**Crush Syndrome**

**General:**
Crush syndrome occurs when recirculation is established through a large muscle group after a period of compression of over 1 hour duration.

**Treatment Indications:**
1. Patients who have fallen.
2. Patients who have been unable to move.
3. Patients pinned or entrapped by heavy objects.

*If it has been over 1 hour, they are at risk for developing crush syndrome when lifted from the floor or when freed from entrapment.*

**Treatment Options:**
1. Assessment.
2. Before lifting or freeing patient
   a. Oxygen
   b. Cardiac monitor
   c. IV NS or LR, 1 L
   d. Sodium Bicarbonate (NaHCO3) 1 mEq/kg IV push and add 50 mEq to each liter IV fluid
3. Push 1-3 additional doses Sodium Bicarbonate (NaHCO3) if arrhythmias occur.
4. Additional IV fluids to maintain systolic BP >90 mmHg

**Pediatric Considerations:**
1. Pediatric Weight estimation: 10 + (2 X Age in years) = weight in kilograms or use Broselow tape.
2. IV/IO NS or LR (20 ml/kg)
3. IV/IO Sodium Bicarbonate (NaHCO3) 1 mEq/kg