

Scandinavian SSAI clinical practice guideline on pre-hospital airway management

M. Rehn^{1,2,3}, P. K. Hyldmo^{1,4}, V. Magnusson⁵, J. Kurola⁶, P. Kongstad⁷, L. Rognås^{8,9}, L. K. Juvet^{10,11} and M. Sandberg^{12,13}

¹The Norwegian Air Ambulance Foundation, Drøbak, Norway

²London's Air Ambulance, Barts Health Trust, London, UK

³Field of Pre-hospital Critical Care, University of Stavanger, Stavanger, Norway

⁴Department of Anaesthesiology and Intensive Care, Sørlandet Hospital, Kristiansand, Norway

⁵Department of Anaesthesia and Intensive Care Medicine, Landspítali University Hospital, Reykjavik, Iceland

⁶Centre for Pre-hospital Emergency Care, Kuopio University Hospital, Kuopio, Finland

⁷Department of Pre-hospital Care and Disaster Medicine, Region of Skåne, Lund, Sweden

⁸Pre-hospital Critical Care Service, Aarhus University Hospital, Aarhus, Denmark

⁹The Danish Air Ambulance, Aarhus, Denmark

¹⁰Norwegian Institute of Public Health, Oslo, Norway

¹¹University College of Southeast Norway, Notodden, Norway

¹²Air Ambulance Department, Oslo University Hospital, Oslo, Norway

¹³University of Oslo, Oslo, Norway

Correspondence

M. Rehn, London's Air Ambulance, Royal London Hospital, Whitechapel Road, London E1 1BB, UK
E-mail: marius.rehn@norskluftambulans.no

Conflicts of interest

LKJ, LR, MR, MS, VM and PKH are authors of systematic reviews or studies that provide supporting data to this guideline. PKH developed the concept of the lateral trauma position. He has gained no economic benefit from that work.

Funding

Funding was provided solely from the SSAI and institutional and/or departmental sources.

Submitted 13 April 2016; accepted 24 April 2016; submission 19 February 2016.

Citation

Rehn M, Hyldmo PK, Magnusson V, Kurola J, Kongstad P, Rognås L, Juvet LK, Sandberg M. Scandinavian SSAI clinical practice guideline on pre-hospital airway management. *Acta Anaesthesiologica Scandinavica* 2016

doi: 10.1111/aas.12746

Background: The Scandinavian society of anaesthesiology and intensive care medicine task force on pre-hospital airway management was asked to formulate recommendations following standards for trustworthy clinical practice guidelines.

Methods: The literature was systematically reviewed and the grading of recommendations assessment, development and evaluation (GRADE) system was applied to move from evidence to recommendations.

Results: We recommend that all emergency medical service (EMS) providers consider to: apply basic airway manoeuvres and airway adjuncts (good practice recommendation); turn unconscious non-trauma patients into the recovery position when advanced airway management is unavailable (good practice recommendation); turn unconscious trauma patients to the lateral trauma position while maintaining spinal alignment when advanced airway management is unavailable [strong recommendation, low quality of evidence (QoE)]. We suggest that intermediately trained providers use a supraglottic airway device (SAD) or basic airway manoeuvres on patients in cardiac arrest (weak recommendation, low QoE). We recommend that advanced trained providers consider using an SAD in selected indications or as a rescue device after failed endotracheal intubation (ETI) (good practice recommendation). We recommend that ETI should only be performed by advanced trained providers (strong recommendation, low QoE). We suggest that videolaryngoscopy is considered for ETI when direct laryngoscopy fails or is expected to be difficult (weak recommendation, low QoE). We suggest that advanced trained providers apply cricothyroidotomy in 'cannot intubate, cannot ventilate' situations (weak recommendation, low QoE).

Conclusion: This guideline for pre-hospital airway management includes a combination of techniques applied in a stepwise fashion appropriate to patient clinical status and provider training.

Editorial comment: what this article tells us

In this Scandinavian clinical practice guideline, recommendations for pre-hospital airway management are presented according to standards for trustworthy clinical practice guidelines.

Lack of appropriate airway management is a main contributor to preventable death and disability in critically ill or injured patients.^{1–5} Airway patency must be addressed immediately upon arrival of the pre-hospital emergency medical services (EMS). Proper airway management facilitates gas-exchange, while reducing complications such as aspiration of gastric content to a minimum. Airway management normally involves a combination of techniques such as patient positioning, manual airway opening, use of airway adjuncts, insertion of a supraglottic airway device (SAD), direct or indirect laryngoscopy followed by endotracheal intubation (ETI) with or without anaesthesia and lastly emergency cricothyroidotomy, as appropriate to provider level of training.^{6–8}

Pre-hospital emergency care in Scandinavia is mainly provided by ground ambulance units staffed by emergency medical technicians, paramedics and nurses as well as on-call general practitioners and specialist response units or pre-hospital critical care teams (usually manned by anaesthesiologists and paramedics/pre-hospital nurses) using aircrafts and rapid response cars. The heterogeneity in environment, procedures, equipment, drug protocols and provider qualifications between these EMS systems may influence the level and quality of airway management.^{9,10}

Following the efforts of the Scandinavian Society of Anaesthesiology and Intensive Care Medicine (SSAI) to improve emergency critical care, a guideline on pre-hospital airway management was published in 2008.¹¹ Since then many new devices have been introduced and new studies have identified areas for improvement relevant for pre-hospital airway management. In this updated clinical practice guideline, the grading of recommendations assessment, development and evaluation (GRADE) system has been combined with standards for clinical practice guidelines and best available evidence on selected topics to provide recommendations to improve pre-hospital airway management in critically ill or injured patients, in our Scandinavian context.^{12,13} The SSAI plans guideline revision at least within 5 years.

