

# MEDICALLY PREPARED

What to Do Before Help Arrives



Kendall Christensen, DO CA

Board Certified in Family & Sports M

Founder of ReForg  
Sports, Arthritis and Inj  
Sideline & Event Medical C

Bingham County Emergency Syn

# WHY MEDICAL PREPAREDNESS MATTERS





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- ❓ Emergencies are unpredictable
- 🕒 Help may be delayed
- ✅ Early actions change outcomes



# THE “RULE OF THREES”

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-  Three weeks without food
-  Three days without water
-  Three hours without shelter
-  Three minutes without air

**It doesn't matter how many medical supplies you have if the basics aren't addressed first.**






# TODAY'S FOCUS

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## OTHER SPEAKERS WILL ADDRESS:

-  • Food
-  • Water
-  • Shelter

## OUR FOCUS TODAY:

-  • Medical decision-making
-  • Life-threatening emergencies
-  • What to do before help arrives



# WHAT IS “MEDICALLY PREPARED”

- Calm, not panic
- Simple, repeatable actions
- Knowing what matters first
- Knowing what you have and where to find it

*No need to have something if you don't know how to*

*use it*



# YOU ARE THE FIRST RESPONDER

- Help may be delayed by weather, distance, or system overload
- You are the first person on scene
- Early actions change outcomes



