





## Applying the 3 P's to Pediatric Resuscitation- Planning, Preparation and Persistence

Angie Cunningham, BSN, RN, CCRN-K, C-NPT  
Transport Outreach & EMS Relations Coordinator



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## Objectives

At the conclusion of this learning session, the learner will be able to:

- Develop a management plan for commonly diagnosed traumatic injuries in children
- Analyze emerging research, developing standards and learning experiences to increase quality of pediatric resuscitation




## Purpose, planning, passion, patience, practice and persistence prevent piss poor performance



## Purpose

- Trauma is the leading cause of death in children age 19 and under
- Blunt trauma is the most common mechanism of injury (falls, MVC)
- 25% of all traumatic injuries occur in children
- Critically ill children have better outcomes when treated in pediatric trauma centers (Manual of Pediatric Trauma)



### Dr. James Styner – 1976 crash

“When I can provide better care in the field with limited resources than my children and I received at the primary facility, there is something wrong with the system and the system has to be changed”



### Committee of the Future of Emergency Care in the United States Health System 2007

- Examine the full scope of emergency care
  - 3 reports
- Emergency Care for Children: Growing Pains
  - Identified needs in pediatric trauma care
  - Noted that issues affecting the emergency care system have a greater impact on the outcomes of critically ill pediatric patients.



### North Carolina study (Hunt, 2006)

- 35 Emergency Departments
- Failure to stabilize seriously injured children during trauma simulations
  - Accurate estimation of patient weight- 49%
  - Treatment of severe hypoglycemia- 97%
  - Treatment of hypothermia- 97%
  - Proper administration of IV fluid boluses- 89%



### CSHCN at risk for suboptimal care during emergent event- even with advanced training

- Occult medical problem
- Recognizable problem with atypical management
- Unknown baseline status with known medical condition
- Rare condition
- Technology-dependent child
- Inaccurate medication dosing/delivery

(Sacchetti, et al., 2000).



- Pediatric Medication Safety in the Emergency Department <sup>(AAP, 2018)</sup>
  - Community EDs and inpatient units
    - 28.3 million- 89% seen in non-pediatric hospitals, 4% critical or require admission <sup>(H-CUP, 2010)</sup>
    - Errors 10-31% in Pediatric dedicated ED, 39% in Community ED <sup>(AAP, 2018)</sup>
  - EMS providers
    - 10% pediatric, 1% critical
    - Errors 34.7%
  - Rural vs urban
    - 8% vs 92%



**Medication errors 3 times the rate in adult patients.**

**Think about that...**



## PURPOSE.



## Planning and Preparation

AAP Policy Statement: Pediatric Medication Safety in the Emergency Department recommendations:

- Up to date, readily accessible reference materials
- Use of length-based dosing tools when scale not available or use not feasible
- Weights measured and recorded only in kilograms
- Provide recommended pre-calculated doses with standard concentrations



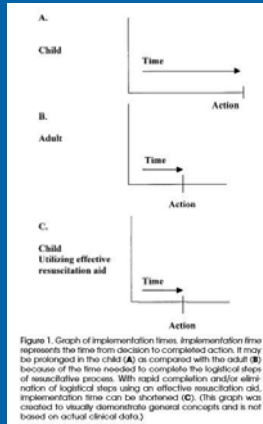
• Root Cause of Errors in Pre-hospital Simulated Pediatric Emergency (Lammers, et al. 2012)

- Active cognitive, procedural, affective, teamwork and latent errors
- Knowledge and skill retention by EMS correlated by frequency of use
  - 60% error rate for Versed and 47% error rate for Valium for seizures
- Error producing conditions
  - Equipment not carried to patient, peds bags locked, lack of familiarity with equipment
- Simulation valuable for identifying unanticipated errors and previously unrecognized, error-producing conditions



• Reducing Cognitive Load with Resuscitation Aids (Luten, et al. 2002)

- Two important practical considerations in a resuscitative process:
  - Delay in the time needed to implement a given action or prolonged implementation time
    - Prolonged and more error prone in peds resuscitation due to multiple age and size related factors which must be addressed from evaluation through completed action
  - Error in decision making as a result of, or in part from, suboptimal or inadequate critical thinking time.