Methods

Process

The SSAI Clinical Practice Committee appointed anaesthesiologists from Denmark, Finland, Iceland, Norway and Sweden with specific expert knowledge of pre-hospital airway management to form the guideline task force on pre-hospital airway management. Additionally, one methodologist contributed with evidence appraisal and synthesis throughout the entire project. The standards for clinical practice guidelines were consulted.^{13,14}

The task force identified key clinical questions for basic airway manoeuvres, SADs, ETI including videolaryngoscopy and emergency cricothyroidotomy relevant to pre-hospital airway management. Topics related to pre-hospital airway management such as causes and recognition of airway obstruction, management of foreign body airway obstruction, the use of cricoid pressure, indications for different airway management strategies, pre-oxygenation, medications for rapid sequence induction (RSI) including reversal of muscle relaxants, the use of checklists, ventilation, extubation and training were not addressed in this guideline, but are covered elsewhere.^{8,15–22} In the absence of task force representation by stakeholders such as paramedics and nurses, Scandinavian pre-hospital care practitioner organisations were invited to comment on the recommendations outlined by the guideline. The recommendations depend on the level of training of the EMS provider (basic, intermediate and advanced trained provider). The recommendations apply for both adult and paediatric patients, but the task force emphasises that equipment, drugs and technique need to be appropriately adapted for weight throughout.

The SSAI co-publishes its current clinical practice guidelines in MAGICapp (www.magicapp.org).

GRADE

We applied an evidence-based approach to formulate clinical questions and assess quality of evidence. We used the GRADE system to move

from evidence to recommendations.¹² Clinical questions were formulated using the PICO format, to identify the relevant patient population (P), intervention (I), comparator (C) and relevant patient-oriented outcomes (O) (c.f. Table 1 for clinical problems and PICO questions).

We systematically searched PubMed, Embase, Centre for Reviews and Dissemination, Cochrane Library and Epistemonikos for systematic reviews. The databases were searched using the terms 'airway*' and a search filter for systematic review. Minor differences in search strategies were implemented due to the unique search system of each database. Randomised controlled trials (RCTs) start as high-quality and observational studies as low quality in rating evidence quality.²³

All searches were updated to 26 November 2015. Two reviewers independently screened the titles and abstracts of all records identified by the searches for inclusion and discrepancies in decisions were resolved through consensus or discussion with a third reviewer using Covidence (© Alfred Health, Melbourne, Australia). Identified guidelines were assessed for quality using the appraisal of guidelines for research and evaluation (AGREE) instrument and relevant references were abstracted from the bibliographies.²⁴ The target population was critically ill or injured patients of all ages in the pre-hospital setting. The outcomes of interest included mortality, morbidity, success rates and serious adverse events. In line with the principles of the GRADE methodology, we downgraded the quality of evidence for an intervention (i.e. our confidence in the effect estimates) for identified risks of bias (e.g. lack of blinding), inconsistency (e.g. unexplained heterogeneity), indirectness (e.g. in-hospital patient populations), imprecision (e.g. wide confidence interval around the effect estimate) or publication bias (e.g. if identified in the systematic review). Where results were considered too heterogeneous for meta-analysis the data is presented in the summary of finding (SoF) tables as range (min–max).²⁵ GRADE was not applied to obvious 'good practice recommendations' where it is sufficiently obvious that desirable effects outweigh undesirable effects.²³ The results from each PICO question are presented in a key recommendations and quality of evidence table

where evidence is rated as one of four levels of quality (high, moderate, low and very low).

When moving from evidence to recommendations four factors were considered and integrated: benefits and harms, quality of evidence, values and preferences (of patients or their proxies), and cost considerations. In the absence of patient representation, the task force anticipated a patent airway as an obvious patient preference. When techniques were considered to have equal clinical effect, the least invasive and most cost-effective method was preferred. GRADE classifies recommendations as strong when virtually all informed patients would choose the recommended management strategy. Weak recommendations reflect a close call between benefits and harms, uncertainty regarding treatment effects, questionable cost-effectiveness, or variability in values and preferences in which case informed patients would likely choose different management strategies.²⁶ The task force agreed upon the recommendations in this guideline. Strong recommendations were given the wording 'we recommend', and weak recommendations 'we suggest'.

Results

The recommendations and the rationale based on the PICOs are presented in Table 2 (Key recommendations and quality of evidence). Due to the paucity of randomised clinical trials, our recommendations are largely based on non-randomised trials and observational studies. An airway management flow chart is depicted in Fig. 1. We provide SoF tables in the online Appendices S1–S5 (additional files 1.3 through 4.1).