# PRIORITIES IN ANY EMERGENCY



**Scene safety**



**Airway & breathing**



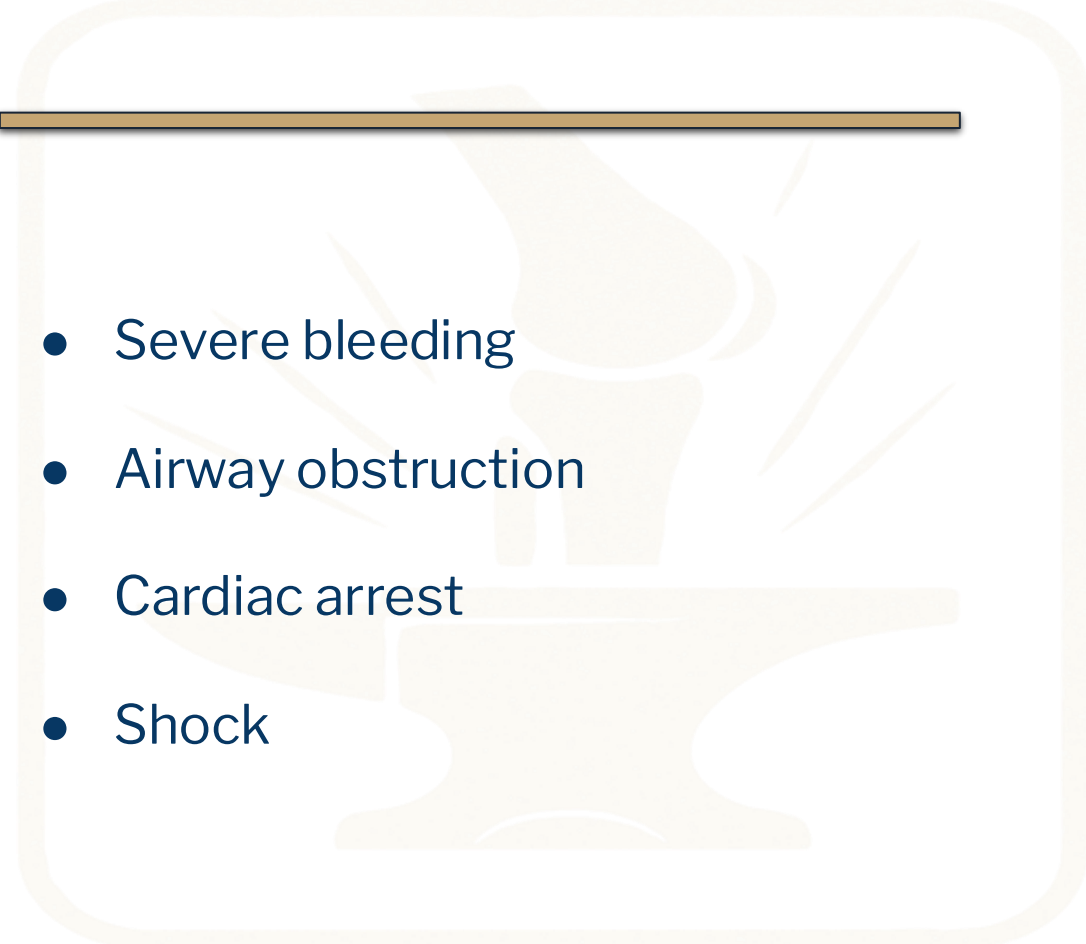
**Circulation / bleeding**



**Everything else later**



# WHAT ACTUALLY KILLS FIRST

- 
- Severe bleeding
  - Airway obstruction
  - Cardiac arrest
  - Shock



# RECOGNIZING SEVERE BLEEDING

**Life-threatening bleeding includes:**



**Spurting or pooling blood**



**Clothing soaked with blood**



**Bleeding that won't stop with light pressure**



# BLEEDING CONTROL: BASICS



**Direct pressure**



**Wound packing**



**Tourniquets when appropriate**

*Once applied, don't remove — add more if needed.*



# TOURNIQUETS

- Modern tourniquets save lives
- Correct placement matters
- Not needed for every wound



*Simple action beats hesitation.*



# AIRWAY & BREATHING EMERGENCIES

Examples include:

- Choking
- Severe allergic reactions
- Respiratory distress

*If someone can't breathe, nothing else matters.*



# CARDIAC EMERGENCIES



## WHAT MATTERS FIRST: EARLY ACTION



Recognize unresponsiveness and abnormal breathing



Start chest compressions



Use an AED as soon as available



*Early action matters more than perfect technique.*



# SHOCK: THE QUIET DANGER

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**What it is:** Shock is inadequate circulation to vital organs.

**Early signs:**  Pale, cool, clammy skin  
 Weakness, dizziness, or confusion

**What matters first:**  Stop bleeding  
 Lay them down if tolerated  
 Keep them warm and still  
 Get help early

**Shock can worsen quickly.**



# COMMON INJURIES

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## BURNS, FALLS, AND CRUSH INJURIES

These can be dramatic injuries.

- 👁️ Don't let visible injuries distract you from what kills first.
- ✅ Treat life-threatening problems first.

**Treat life-threatening problems first.**



# FRACTURES: WHAT TO DO

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## BROKEN BONES: EITHER LEAVE THEM OR SET THEM

If you don't know how to set:

- ✓ Don't
- ✓ Splint in place
- ✓ Seek help



# MEDICAL SUPPLIES: REALITY CHECK

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## EMERGENCY PREPAREDNESS PRINCIPLES

- ✓ No need to have something if you don't know how to use it
- ✓ Plan for the most likely scenario
- ✓ Keep on hand what you use and need



# WHY MOST FIRST AID KITS FAIL

- Built for minor injuries, not emergencies
- Missing bleeding control tools
- No training to match the gear



# THREE MEDICAL PREPAREDNESS KITS

## 1. Major Trauma Kit

Life-threatening emergencies

## 2. Minor Injury Kit

Common, non-emergent issues

## 3. Medication “Go Bag”

When access is disrupted



# THREE MEDICAL PREPAREDNESS KITS



# THREE MEDICAL PREPAREDNESS KITS



# MAJOR TRAUMA KIT

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## CORE LIFE-SAVING ITEMS

- Tourniquet
- Pressure bandage
- Hemostatic gauze
- Compressed gauze
- Gloves
- CPR barrier
- Splint
- Emergency blanket
- Trauma shears
- ACE bandage
- Emergency blanket
- SAM splint or moldable splint
- Triangular bandage (sling, swathe, pressure assist)
- Flashlight or headlamp

*Designed for stabilization, not treatment.*



# MINOR INJURY KIT

## TYPICAL EVERYDAY NEEDS

- Bandages & wound care
- OTC pain & fever meds
- Allergy & insect relief
- GI support & hydration
- Simple tools



*Designed for everyday problems, not emergencies.*



# MEDICATION “GO-BAG”



- Emergency supply of personal medications
- Printed medication & allergy list
- OTC meds you already use
- Rehydration packets
- Storage plan if refrigeration is needed



