




Advisory 18-04 Spinal Motion Restriction Training

To: All Fire and EMS Agencies and Providers

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In 2014, the New York State Bureau of EMS and Trauma (BEMSAT) released Spinal Motion Restriction Training to inform EMS providers of changes in the NYS BLS Prehospital Treatment Protocols. Since then, the MLREMS Patient Safety Committee, the regional trauma center, and numerous emergency physicians have observed that many EMS providers are not providing necessary spinal motion restriction. In fact, several patients have been delivered to facilities with unstable cervical spine injuries without **any** spinal motion restriction.

The primary goal of the NYS protocol change allowing EMS providers to use clinical judgement when applying spinal motion restriction is not being achieved. Too many EMS providers misperceived a message that backboards, and more concerning, cervical collars, have no role in Prehospital Medicine anymore. That is simply NOT the case.

Spinal motion restriction has a critical role in Prehospital Medicine and is achieved through minimizing flexion, extension, and rotation of the entire spinal column – from head to pelvis – during the entire patient encounter.

The Kessler Trauma Center in conjunction with EMSPlumline, the Patient Safety Committee, and the Division of Prehospital Medicine has developed a free course available to all EMS providers in the MLREMS region. To access the training entitled “Spinal Motion Restriction Decisions”, log in to your free Cypherworx account, click the My Courses tab, locate the course and begin. To create your free account, please click to <https://collabornation.net/login/urdpm>. Once logged in, please make sure your agency in the top right corner of the page reflects the account associated with the University of Rochester Division of Prehospital Medicine.

I strongly encourage agencies to make this training mandatory as part of your provider’s continuing education cycle, although such decisions are ultimately left to the Agency Leadership and its Medical Director. With any questions, please do not hesitate to contact this office.

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