Basic airway management

Basic airway manoeuvres and the use of adjuncts

Recommendation. We recommend that all EMS providers should apply basic airway manoeuvres and consider using adjuncts such as oropharyngeal (OPA) and nasopharyngeal (NPA) airways in cases with upper airway obstruction (Good practice recommendation).

Rationale and knowledge base. Basic airway manoeuvres remain the backbone of airway

Table 1 Clinical problems and PICO questions used to assess evidence relevant to this guideline statement.

Clinical question	PICO question			
	Population (P)*	Intervention (I)	Comparator (C)	Outcomes (O)
Basic airway management				
1.1 Should basic airway manoeuvres incl. NPA/OPA be applied?	Critically ill/injured	Basic NPA/OPA	NIL interventions	Mortality Morbidity
1.2 In unconscious non-trauma patients, where advanced airway management is not immediately available, should the patient be turned into a lateral position?	Unconscious non-trauma patients	Recovery position	Supine position	Serious adverse events
1.3 In unconscious trauma patients, where advanced airway management is not immediately available, should the patient be turned into a lateral position?	Unconscious trauma patients	Lateral position		
Supraglottic airway device				
2.1 In OHCA should a SAD be used?	OHCA	SAD	ETI	Mortality Morbidity
2.2 Should a SAD be used as an alternative to ETI or as a rescue device in airway management?	Critically ill/injured			Serious adverse event
Endotracheal intubation				
3.1 What training level is necessary for ETI?	Critically ill/injured	ETI	Provider skill level	Mortality Morbidity Serious adverse event
3.2 Should videolaryngoscopy be applied for ETI?		Videolaryngoscopy	Direct laryngoscopy	Success rates Serious adverse event
Emergency cricothyroidotomy				
4.1 In CICV situations what technique for emergency cricothyroidotomy should be applied?	Critically ill/injured	Surgical cricothyroidotomy	Non-surgical cricothyroidotomy	Mortality Time expenditure

Notes: *All patients are managed out of hospital; NPA, nasopharyngeal airway; OPA, oropharyngeal airway; RSI, rapid sequence induction; OHCA, out-of-hospital cardiac arrest; SAD, supraglottic airway device; ETI, endotracheal intubation; CICV, cannot intubate, cannot ventilate.

management and include jaw thrust, head tilt and chin lift.^{8,27–32} We assume that these manoeuvres are combined with bag-valve-mask ventilation when appropriate (ventilation is not covered in this guideline). Although properly placed OPAs and NPAs do not protect the airway against aspiration of gastric content, they should be considered carefully applied as adjuncts to basic airway manoeuvres.³³ (Recommendation is based on ‘good practice recommendations’ and a recognised guideline.⁸)

Unconscious non-trauma patients and the use of the recovery position

Recommendation. In unconscious patients, where there is no suspicion of trauma and where advanced airway management is not immediately available, we recommend that all EMS

providers place the patient in the recovery position (Good practice recommendation).

Rationale and knowledge base. For non-trauma patients, the recovery position is recommended until a more secure airway can be obtained. (Recommendation is based on ‘good practice recommendations’ and recognised guidelines.^{34–36})

Unconscious trauma patients and the use of the lateral position

Recommendation. In unconscious trauma patients, where advanced airway management is not immediately available, we recommend that all EMS providers turn the patient into a lateral position while maintaining spinal alignment (strong recommendation, low quality of evidence). When spinal precautions are warranted, chin lift or jaw

Table 2 Key recommendations and quality of evidence.

Recommendation	Strength of recommendation	Quality of evidence reasons for downgrading	Benefits and harms	Comments
Basic airway management				
1.1 All EMS providers should apply basic airway manoeuvres and consider using adjuncts such as NPA and OPA in cases with upper airway obstruction	Good practice recommendation		Harm of NPA and OPA are largely unknown. The assumed benefit outweighs the potential harm	There is a general paucity in the literature on this topic
1.2 All EMS providers should turn unconscious non-trauma patients into the recovery position when advanced airway management is not available	Good practice recommendation		Evidence for benefit, no evidence for harm	There is a general paucity in the literature on this topic
1.3 All EMS providers should turn unconscious trauma patients to the lateral trauma position while maintaining spinal alignment when advanced airway management is not an option	Strong	Low due to observational studies	No evidence for harm in lateral positioning (including logroll) in patients with a spinal cord injury. The assumed benefit outweighs the potential harm	
Supraglottic airway device				
2.1 EMS providers with intermediate training should use an SAD or basic airway manoeuvres in OHCA	Weak	Low due to: Risk of bias and serious indirectness in observational studies	SADs do not provide a definitive airway	Careful use and close observation complemented by continuous waveform end-tidal CO ₂ monitoring is warranted A maximum of three attempts at SAD insertion is recommended
2.2 EMS providers with advanced training may choose to use an SAD in situations where it is appropriate, i.e. considered equally beneficial to ETI or as a rescue device after failed ETI	Good practice recommendation		The assumed benefit outweighs the potential harm	
Endotracheal intubation				
3.1 ETI should be performed by EMS providers with advanced training.	Strong	Low due to: Risk of bias and serious indirectness in observational studies	Observational studies suggest that inadequate training increases the incidence of complications	The tracheal tube position should be verified with a combination of visual confirmation, auscultation and continuous waveform end-tidal CO ₂ monitoring Providers should be appropriately trained and experienced in the procedure. Equipment should be tested for feasibility for pre-hospital use
3.2 Videolaryngoscopy should be considered as an alternative method for intubation when direct laryngoscopy fails or is expected to be difficult in pre-hospital ETI	Weak	Low due to risk of bias and serious indirectness	There is an overall heterogeneity in design and uncertainty of transportability to pre-hospital environment	

