Rapid Sequence Intubation

PROCEDURE

STEPS

1. Plan — LEMON airway assessment (below)
2. Position — ear to sternal notch; head elevation and ramping
3. Prepare — equipment, medications, and a backup plan
4. Pre-oxygenate — mask AND nasal cannula; consider BiPAP
5. Paralyze and intubate — target SpO2 94%
6. Post-intubation — secure the tube, sedation, ventilate, NG/OG

BEFORE YOU START

- L — Look externally: trauma, beard, dentures
- E — Evaluate 3:2:2
- M — Mallampati
- O — Obstruction or obesity
- N — Neck mobility

KIT YOU NEED

- Intubation equipment, pulse oximetry with a pulse-ox coach
- Backup: ventilator, NG/OG

IF IT GOES WRONG

- Fall back to the prepared backup plan rather than repeated attempts

Take Home Message:

RSI runs on the Ps: plan with LEMON, position ear-to-sternal-notch, prepare, pre-oxygenate, paralyze, then secure and sedate.