

Improvised Field Medicine List

Prioritize stockpiling these items as they are difficult to improvise:

- Pulse Oxs
- BP cuffs
- Stethoscopes
- Glucometer and strips
- BVM with PEEP valves
- Sterile needles and syringes
- Medications
- IV catheters
- IV fluids
- IV tubing
- Foley catheter(catheter only)
- ET Tubes

The following are recommendations and ideas for medical items you should try and recreate if you do not have commercial, items available. This list is not comprehensive and not mandatory but should be your starting point.

PPE

- Work gloves
- Medical Gloves
- Eye protection
- Ear protection

Convenience items

- Fanny packs
- IFAK pouch
- Dump pouch for trash
- Backpacks
- Trash bags
- Markers
- Paper
- Zip lock bags
- Back up batteries and charging cables for phones
- Batteries for issued devices and any purchased lighting/devices
- Pen Light

Patient Movement and Immobilization

- 2-pole litter (2 poles and a tarp)
- Jungle litter (one pole and a hammock)
- Poleless litter
- Sked
- C-Collar
- Padded restraints

Massive Bleeding

- Extremity tourniquets
- Junctional tourniquets
- Pressure dressings
- Wound packing

Airway

- Cric kit
 - Scalpel
 - Bougie
 - Securing device
- Suction device
- Suction tubing

Respirations

- Chest Seals
- Needle Decompression
- Chest tube and one-way chest tube heimlich valve

Circulation

- Water
 - Container
 - filter
 - iodine/chlorine tabs
- ORS mix

Hypothermia

- Air activated chemical heaters
- Clothing
- Padding
- Blankets/Sleeping bag
- Waterproof layers

Head Injury

Eyes

- Patch
- Irrigation
- Eye drops
- Ointment

Pain control/Meds

- Meds
 - Tylenol (No Aspirin)
 - Benadryl
 - Dramamine
- Other
 - Saran wrap for acute burn covering

Antimicrobials

- Bleach
- Iodine
- Oral rinse

Wounds

- Irrigation (filter?)
- Scrubber to scrub biofilm
- Steri strips (Any small strip of plastic)
- Adhesive glue for steri strips (Super glue)
- Suture material (fishing line)
- Suture needles (Sewing needles)

Splints

- Pelvic binder (Sheet)
- Long bone splint (Any long, rigid item)
- Sling and Swath (Bandana or large square cloth)

Burns

- Dry sterile gauze

Resuscitation

- Foley tubing and connector
- Foley urine capture device and connectors
- Foley urine output measuring device

Analgesia and sedation

- Cheat sheet from analgesia and sedation CPG

Ventilate and oxygenate

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Initiate communications

- Telemed script
- Comms notification sheet

Nursing

- PFC Charts
- Nursing checklist
- Compact sleep mat(inflatable?)
- Pillows(inflatable?)
- Blood absorbant pads (Puppy training pads)
- Tooth brush and paste/rinse
- Baby wipes
- Hydrogen peroxide
- Incentive spirometry or peak flow (Birthday balloons)
- Adult diapers
- Nutrition
- Medical tape

- Condom catheter

Environmental

- Large Mosquito net tent/Tent/Rain Shelter/Mosquito netting/
- Headlamps
- Hanging work lights/lanterns
- Sunscreen
- Chapstick
- Battery powered fan/Heater
- Lighter/matches

Surgical

- Gigli saw
- Needle drivers
- Forceps
- Scissors
- Tweezers
- 2 twin sheet/pillow case sets
- Foil
- Masking tape
- Unscented bleach
- Iodine
- Medium trash bags
- Small pump sprayer