Table 2 (Continued)

Recommendation	Strength of recommendation	Quality of evidence reasons for downgrading	Benefits and harms	Comments
Emergency cricothyroidotomy 4.1 EMS providers with advanced training should perform cricothyroidotomy in CICV situations	Weak	Low due to: Risk of bias and indirectness. Literature inconclusive on preferred technique		Several techniques can be applied to establish an emergency front-of-neck airway in the CICV situation, but limiting choice simplifies decision-making

Notes: EMS, emergency medical services; NPA, nasopharyngeal airway; OPA, oropharyngeal airway; SAD, supraglottic airway device; ETI, endotracheal intubation; OHCA, out-of-hospital cardiac arrest; CICV, cannot intubate, cannot ventilate.

thrust in combination with manual in-line stabilisation should be used to reduce the risk for exacerbation of any spinal injuries.^{37,38}

Rationale and knowledge base. The lateral position is favourable to the supine position in unconscious patients.³⁹ We have not identified any evidence for harm in lateral positioning (including log roll) in patients with a spinal cord injury.⁴⁰ This does not mean that no such evidence exists. But having to balance the risk of harm from a potentially devastating but relatively rare injury (unstable spine injury) with a more frequent and potential lethal injury (traumatic brain injury with obstructed airway), we prioritise the latter (Appendix S1: Additional file 1.3 for SoF).

Supraglottic airway devices

The use of SAD in out-of-hospital cardiac arrest

Recommendation. We suggest that EMS providers with intermediate training use an SAD or basic airway manoeuvres in out-of-hospital cardiac arrest (OHCA) (weak recommendation, low quality of evidence).

Rationale and knowledge base. In OHCA, an SAD has for long been an alternative to ETI but effect on outcome is debated.^{8,19,41–43} Few studies (no RCTs) compare results of resuscitation with different strategies for airway management. Most of these are post hoc analyses with high risk of bias favouring limited intervention, as advanced airway devices are not employed in patients that are successfully resuscitated quickly. SADs and ETI, however, confer the advantage of continuous compressions without pausing for ventilation (Appendix S2: Additional file 2.1 for SoF).

The use of SAD as an alternative to ETI or as a rescue device in airway management

Recommendation. We recommend that EMS providers with advanced training use an SAD when it is appropriate, i.e. when an SAD is considered equally beneficial to ETI or as a rescue

