

BASIC **DISASTER LIFE SUPPORT™** **COURSE MANUAL**

V.3.0

灾难急救 基础生命支持 课程

主编

RAYMOND E. SWIENTON [美]

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主译

潘曙明

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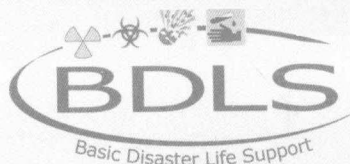


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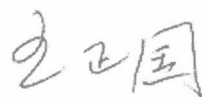
人类自诞生之日起就不断遭受各种灾难,人类社会发展的历史也是人类与各类灾难斗争的历史。随着生态环境的逐渐破坏、社会文明的不断进步和经济发展的加速前进,人类的活动越来越频繁、越来越复杂,灾难发生的形式越来越多,频率越来越高,危害也越来越大。如何应对这些冲击,最大限度地减少伤害,是人类社会必须共同面对的一个大问题。灾难/突发公共卫生事件造成的影响并不仅止于人员伤亡、财产损失,对经济建设和社会发展都造成了重大影响。尽管无法杜绝灾难的发生,但通过高效的灾后救援行动,可以将其损失控制在最低程度,这就要求构建科学、高效的应急响应救援体系。

现代急救灾难医学是近三十年来首先在西方发达国家兴起的一门学科。由于现代社会的发展,对越来越多的医院外突发急危重症和意外伤害事故提出了迫切的医疗需求,这一背景促使了急救灾难医学学科的创建。我国急救医学与灾难医学起步较晚,无论在灾难预防和公众教育方面,还是在灾难救援和危机处置机制方面,均略显不足。随着时代的进步,我国越来越注重灾难救援,但目前我国的灾难医学与急救医学进入“不平衡发展期”。各种先进的医疗救援物资及高科技灾难应急装备随着国力的增强可以武装,然而灾难急救医学从内容上讲涉及广阔的领域,包括急救医学、灾难医学、危重症监护学等,并与通信、运输、建筑、生物医学工程等多个领域交叉,灾难环境下救治伤员和患者,往往伤情复杂,急危重症发生率高。由于我国的现代救援医学研究起步较晚,普遍缺乏专业化灾难急救医学人才,导致在救援工作中不能做到得心应手,甚至造成无谓的牺牲。而灾难/突发公共卫生事件需要各职能部门积极备案、协同处理。当灾难来袭时,国家及地方各个层面如何做到快速反应、统一行动、行业协调、相互配合,这也是灾难急救医学需要研究的内容。

当前我国开设灾难急救相关医学课程的医学院校不多,针对临床医务人员有关灾难急救医学专业知识、技能培训和模拟演练更少。相对而言,我国公众灾难急救知识的普及率较低,民众大多缺乏自救与互救基本技能,灾

灾难急救知识的专业培训机构严重缺乏。目前英美国家的灾难急救应急响应体系较为成熟,已建立起各类灾难发生的处置流程,灾难发生时消防人员、警察、政府机构和医务人员已经形成比较稳固的联动机制,以达到现场救援的最优化,同时对消防队员、警察、公众、医务人员进行不同层次的医学培训,提高国民的整体灾难应急响应能力。

我很高兴地看到此次课程培训班选用的教材主要是来自美国得克萨斯州立大学西南医学中心 Raymond E. Swienton 教授等主编的“灾难急救生命支持”教程,并结合我国实际情况进行了改编,同时在未来将通过进一步的教学实践完善课程设置,使其更符合中国国情。我期待该课程的开展能够加速我国灾难急救医学的改革,使灾难急救社会化、结构网络化、抢救现场化、知识普及化。同时也希望通过建立系列规范灾难急救的培训与考核机制,努力完善适合中国国情的灾难急救流程,提高应对突发群体伤亡事件的救治能力,降低患者死亡率、致残率和二次损伤。



2016 年 4 月

BDLS | 中文版前言

根据美国灾难救援协会的统计,进入 2000 年后,世界范围自然灾害及突发公共卫生事件有上升趋势。近年国内发生多起突发公共卫生事件,事故发生后,医疗应急救援反应、物资人员调配以及社会志愿者加入支援等方面面的作为,均得到社会的一定认可。这些医疗应急处理预案及流程,应急办、政府、部队的统筹组织和规划,如何运用媒体对外告知,社会志愿者如何加入支援等,都是我们整个社会需要面对的新问题,这些问题已不局限于医疗系统本身,而是跨领域合作、沟通、执行的范畴。