*Designed for access disruption*

*not treatment*



# WHY PRESCRIPTION PREPAREDNESS MATTERS

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**DURING HURRICANE FLORENCE, 31% OF STORM-RELATED EMERGENCY VISITS IN NORTH CAROLINA WERE FOR MEDICATION REFILLS.**

**EMERGENCIES CAN MAKE IT DIFFICULT TO:**

- ✓ Refill prescriptions
- ✓ Access open pharmacies
- ✓ Get transportation

*Having a plan for your medications is not just convenience it can reduce stress on systems and keep you safe.*



# CDC PRESCRIPTION PREPAREDNESS

## THE CDC RECOMMENDS:

- ✓ Talk with your doctor or pharmacist about an emergency supply
- ✓ Keep an up-to-date medication list
- ✓ Include OTC medications you regularly use
- ✓ Plan for refrigerated medications if needed

Practical skills + Paperwork + Medications  
All part of preparedness



# THREE MEDICAL PREPAREDNESS KITS



**1. Major Trauma Kit**  
Life-threatening emergencies

**2. Medication “Go Bag”**  
When access is disrupted

**3. Minor Injury Kit**  
Common, non-emergent issues



# HOW TO ORGANIZE MEDICAL PREP

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## Same kits. Different locations.

- Home → Full setup
- Vehicle → Compact, high-risk focus
- Travel → Medications first
- Events → Situation-dependent

Preparedness is about access, not excess.



# HOW TO ORGANIZE MEDICAL PREP



MINIMALIST



EFAK



TRAVELER



ADVENTURER



HOME & VEHICLE



HOME & VEHICLE PLUS



BLEEDING & CPR



EFAK



IST RESPONDER



EXPEDITION



MOBILE AID KIT  
(MAK)



MOBILE AID KIT  
(MAK) ADVANCED



# HOW TO ORGANIZE MEDICAL PREP



# CAR KITS: WHAT NOT TO STORE

## AVOID STORING IN VEHICLES:

- ✓ Prescription medications
- ✓ Injectable medications
- ✓ Liquid medications
- ✓ Electronics & batteries



# CAR KITS: WHAT NOT TO STORE

## USE CAR KITS FOR:

- ✓ Bleeding control
- ✓ Stabilization
- ✓ Warmth & visibility



# CAR KITS

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## ESSENTIAL MEDICAL & SAFETY ITEMS FOR CAR KITS

### BLEEDING CONTROL ITEMS:

- ✓ Tourniquets
- ✓ Pressure bandages
- ✓ Hemostatic gauze
- ✓ Gloves
- ✓ CPR barrier

### SUPPORT & SAFETY ITEMS:

- ✓ Splinting material
- ✓ Emergency blanket
- ✓ Flashlight (simple, not rechargeable)

*These tolerate temperature extremes well.*



# WHAT NOT TO DO

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- ✓ **DON'T STOCK WHAT YOU CAN'T USE**
- ✓ **DON'T RELY ON COMPLEX GEAR**
- ✓ **DON'T ASSUME HELP IS IMMEDIATE**

*Preparedness is simplicity under stress*



# SKILLS BEAT GEAR

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- Training matters more than equipment
- Refresh skills periodically
- Confidence comes from practice
- **High-Value Training for Laypeople**
  - Stop the Bleed
  - CPR & AED
  - Basic First Aid
  - CERT (Community Emergency Response Team)

*Skills > gear.*

*Simple training saves lives.*



# FINAL TAKEAWAYS

## 1) Don't panic — prioritize.

Scene safety → Airway & breathing → **Circulation (bleeding)** → Shock

## 2) Think in three kits.

Trauma kit • Medication go-bag • Minor injury kit

## 3) Skills beat gear.

Stop the Bleed • CPR/AED • Basic First Aid

***Know what kills first.  
Do the simple things first.***



# QUESTIONS



# THANK YOU!

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Thank you for your time.

**Kendall Christensen, DO CAQSM**



**ReForge Health**

 [reforgehealth.org](https://reforgehealth.org)

 **(208) 701-0299**