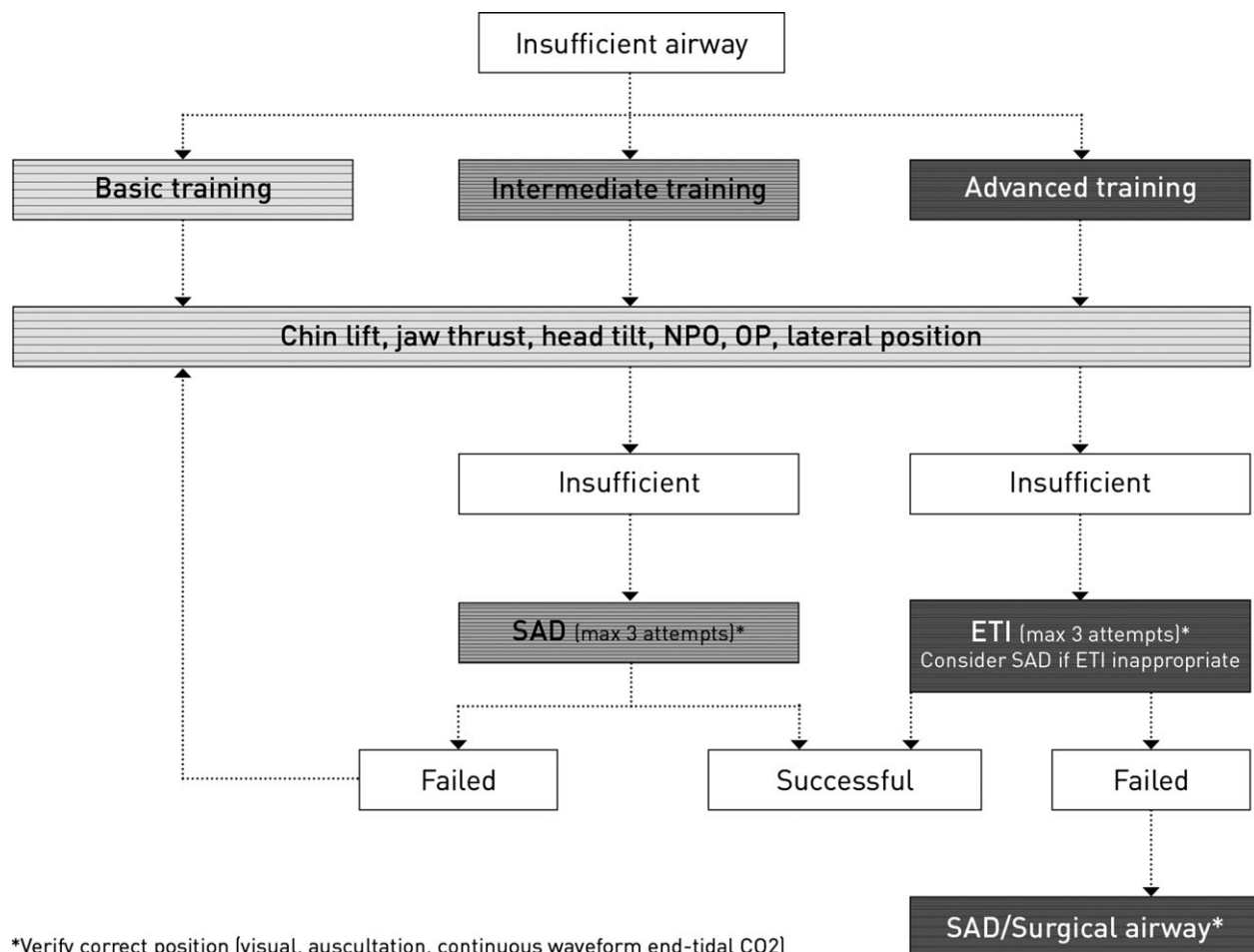


Fig. 1. Pre-hospital airway management flow chart according to provider training.

device after failed ETI (Good practice recommendation).

Rationale and knowledge base. For EMS providers with advanced training, an SAD may be used as a rescue device in cannot intubate situations or when ETI is considered inappropriate. An SAD can generally be inserted without interrupting chest compressions and efforts to treat reversible causes for cardiac arrest (e.g. pleural decompression of tension pneumothorax).^{8,19} Recommendation is based on 'good practice recommendations' and recognised guidelines.^{8,15}

General considerations. SADs do not completely protect the airway from gastric insufflation,

regurgitation and aspiration so careful use and close observation complemented by continuous waveform end-tidal CO₂ monitoring is warranted. A maximum of three attempts at SAD insertion is recommended.¹⁵ When clinical circumstances and provider competence allow, the SAD can be converted to a definitive tracheal tube reflecting the stepwise approach to airway management involving multiple techniques during a single resuscitation.⁸ Several second-generation SAD models exist but evidence is inconclusive on the preferred model.^{8,15,34,44–50} The task force does not recommend any specific second-generation model, but emphasises that EMS providers should be appropriately trained in inserting the specific device(s) in use by their service.

Endotracheal intubation and videolaryngoscopy

Training level necessary for ETI

Recommendation. We recommend that ETI should only be performed by EMS providers with advanced training (strong recommendation, low quality of evidence).

Rationale and knowledge base. The endotracheal tube is considered a definitive airway that prevents gastric insufflation and aspiration as well as allowing providers optimal ventilation control. However, prolonged laryngoscopy may shift the focus of care and delay other life-saving procedures. Inadequate training increases the incidence of complications, emphasising the necessity of advanced training.^{51–53} The task force recommends that pre-hospital RSI should at least meet the same standards as in-hospital emergency RSI with regard to choice of e.g. drugs and pre-oxygenation strategies, cricoid pressure and comply with the SSAI clinical practice guideline on emergency anaesthesia.²¹ To optimise the chance for first-pass success, the task force recommends that EMS providers consider strategies such as using a bougie, external laryngeal manipulation and optimised patient positioning.¹⁵ The tracheal tube position should be verified through visual confirmation, auscultation and continuous waveform end-tidal CO₂ monitoring.^{8,15,19}

The number of attempts at laryngoscopy is associated with increased incidence of haemodynamic and airway complications and a maximum of three attempts at laryngoscopy is recommended^{15,16,54} (Appendix S3: Additional file 3.1 for SoF).

Use of videolaryngoscopy

Recommendation. We suggest that videolaryngoscopy be considered as an alternative method for ETI when direct laryngoscopy fails or is expected to be difficult (weak recommendation, low quality of evidence).

Rationale and knowledge base. Videolaryngoscopes use a miniature camera to indirectly visualise the airway anatomy. Numerous types of videolaryngoscopes exist but feasibility for pre-hospital use remains undecided for most models.^{55–57} Videolaryngoscopy does not seem to increase risk for complications related to ETI when compared to direct laryngoscopy.⁵⁶

We suggest that videolaryngoscopy be considered as an alternative method for ETI when direct laryngoscopy fails or is expected to be difficult. We recommend that the chosen device be tested for feasibility for pre-hospital use before implementation. There is heterogeneity in technical design and EMS providers should be appropriately trained in the procedure and with the special features of the pre-hospital setting (Appendix S4: Additional file 3.2 for SoF).

Emergency cricothyroidotomy

Recommendation. We suggest that EMS providers with advanced training perform cricothyroidotomy in 'cannot intubate, cannot ventilate' (CICV) situations (weak recommendation, low quality of evidence).