- Cognitive load is an important and critical feature of the pediatric resuscitation process.
- Cognitive load depends on the degree of uncertainty in the process.
- The degree of uncertainty determines the number of decisions that will need to be made.
- The more complex, non-automatic decisions in the process, the greater the cognitive load.



- **Increased cognitive loading means increased error.**
- In the setting of pediatric resuscitation, size-related variables introduce the need for non-automatic activities and decisions, thereby increasing the cognitive load. The size-related variables are unique to the resuscitation of children.
- These nonautomatic, size-related decisions can be relegated to an automatic level using resuscitation aids.



- Resuscitation aids can reduce cognitive load and therefore reduce error.
- Some resuscitation aids are better than others.
- There is a need to optimize and refine the operating characteristics of resuscitation aids.



I don't have  
ducks. I don't  
have a row. I  
have squirrels  
and they're  
drunk.



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#### Recommendations:

- Up to date, readily accessible reference materials
- Use of length-based dosing tools when scale not available or use not feasible
- Weights measured and recorded only in kilograms
- Provide recommended pre-calculated doses with standard concentrations
- Create and integrate a dedicated pediatric medication safety curriculum into training programs- for all providers



Recommendations:

- Implement and support the availability of pharmacists in the ED
- Develop tools for competency assessment
- Pediatric equipment available for patients and for staff to familiarize themselves with
- Routine simulation to identify obstacles for successful resuscitation



# PLAN. PREPARE.



# Patience and Persistence

What makes the pediatric patient different in trauma care?



Patience to watch for subtle differences and changes:

- Deceleration mechanisms can cause massive and fatal c-spine injuries
- Hypothermia develops frequently
- Different physiological response to injury
- Vast compensatory mechanisms followed by rapid deterioration
  - Smaller blood volume
  - Smaller airway
  - Less energy reserves to maintain adequate ventilation



- Different patterns of injury
  - Relatively large head, flexible bones and ligaments
- Injuries to deep soft tissues may be very significant in the absence of fractures
- Use the mechanism of injury to raise questions of internal injuries

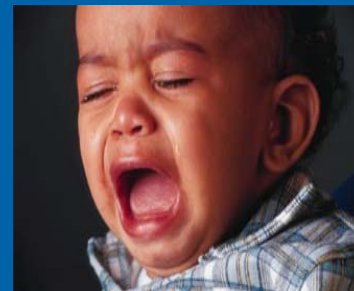


Patience and persistence to determine injuries...

- Act younger than their age in the event of trauma and separation from parents
- Unable to localize pain until mid-school age years
- With a pre-verbal patient, clinical exam is virtually all we have to rely upon
- Evaluate response to strangers, ability to focus/track



**PATIENCE. PERSISTENCE.**



## Airway with C-spine control

Assume cervical spine injury

- Improperly fitting collar worse than no collar!!



## Airway

20% of pediatric multiple trauma patients will require urgent invasive airway management

When do you want to perform an airway intervention in a pediatric trauma patient?

## Hypoxemia

- Tachypnea
- Pallor
- Nasal flaring
- Retractions
- Grunting
- Agitation



- Cyanosis
- Altered LOC
- Fatigue
- Bradypnea, apnea
- Tachycardia
- Bradycardia

## Respiratory Failure

- Marked tachypnea (early)
- Bradypnea, apnea (late)
- Tachycardia (early)
- Bradycardia (late)
- Increased, decreased, or no respiratory effort
- Cyanosis
- Poor air movement
- Decreased LOC

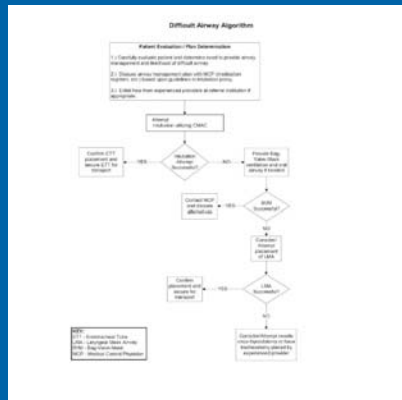


## Airway Interventions

- Reposition airway
- Suction airway and belly
- High flow oxygen
- Simple Mask
  - Fits infants better upside down
- Bag/mask ventilation
  - With or without oral airway
- Intubation
- LMA
- Needle cricothyrotomy



What is your backup airway in a pediatric trauma patient?



