Kidney (renal) disease in adults* – now *Chronic kidney disease*
- High fats in the blood (lipids)* – now *Abnormal blood fats (lipids)*

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Reference Section

- Reference Table
 - Normal values, fluid and oxygen rates
- Antibiotics doses table
- Abbreviations
- Contact Numbers
- Index detailed

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Reference section

7 - Reference section

- Reference table
- Antibiotic doses table
- Abbreviations
- Contact numbers
- Index – detailed

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Reference Table												
	New born	3 months	6 months	1 year	2 years	4 years	6 years	8 years	10 years	12 years	14 years	17 years and over
Weight (kg)	3.5	6	8	10	12	15	20	25	30	40	50	70
Pulse (beats/min)	120-160	80-140		80-130		80-120		60/80-100		60-100 (Pregnant: 90-110)		
BP systolic (mmHg)	50-100		60-100		65-110		70-110		80-110		85-115	
BP diastolic (mmHg)	60		60		60		65		65		70	
RR (breaths/min)	40-60	30-50	30-50	30-40	20-30	20						
Temperature (°C)	36.5-37.5 oral, 36-37 under the arm (axillary), 37-37.8 rectal, 36.8-37.8 in the ear (tympanic)											
Adrenaline (mg)	0.4	0.6	0.8	1.0	1.5	2	2.5	3	4	5	10	
Fluid bolus (mls)	0.04	0.06	0.08	0.1	0.15	0.2	0.25	0.3	0.4	0.5	1	
Fluid bolus (mls)	20ml/kg normal saline											
Maintenance fluid (mls/hr)	16	24	32	40	45	50	60	65	70	80	90	100
Oxygen (L/min)	Nasal prongs 1-2											
Mask	4-6											
Non-rebreather mask	10											
Bag and mask	8				10				15			

Abbreviations

ACEI	Angiotensin-converting enzyme inhibitor	BP	Blood pressure
ACR	Albumin creatinine ratio	C	Ceftriaxone
ACS	Acute coronary syndrome	Ca	Calcium
AFB	Acid-fast bacillus	C3	Third component of complement
AHW	Aboriginal health worker	C4	Fourth component of complement
AIDS	Acquired immunodeficiency syndrome	CDC	Centre for Disease Control
Alb	Albumin		Communicable Disease Control Branch
ALT	Alanine aminotransferase (liver enzyme)		Communicable Disease Control Directorate
AMI	Acute myocardial infarction	CK	Creatinine kinase
ANA	Antinuclear antibody	CKD	Chronic kidney disease
AntiDNAseB	Antibodies against antideoxyribonuclease B	cm	Centimeter
AOM	Acute otitis media	COPD	Chronic obstructive pulmonary disease
ARB	Angiotensin II receptor blocker	CPM	Clinical Practice Manual for remote and rural practice
ARF	Acute rheumatic fever	CPR	Cardiopulmonary resuscitation
ASOT	Anti-Streptolysin O Titre	CRANA+	Professional body for remote and isolated health professionals
AWS	Alcohol withdrawal scale	CRP	C-reactive protein
BCG	Bacille Calmette-Guérin	CSF	Cerebrospinal fluid
bd	Bis die (twice a day)	CSLD	Chronic suppurative lung disease
BGL	Blood glucose level	CSOM	Chronic suppurative otitis media
BMI	Body mass index		

Index - detailed

B	Babies – sick, less than 2 months	111	Bleeding	arm/leg	111
Bad cold	see Chest infection		DR ABC D	111, 222, 333, 444,	
Ball-bag – painful	see Scrotum painful		eye (into)	111	
Belly pain	see Abdominal pain		injuries	111, 222, 333, 444	
Belly run	see Diarrhoea		nose	111, 222	
Benzyl penicillin – giving injection	111, 222		rectal/anus	111	
Bereavement	see Grief and loss		scalp	111	
BGL (blood glucose level)	111, 222, 333, 444,		Blisters (burns)	111, 222, 333	
low	111, 222		Blocked gut	see Bowel obstruction	
Biliary colic	see Gall bladder		Blood glucose level (BGL)	see BGL (blood glucose level)	
Bites	human, animal, insect	111	Blood in urine (haematuria)	adult	111, 222, 333
sea/marine animals	111		child	111, 222	
snake (land or sea)	111, 222		Blood pressure (BP)	see BP (blood pressure)	
spider	111		Blood sugar level	see BGL (blood glucose level)	
Bladder infection	See UTI (urinary tract infection)		Blues	see Depression	

eCARPA

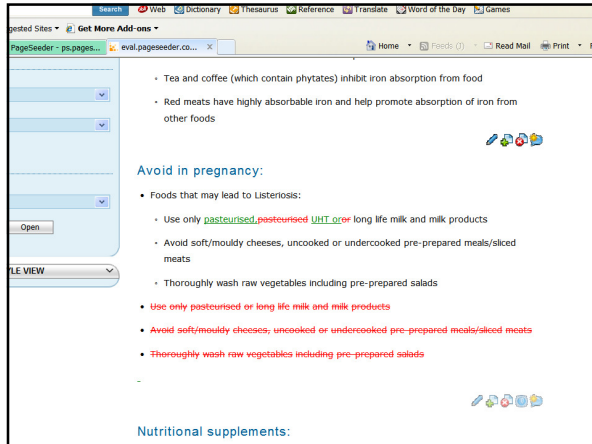
- Now part of the Remote Primary Health Care Manuals Project
- Agreement between CARPA, CRANAplus, Nganampa Health Council and Central Australian Aboriginal Congress
 - Establishment of Remote Primary Health Care Manuals Governance Committee

Remote PHC Manual Project

- Single shared Content Management System
- Shared funding proposal and project management for review and publication of next editions of:
 - CARPA Standard Treatment Manual
 - CARPA Reference Book
 - Medicines Book for Aboriginal Health Workers
 - CRANA Clinical Procedures Manual
 - Women's Business Manual

Content Management System

- OATSIH - permission to use unspent funds to purchase CMS
- Contract with Allette Systems signed
- Women's Business Manual has been loaded – available on trial site
- CARPA Reference Book and Medicines Book will be reviewed using the CMS editing component
- No model yet for web based versions



Outcome

- Simplified, streamlined review process
 - Ongoing rolling reviews
- Electronic publication of manuals
- Enhanced coordination and linkage between manuals
- Support continued production of manual for remote practitioners by busy remote practitioners

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Thank you

- Any questions



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