Rationale and knowledge base. Efficient management of a CICV situation requires early recognition and declaration of airway management failure and initiation of a well-rehearsed emergency cricothyroidotomy technique. Several techniques can be applied to establish an emergency front-of-neck airway in the CICV situation, but limiting choice simplifies decision-making. The traditional method of establishing a surgical airway involves an incision through the skin and the cricothyroid membrane into the tracheal lumen through which a tracheal tube is inserted. Many commercial kits are available intended for use in a CICV situation.^{58,59} Some of these kits are based upon the Seldinger technique where the cricothyroid membrane is punctured with a needle, a guidewire introduced into the tracheal lumen through the needle and a specially designed tracheal tube inserted over the guidewire. Other kits rely on a cutting device that is used to create an opening in the cricothyroid

membrane large enough to accommodate the tracheal tube that is a part of the kit. No technique has been shown to be superior.⁵⁸ However, many of the available kits consist of several items and require substantial training in order to be used in an efficient manner. If such training cannot be performed on a regular basis, we suggest that a scalpel cricothyroidotomy technique should be applied in CICV situations^{8,15,58} (Appendix S5: Additional file 4.1 for SoF).

Discussion

This guideline was developed through a systematic literature search and using the GRADE system to assess quality of evidence and direction and strength of recommendations in a systematic and transparent process.

The evidence-base for this review consists of both randomised interventional trials and observational studies. If we had restricted our recommendations to those that can be deduced from studies with a randomised design, there would be no guideline. In general, outcomes and provider competence were inconsistently reported and their diverse character made them difficult to accurately interpret. Numerous models of SADs, videolaryngoscopes and cricothyroidotomy kits were investigated as new designs are continually introduced and existing designs are modified. Commonly agreed model classification systems are lacking and we anticipated that level of evidence between models was skewed. Because of this heterogeneity, some sets of data are depicted with range (min–max) as a substitute for meta-analyses. We hope that this summary of evidence will outline the need for further trials with high-quality design and standardised reporting to answer pertinent questions and allow stronger recommendations for pre-hospital practice.^{60,61} Suggested topics include provider competence necessary for safe ETI, type-specific studies on SADs, videolaryngoscopy and cricothyroidotomy kits, use of ultrasonography for tracheal tube placement confirmation, pharmacologically assisted SAD insertion and emergency cricothyroidotomy strategies in the pre-hospital setting.^{62–64}

Pre-hospital critical care is undertaken by numerous EMS providers, many of which base their practice on established guidelines.^{8,15–19}

To reduce confusion, conflicting statements and facilitate adoption of these guidelines, we have chosen to align our recommendations with theirs on certain uncontroversial topics such as application of basic manoeuvres and the use of an SAD as a rescue device after failed ETI. This guideline includes several paradigmatic situations where we offer strong recommendations based on weak level of evidence.⁶⁵ In unconscious trauma patients and the use of the lateral position, we have found no evidence for harm, but recognise that a blocked airway may be life threatening. The task force also emphasises the necessity of advanced training to maintain patient safety during ETI. This guideline also presents good practice recommendations on the use of the recovery position in unconscious non-trauma patients, basic airway manoeuvres and adjuncts and the use of SAD as an alternative to ETI or as a rescue device in airway management. On these topics, the task force considered it sufficiently obvious that desirable effects outweighed any undesirable effects.²³

We acknowledge that the field of airway management is vast and several topics of relevance have not been addressed. This includes ventilation strategies, indications for RSI, monitoring, training and the use of checklists. We think that the heterogeneity in airway devices and personnel competence emphasises the need for regular training, robust audit practice and clinical governance. The task force emphasises that these recommendations are not a substitute for good clinical judgement and may not be suitable in all circumstances (e.g. subgroups of patients may benefit from tailored strategies). EMS providers should regularly review current literature for continued relevance and consult separate guidelines for selected patient populations such as neonatal and obstetric patients.^{66,67,68}

The task force recommends that type of airway strategy used should depend on the training of the EMS provider. The task force chose not to set standards for training or nominate certain procedures to professional categories as training within professions may vary. This leaves the responsibility with the individual medical director to determine the level of training required for basic, intermediate, and advanced airway management within their service. Furthermore, as the exposure to advanced procedures in the pre-

hospital environment tends to be limited, we believe there is a need for maintenance of expertise with regular procedural exposure (in-hospital or simulation if needed), as well as monitoring of actual pre-hospital practice. In line with the previous version of these guidelines, the task force chose to construct a flow chart depicting the recommendations.¹¹

In conclusion, we present systematically developed recommendations to assist EMS providers in pre-hospital airway management. The guideline includes a combination of techniques applied in a stepwise fashion appropriate to patient clinical status and provider competence. Heterogeneity in equipment models and paucity of high-quality pre-hospital studies emphasise the need for further trials. Improved study design and standardised reporting may improve patient safety and increase benefit for patients and society.

Acknowledgements

We are grateful for all valuable assistance in the development of this guideline: Gunn Elisabeth Vist, head of department and senior researcher at the Norwegian Knowledge Centre for the Health Services, Oslo, Norway.