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## LMA use in Pediatrics

- Used often in the OR as temporary airway
- Used in difficult airway protocol
- High success rate with proper training
- May be challenging to maintain placement in transport (easily replaced)



## Needle Cricothyrotomy

- Surgical cricothyrotomy should not be attempted in children under 8-12 years of age
- Needle cricothyrotomy is the procedure of choice for children less than 10
- Temporary measure to oxygenate but not ventilate
- Can be used to oxygenate for up to 1 hour



## Breathing

- If not intubated - assess adequacy of respirations
  - Look for signs of hypoxia/respiratory failure
- If intubated - assess ETT placement
  - EtCO<sub>2</sub>, breath sounds, chest rise
  - Place OG



## Pediatric Trauma Contributing to Respiratory Distress

- Tension pneumothorax
- Open pneumothorax
- Hemothorax
- Flail chest
- Pulmonary contusions
- Diaphragmatic rupture
- Tracheobronchial injury
- Sternal fractures / Rib fractures



## Circulation

- Heart rate
- Capillary refill
- Quality of pulses
- Level of consciousness
- Skin temperature
- Urine output (1-2 ml/kg/hr)
- Blood pressure
  - Up to 45% of circulating blood volume may be lost before a noticeable change in a child's blood pressure



What 3 things are the earliest indicators of changes in volume status of a pediatric patient?



- 1. Heart Rate
- 2. Capillary Refill
- 3. LOC



## Circulation

- Total blood volume in a child = 80 ml/kg
- Most common cause of shock in pediatric trauma is hypovolemia
- Shock can occur with normal, increased, or decreased blood pressure



## Shock – 4 types

- |  |   |
|--|---|
| <ul style="list-style-type: none"> <li>• Hypovolemic           <ul style="list-style-type: none"> <li>– Hemorrhagic</li> </ul> </li> <li>• Distributive           <ul style="list-style-type: none"> <li>– Septic, neurogenic</li> </ul> </li> </ul> | <ul style="list-style-type: none"> <li>• Cardiogenic           <ul style="list-style-type: none"> <li>– Myocarditis, arrhythmias, myocardial injury (trauma)</li> </ul> </li> <li>• Obstructive           <ul style="list-style-type: none"> <li>– Cardiac tamponade, tension pneumothorax</li> </ul> </li> </ul> |
|--|---|

Treatment – prevention of end-organ injury and progression to cardiopulmonary failure and arrest!



What is the most effective way for a pediatric patient to increase their cardiac output?

## Contractility

Newborns have limited ability to increase contractility

The ability to increase contractility goes up with age

- 30% of fetal myocardium contracts
- 60% of adult myocardium contracts

## Hypotension and Shock

- Systolic blood pressure
  - Hypotension =  $SBP < 70 + (2 \times \text{age in years})$
- Compensated shock → hypotensive shock
- Hypotensive shock → cardiac arrest

## Treatment of Shock

- High flow oxygen
- Vascular access (IV, IO)
- Aggressive fluid resuscitation
- Close monitoring and reassessment
- Pharmacologic support



## Massive Transfusion

- 1:1:1 ratio of pRBC:FFP:PLT should be instituted in kids >30KG
- Those <30KG 30:20:20 ml/kg of pRBC:FFP:PLT
- Cryoprecipitate if continued hemorrhage after 1 round of each or fibrinogen levels < 1 - 1.5g/dl



## MTP In The Literature

Chidester S.J et al.

- Prospective protocol to validate the 1:1:1 MTP
- No difference in mortality
- Those outside of the protocol had increased thromboembolic events.

Nosanov L et al.

