

## Differences Between Icelandic and American First Aid & Wilderness Medical Protocols

### **Anaphylaxis summary:**

Same as English protocols (use epinephrine, etc.) except that:

1. Use 0.5 not 0.3 mg epinephrine per dose
2. In place of diphenhydramine (Benadryl®) , use
  1. 2 mg klemastini (clemastine) (Tavegyl®) with
  2. 300 mg ranitidine (Zantac®) in tablets by mouth every 4-6 hours
3. In place of prednisone, use prednisolone (Decortin®) tablets 40-60 mg

**Asthma summary:** Same as English protocols except that in place of prednisone, use prednisolone (Decortin®) tablets 40-60 mg

**Medications:** Decortin H: Anti-inflammatory. Trade name for prednisolone sold in Iceland  
Tavegyl is a trade name for the antihistamine clemastine (klemastini).

Zantac is a trade name for ranitidine, an antihistamine effective against hives (also used as an antacid).

**Wound Management:** Generally don't removed impaled objects, unless there's a problem (like causes difficulty in transport or can't immobilize safely).

### **BLS resuscitation (European Resuscitation Council, vs. American Heart Association):**

5 initial breaths for a submersed, non-breathing patient

Back blows over abdominal thrusts