References

1. Anderson ID, Woodford M, de Dombal FT, Irving M. Retrospective study of 1000 deaths from injury in England and Wales. *BMJ* 1988; 296: 1305–8.
2. Esposito TJ, Sanddal ND, Hansen JD, Reynolds S. Analysis of preventable trauma deaths and inappropriate trauma care in a rural state. *J Trauma* 1995; 39: 955–62.
3. Sasser S, Varghese M, Kellermann A, Lormand J. Prehospital trauma care systems. Geneva: World Health Organization, 2005.
4. Cook TM, Woodall N, Frerk C, Fourth National Audit P. Major complications of airway management in the UK: results of the fourth national audit project of the royal college of anaesthetists and the difficult airway society. Part 1: anaesthesia. *Br J Anaesth* 2011; 106: 617–31.
5. Cook TM, Woodall N, Harper J, Bengner J, Fourth National Audit P. Major complications of airway management in the UK: results of the fourth national audit project of the royal college of anaesthetists and the difficult airway society. Part 2: intensive care and emergency departments. *Br J Anaesth* 2011; 106: 632–42.
6. Soar J, Nolan JP. Airway management in cardiopulmonary resuscitation. *Curr Opin Crit Care* 2013; 19: 181–7.
7. Voss S, Rhys M, Coates D, Greenwood R, Nolan JP, Thomas M, Bengner J. How do paramedics manage the airway during out of hospital cardiac arrest? *Resuscitation* 2014; 85: 1662–6.
8. Soar J, Nolan JP, Bottiger BW, Perkins GD, Lott C, Carli P, Pellis T, Sandroni C, Skrifvars MB, Smith GB, Sunde K, Deakin CD, Adult advanced life support section C. European resuscitation council guidelines for resuscitation 2015: section 3. Adult advanced life support. *Resuscitation* 2015; 95: 100–47.
9. Kruger AJ, Skogvoll E, Castren M, Kurola J, Lossius HM, ScanDoc Phase 1a Study G. Scandinavian pre-hospital physician-manned emergency medical services—same concept across borders? *Resuscitation* 2010; 81: 427–33.
10. Garza AG, Gratton MC, McElroy J, Lindholm D, Coontz D. Environmental factors encountered during out-of-hospital intubation attempts. *Prehosp Emerg Care* 2008; 12: 286–9.
11. Berlac P, Hyldmo PK, Kongstad P, Kurola J, Nakstad AR, Sandberg M, Scandinavian Society for A, Intensive Care M. Pre-hospital airway management: guidelines from a task force from the scandinavian society for anaesthesiology and intensive care medicine. *Acta Anaesthesiol Scand* 2008; 52: 897–907.
12. Balslem H, Helfand M, Schunemann HJ, Oxman AD, Kunz R, Brozek J, Vist GE, Falck-Ytter Y, Meerpohl J, Norris S, Guyatt GH. GRADE guidelines: 3. Rating the quality of evidence. *J Clin Epidemiol* 2011; 64: 401–6.
13. Qaseem A, Forland F, Macbeth F, Ollenschlager G, Phillips S, van der Wees P, Board of Trustees of the Guidelines International N. Guidelines international network: toward international standards for clinical practice guidelines. *Ann Intern Med* 2012; 156: 525–31.
14. Schunemann HJ, Al-Ansary LA, Forland F, Kersten S, Komulainen J, Kopp IB, Macbeth F, Phillips SM, Robbins C, van d, Qaseem A, Board of Trustees of the Guidelines International N. Guidelines international network: principles for disclosure of interests and management of conflicts in guidelines. *Ann Intern Med* 2015; 163: 548–53.
15. Frerk C, Mitchell VS, McNarry AF, Mendonca C, Bhagrath R, Patel A, O'Sullivan EP, Woodall NM,