此套教程归属于美国国家灾难生命支持基金会(National Disaster Life Support Foundation, NDLSF),是该学会的一个标准化课程的教学用书,由学会于 1999 年开发监制,2001 年正式完成,由 4 家创始学术中心联合开发此课程并制订了教学指导原则和课程框架,这 4 家创始学术机构分别是:Georgia Regents University, Center for Operational Medicine (NTC - East); University of Texas Southwestern Medical Center at Dallas - (NTC - West); University of Georgia, Institute of Disaster Management; University of Texas - Houston, School of Public Health。至今在美国已有 80 多个培训中心,世界范围内有日本、阿拉伯联合酋长国、墨西哥、韩国和沙特阿拉伯等地共 20 多个全球培训中心在使用该套教程进行授课和训练。全球已有超过 120 000 人使用该套教程进行学习和训练。其中紧急医疗救援人员(院前急救人员)30%,消防人员 10%,医师 30%,护士 20%,其他(管理人员等)7%。该标准化课程分为灾难急救基础生命支持课程(BDLS)、灾难急救高级生命支持课程(ADLS)和灾难急救核心课程(CDLS)三个不同的级别,均有对应的课程用书和指导手册。通过课程培训和考核,可获得相应级别的美国国家灾难急救生命支持课程官方认证证书。此课程于 2015 年 8 月引进国内,相信此课程及配套教程的引入,对国内灾难救援专业领域的发展有积极的推动作用。

原著就当下灾难/突发公共卫生事件中的问题进行深入分析和阐述,并提出系统、完善的训练方案。涵盖了包括灾前预案、灾难响应及相关管理以

及灾后恢复等方面内容,而不局限于灾难救援医疗问题。相信此套培训教程的引进和出版,可以供国内各相关灾难救援组织和团队学习参考和研究,从而促进国内相关组织和团队在该领域的进一步发展。

该套教程由国内灾难救援和急救专业学科人员共同参与编译。在此感谢所有参译者及相关机构专家顾问的大力支持和贡献,包括:中国医学救援协会灾害救援分会、上海交通大学医学院附属新华医院、上海健康医学院、四川大学华西医院和《中华急诊医学杂志》等。

随着时代的进步以及人类在灾难救援领域的不断探索研究,可能会发现新的问题并找到新的应对方案,在未来肯定会有更多的内容会逐渐更新、加入到整套书中,也将逐渐融入更符合中国国情的课程内容。

编译者

2016年4月

BDLS | 英文版前言

灾难/突发公共卫生事件会引起大量人员伤亡,这需要我们有一个准备完善、能满足需求的医疗卫生队伍。灾难急救基础生命支持课程(BDLS)及配套课程指导教授学习者学习灾难相关的损伤、患者的基本概念和基本原则,以及大规模伤亡的处理及医护知识等内容。灾难急救基础生命支持课程(BDLS)总主题是灾难伤亡管理。

灾难急救基础生命支持课程(BDLS)的主要目的是使更多的学习者学习如何在灾难/突发公共卫生事件后提供医疗护理和救助,包括医疗护理人员、公共卫生人员、专业医疗人员、急救人员等。本课程与灾难急救核心课程(CDLS)、灾难急救高级生命支持课程(ADLS)一起,构成了 NDLS 的系列课程。

本 BDLS 课程对以前版本予以及时全面的更新,并加入了一些新的内容,包括对公共卫生、人员健康、心理健康等章节的更新及再设计。新的主题包括态势感知能力、救援人员安全、灾难部署、负荷承载能力、大规模伤亡检伤分类和管理、急救救护标准和大规模死亡的管理,也更新并完善了参考文献、汇总表和综合引用列表。

灾难急救基础生命支持课程(BDLS)及配套课程指导内容已经由美国卫生和医疗队伍的成员进一步完善。我们邀请您参加该课程,阅读本课程用书,相信您会认可本课程在灾难伤亡管理方面的意义。

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