- Retrospective review
- Did not find an increase in survival in children with higher FFP: pRBC or platelet: pRBC ratio.
- Found pediatric patients are more vulnerable to complications, such as metabolic derangements, related to blood transfusions.



Restrictive policy has also been adopted in the PICU  
Hemoglobin of 7g/dL is considered a reasonable goal based on review of current literature.

Lacroix et al.

- No difference in MSOF or mortality using a restrictive approach in the PICU.

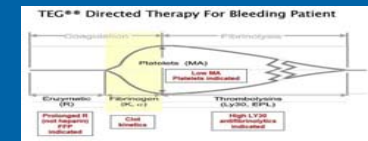
Palmieri TL et al.

- In the pediatric burn population – using a restrictive approach = no increase in mortality, length of stay or ventilator days.
- However those with a more liberal transfusion approach did have double the pulmonary complications.



## Thromboelastography (TEG)

- Validated measure for fibrinolysis and assesses platelet function rather than total quantity.
- These results can be obtained much quicker than traditional coagulation studies.
- Calculates and reports the rate of clot formation, propagation and fibrinolysis in graphical form.
- Prospective data regarding the use of TEG in pediatric trauma is still lacking.



### Rotational Thromboelastmetry (ROTEM)

- Modification of traditional TEG – investigates the interaction of clotting factors, their inhibitors, blood cells (PLT) during clotting and fibrinolysis
- Detects hypo and hyperfunctional stages of the clotting process
- POC testing becoming more common



- American College of Surgeons - COT recommends: Thromboelastography should be available in Level I and II Trauma centers
- Pediatric Trauma Society – June 2017
  - Viscoelastic monitoring (VEM) during active resuscitation is infrequently used by pediatric trauma providers even when available
  - Opportunity for quality improvement in pediatric trauma treatment



## TXA in Pediatric Trauma

- Tranexamic Acid (TXA)
  - Antifibrinolytic that prevents the degradation of fibrin by inhibiting plasmin and plasminogen.
  - Use in adult trauma patients = reduction in mortality with early use in both civilian and military settings.
  - Has not been widely implemented in pediatric trauma.



## TXA in Pediatric Trauma

Eckert MJ et al. (2014)

- Retrospective review of all pediatric trauma admissions
- Used in approximately 10% of pediatric combat trauma patients:
  - Findings:**
  - Only independent predictors of TXA use = severe abdominal or extremity injury and base deficit of greater than 5.
  - Independently associated with decreased mortality.
  - No difference in thromboembolic complications or other cardiovascular events.



## Pulseless Arrest



- Causes of traumatic arrest
  - Airway compromise
  - Tension pneumothorax
  - Hemorrhagic shock
  - Massive head injury

The most common immediate causes of pediatric cardiac arrest are respiratory failure and hypotension!



## Pediatric Trauma Contributing to Circulatory Compromise

- Head injuries
- Facial/mandibular injuries
- Massive hemothorax
- Cardiac injury



## Pediatric Trauma Contributing to Circulatory Compromise

- Traumatic aortic disruption
- Abdominal injuries
  - Liver and spleen most common
- Pelvic fractures
  - Uncommon unless hit by car
  - May be accompanied by bladder rupture
- Femur fractures



## Disability

- AVPU
- Pediatric GCS commonly used
  - Score of 14-15 mild brain injury
  - Score of 9-13 moderate brain injury
  - Score of < 8 severe brain injury
- Pupil reaction / Symmetry
  - Unequal
  - Sluggish
- Movement of extremities
  - Indication of spinal cord injury
  - Look for posturing



## Pediatric Trauma Score

Patient Characteristics	+2	Category Value +1	-1
Weight (kg)	>20	10 to 20	<10
Airway	Normal	Maintained	Unmaintained
Systolic Blood Pressure (mm Hg)	>90	50 to 90	<50
Central Nervous System	Awake	Obtunded	Coma/decerebrate
Open Wound	None	Minor	Major/penetrating
Skeletal Trauma	None	Closed fractures	Open, multiple fractures



