

Integrating Evidence-Based Guidelines in Wilderness & Ocean Rescue Paramedicine

Kelsey Lyon – Western Carolina University

What Are Evidence-Based Guidelines?

- Standardized protocols
- Structured recommendations
- Improves patient outcomes

EMS Relevance

- Critical in high-stress rescues
- Consistent, effective care

Key Organizations

- Wilderness Medical Society
- AHA
- USLA
- NAEMSP
- ILCOR



From Research to Practice



Wilderness & Ocean Rescue

- Ocean Rescue
- Wilderness Medicine
- Swiftwater Rescue

Why Guidelines Matter

- Safer Scene Operations
- Faster Decisions
- Reduced Errors
- Stronger Teamwork
- Legal Defensibility



Application in My Practice

- Remote Trauma Care
- Hazard Assessment & Rescue
- Patient Packaging for Evacuation
- Team Communication



References:

Wilderness Medical Society, 2023; NAEMSP, 2023; AHA, 2020; USLA, 2022