Paramedic Prompt Card for Spinal Motion Restriction (SMR) Standard

This prompt card provides a quick reference of the *Spinal Motion Restriction (SMR) Standard* contained in the *Basic Life Support Patient Care Standards* (BLS PCS). Please refer to the BLS PCS for the full standard.

MOI examples include:
a. Any trauma associated with complaints of neck or back pain
b. Sports accidents (impaction, falls)
c. Diving incidents and submersion injuries
d. Explosions, other types of forceful acceleration/deceleration injuries
e. Falls (e.g. stairs)
f. Pedestrians struck
g. Electrocution
h. Lightning strikes
i. Penetrating trauma to the head, neck or torso

[MOI suggestive of potential spine or spinal cord injury]

a. Neck or back pain
b. Spine tenderness
c. Neurologic signs or symptoms
d. Altered level of consciousness
e. Suspected drug or alcohol intoxication
f. A distracting painful injury
g. Anatomic deformity of the spine
h. High-energy mechanism of injury:
   i. Fall from elevation greater than 3 feet/5 stairs
   ii. Axial load to the head (e.g. diving accidents)
   iii. MVC high speed (≥ 100 km/hr), rollover, ejection
   iv. Hit by bus or large truck
   v. Motorized/ATV recreational vehicles collision
   vi. Bicycle struck or collision
i. Age ≥ 65 including falls from standing height

ANY risk criteria met? ——No——→ **No SMR required**

Yes ↓

a. No spine tenderness
b. No neurologic signs or symptoms
c. No altered level of consciousness
d. No evidence of alcohol or drug intoxication
e. No distracting painful injury
f. No anatomic deformity of the spine

Penetrating trauma MOI with ALL penetrating modifiers present? ——Yes——→ (No SMR required)

No ↓

SMR using cervical collar only, while attempting to minimize spinal movement*

*Backboards may still be indicated for use to minimize spinal movement during extrication.

Ontario