## Pediatric Trauma Score

- Inverse relationship to Injury Severity Score and mortality
- PTS <8 should ALL be triaged to appropriate peds traumacenter
- 25% of all peds trauma victims have PTS >8
  - Highest potential for preventable mortality, morbidity and disability
  - Requiring most aggressive monitoring and observation



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## Head Injury

- More common injury in children
- Leading cause of mortality in peds trauma
- Occurs in up to 75% of multiple trauma victims
- More cerebral edema
- Fewer intracranial hematomas



So... normal CT does not mean normal brain or patient



- Size
  - Larger head
- Blood volume
  - Proportionately larger blood volume
- Less myelinated
  - Predisposes it to shearing forces
- DAI (Diffuse axonal injury) grossly abnormal clinical findings without ICH
  - Subarachnoid space smaller, less protection due to less buoyancy
- Musculature
  - Supportive muscles such as neck, back and abdomen are underdeveloped





## What now??

Assume cervical injury

- < 8 years old, high injury suspected
- Occiput C1-C2 injuries
- Older kids will have more variable distribution
- SCIWORA
- Mortality rate of children with spinal fractures (54.4%) is significantly higher than adults (20.5%)



## Markers for Mortality

Lethal Triad

- Hypothermia
- Acidosis
- Coagulopathy

All of these are present in trauma patients with significant bleeding



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## Skull Fractures

Skull fractures:

- Linear
  - Poor indicator of intracranial injury
  - Relatively common in < 1 year old
    - Relatively modest forces (should consider NAT though)
    - Occiput fx usually child struck repeatedly against object (NAT)
  - Epidural bleed if crosses middle meningeal artery
  - Overall good prognosis



## Skull Fractures

Skull fractures:

- Depressed
  - Less frequent due to more force required
  - Suspect underlying injury due to force of bone pushing inward
  - Often require surgery due to underlying injury or for cosmetic regions



## Epidural Hematomas

- Uncommon < 4 years old, then steadily increases
- Usually arterial bleeding
- Minor trauma may cause
- Lucid interval with subsequent decline
  - 1-4 hours later, pt c/o headache, progressive decline in MS
- Presentation
  - Bulging fontanel, unequal pupils, anemia
- **Neurosurgical emergency**



## Subdural Hematomas

- Seen most in infants and adolescents
- Commonly associated with NAT
- Venous bleeding
- More force required
- May be chronic
- May or may not require surgical intervention
- Presentation
  - Non-specific, drowsiness, lethargy, irritability, retinal hemorrhages, seizures, tense/ bulging fontanelle



## Reassess and prevent

- Reassess A, B, C, D continually
- Protect the c-spine
- Secondary Brain Injury
  - Complex biochemical and cellular response to initial mechanical trauma
  - Can result in loss of tissue not initially damaged
- Physiologic effects include:
  - hypoxia, hypotension, ischemia, hypothermia

Prevent SBI by preventing/ treating above conditions



## Prevent hypo-perfusion

- Increased mortality with hypotension
  - Evidence based:
    - 509 kids (<17yo) with severe head injury (GCS<8) noted pts with hypotension had mortality rate 66%, whereas kids without hypotension had mortality rate of only 22%
  - Normal BP:  $90 + (2 \times \text{child's age})$ 
    - Low end of normal is  $70 + (2 \times \text{child's age})$
  - Cerebral perfusion pressure (CPP)  $CPP = MAP - ICP$ 
    - Child > 50 mm HG
    - Adolescent > 60-70 mm HG



## Prevent hypo-perfusion

- Don't know ICP- IMPERATIVE to maintain the BP to keep CPP up
- CPP represents the pressure difference between the inflow (arterial) pressure and the outflow (venous) pressure across the cerebral vascular bed.
- Treat aggressively
  - LR
  - NS
- Continually reassess to avoid over or under fluid resuscitation



## Head Injury Management

- Head midline & elevated 15-30 degrees
  - Treat shock first!!
- Control seizures- more common in peds
  - Benzodiazepines (hypotension)
  - Long-acting anticonvulsants (Fosphenytoin)
- Mannitol 0.25-1 gm/ kg or 3% Sodium Chloride 3-6mL/kg
- Sedation **AND** Paralysis
  - Assist with control of patient and ventilation
  - Can help decrease O2 consumption and metabolism



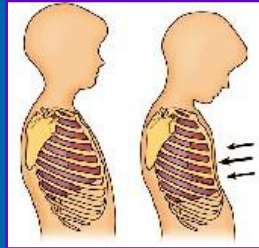
## To hyperventilate or not?

- Indicators
  - Evidence of herniation
    - Widening pulse pressure
    - Bradycardia
    - Irregular resp pattern
    - Pupil changes
- Moderate hyperventilation
  - Normal tidal volume (approx 10 mL/ kg)
  - 1.25-1.5 times normal rate
  - Goal PaCO2 30-35 mmHG
    - High CO2 causes vasodilation which increases ICP **BUT**
    - Dropping CO2 too low causes acidosis and vasoconstriction



## Pediatric Thoracic Trauma

- Thoracic trauma is the second most deadly traumatic injury
- High incidence of pulmonary contusions and direct intrapulmonary hemorrhage
- Often with no overlying rib fractures



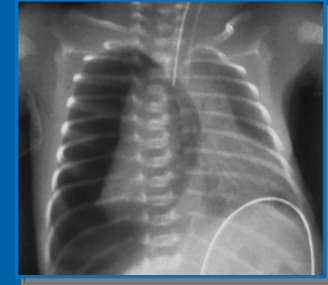
## Pneumothorax: Tension

### Signs / Symptoms

- Dyspnea
- ↓ Breath sounds on affected side
- PMI shift
- Hypotension
- Bradycardia (late)

### MAY See:

- JVD
- Tracheal shift
- ↓ Chest wall movement



## Hemothorax

- Seen less frequently than adults
- Poorly tolerated
- Treatment
  - Chest tube insertion



## Pediatric Abdominal Trauma

- Incidence of abdominal injury is high due to:
  - Small pliable rib cage
  - Underdeveloped abdominal muscles
  - Lack of fat
  - Protruding abdomen
  - Proportionally larger solid organs



## Abdominal Trauma

- Blunt trauma
  - 85% of peds traumatic injuries
  - MVC 50% of abdominal injuries
    - Others- pedestrian, bicycle, and sports
- Difficult to assess
  - Kids may deny pain out of fear
  - Air swallowing with crying may make abdominal exam difficult
- May be stable, then deteriorate rapidly
  - Serial evals should be conducted frequently



## Abdominal Trauma

### Presentation

- History
- External exam
- “seatbelt sign”

### Diagnostic Testing

- CT
- Ultrasound
- DPL (less frequent)

### Diagnosis

#### Serial exams

- Every 4 hour H/H for splenic & liver injury
- Most liver/ splenic injuries PICU admits at CMH



## Pediatric Abdominal Trauma

- Spleen & liver injuries most common
  - Currently, nonoperative management of isolated blunt hepatic and splenic injuries is considered the standard of care for hemodynamically stable children due to:
    - Post-splenectomy sepsis
    - Complications associated with non-therapeutic laparotomies
- Surgery:
  - unstable child who doesn't respond to fluid resuscitation
  - hemorrhage
  - peritonitis



## Pain Indicators

### Behaviors:

- Facial grimace
- Guarding
- Lying still
- Resisting movement

### Physiologic changes:

- ↑ HR
- ↑ Respiratory rate
- ↑ BP
- ↑ Perspiration



## Pain Management Considerations

- Correct drug for desired effect
  - Sedation, analgesia, amnesia
- Appropriate dosing
  - Peds extremely weight dependent for dosing
- Adverse effects
  - All have them, some more fatal than others
- Monitoring
  - Must have intensive monitoring



## Pain Management

- Start with low dose and increase as needed
- Dosing for light to no sedation in one, may cause deep sedation with possible airway compromise in another
- Increased metabolic rate in children can effect how they respond
- More sensitive to vasodilatory effects



## Pain Management Pitfalls

- Kids have compensation abilities that lead to under-resuscitation which leads to rapid deterioration
- Assume every pediatric patient has multiple trauma
- Serial evaluations are crucial



## PASSION.



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