- Ahmad I, Difficult Airway Society intubation guidelines working group. Difficult airway society 2015 guidelines for management of unanticipated difficult intubation in adults. *Br J Anaesth* 2015; 115: 827–48.
16. Law JA, Broemling N, Cooper RM, Drolet P, Duggan LV, Griesdale DE, Hung OR, Jones PM, Kovacs G, Massey S, Morris IR, Mullen T, Murphy MF, Preston R, Naik VN, Scott J, Stacey S, Turkstra TP, Wong DT, Canadian Airway Focus G. The difficult airway with recommendations for management—part 1—difficult tracheal intubation encountered in an unconscious/induced patient. *Can J Anaesth* 2013; 60: 1089–118.
 17. Black AE, Flynn PE, Smith HL, Thomas ML, Wilkinson KA. Development of a guideline for the management of the unanticipated difficult airway in pediatric practice. *Paediatr Anaesth* 2015; 25: 346–62.
 18. Apfelbaum JL, Hagberg CA, Caplan RA, Blitt CD, Connis RT, Nickinovich DG, Hagberg CA, Caplan RA, Benumof JL, Berry FA, Blitt CD, Bode RH, Cheney FW, Connis RT, Guidry OF, Nickinovich DG, Ovassapian A, American Society of Anesthesiologists Task Force on Management of the Difficult Airway. Practice guidelines for management of the difficult airway: an updated report by the American society of anesthesiologists task force on management of the difficult airway. *Anesthesiology* 2013; 118: 251–70.
 19. Truhlar A, Deakin CD, Soar J, Khalifa GE, Alfonzo A, Bierens JJ, Brattebo G, Brugger H, Dunning J, Hunyadi-Anticevic S, Koster RW, Lockey DJ, Lott C, Paal P, Perkins GD, Sandroni C, Thies KC, Zideman DA, Nolan JP, Cardiac arrest in special circumstances section C. European resuscitation council guidelines for resuscitation 2015: section 4. Cardiac arrest in special circumstances. *Resuscitation* 2015; 95: 148–201.
 20. Difficult Airway Society Extubation Guidelines G, Popat M, Mitchell V, Dravid R, Patel A, Swampillai C, Higgs A Difficult airway society guidelines for the management of tracheal extubation. *Anaesthesia* 2012; 67: 318–40.
 21. Jensen AG, Callesen T, Hagemo JS, Hreinsson K, Lund V, Nordmark J, Clinical Practice Committee of the Scandinavian Society of Anesthesiologists. Scandinavian clinical practice guidelines on general anaesthesia for emergency situations. *Acta Anaesthesiol Scand* 2010; 54: 922–50.
 22. Algie CM, Mahar RK, Tan HB, Wilson G, Mahar PD, Wasiak J. Effectiveness and risks of cricoid pressure during rapid sequence induction for endotracheal intubation. *Cochrane Database Syst Rev* 2015; 11: CD011656.
 23. Guyatt G, Oxman AD, Akl EA, Kunz R, Vist G, Brozek J, Norris S, Falck-Ytter Y, Glasziou P, DeBeer H, Jaeschke R, Rind D, Meerpohl J, Dahm P, Schunemann HJ. GRADE guidelines: 1. Introduction—GRADE evidence profiles and summary of findings tables. *J Clin Epidemiol* 2011; 64: 383–94.
 24. Brouwers MC, Kho ME, Browman GP, Burgers JS, Cluzeau F, Feder G, Fervers B, Graham ID, Grimshaw J, Hanna SE, Littlejohns P, Makarski J, Zitzelsberger L, Consortium ANS. The global rating scale complements the AGREE II in advancing the quality of practice guidelines. *J Clin Epidemiol* 2012; 65: 526–34.
 25. Higgins JPT, Green S (editors). *Cochrane Handbook for Systematic Reviews of Interventions* Version 5.1.0 [updated March 2011]. The Cochrane Collaboration, 2011. Available at: <http://handbook.cochrane.org>.
 26. Guyatt GH, Oxman AD, Vist GE, Kunz R, Falck-Ytter Y, Alonso-Coello P, Schunemann HJ, Group GW. GRADE: an emerging consensus on rating quality of evidence and strength of recommendations. *BMJ* 2008; 336: 924–6.
 27. Guildner CW. Resuscitation—opening the airway. A comparative study of techniques for opening an airway obstructed by the tongue. *JACEP* 1976; 5: 588–90.
 28. Safar P, Escarraga LA, Chang F. Upper airway obstruction in the unconscious patient. *J Appl Physiol* 1959; 14: 760–4.
 29. Greene DG, Elam JO, Dobkin AB, Studley CL. Cinefluorographic study of hyperextension of the neck and upper airway patency. *JAMA* 1961; 176: 570–3.
 30. Morikawa S, Safar P, Decarlo J. Influence of the head/jaw position upon upper airway patency. *Anesthesiology* 1961; 22: 265–70.
 31. Ruben HM, Elam JO, Ruben AM, Greene DG. Investigation of upper airway problems in resuscitation. 1. Studies of pharyngeal x-rays and performance by laymen. *Anesthesiology* 1961; 22: 271–9.
 32. Elam JO, Greene DG, Schneider MA, Ruben HM, Gordon AS, Hustead RF, Benson DW, Clements JA, Ruben A. Head-tilt method of oral resuscitation. *J Am Med Assoc* 1960; 172: 812–5.
 33. Roberts K, Whalley H, Bleetman A. The nasopharyngeal airway: dispelling myths and establishing the facts. *Emerg Med J* 2005; 22: 394–6.
 34. Maconochie IK, Bingham R, Eich C, Lopez-Herce J, Rodriguez-Nunez A, Rajka T, Van de Voorde P,

- Zideman DA, Biarent D. Paediatric life support section C. European resuscitation council guidelines for resuscitation 2015: section 6. Paediatric life support. *Resuscitation* 2015; 95: 223–48.
35. Perkins GD, Handley AJ, Koster RW, Castren M, Smyth MA, Olasveengen T, Monsieurs KG, Raffay V, Grasner JT, Wenzel V, Ristagno G, Soar J. Adult basic life s, automated external defibrillation section C. European resuscitation council guidelines for resuscitation 2015: section 2. Adult basic life support and automated external defibrillation. *Resuscitation* 2015; 95: 81–99.
 36. Zideman DA, De Buck ED, Singletary EM, Cassan P, Chalkias AF, Evans TR, Hafner CM, Handley AJ, Meyran D, Schunder-Tatzber S, Vandekerckhove PG. European resuscitation council guidelines for resuscitation 2015 section 9. First aid. *Resuscitation* 2015; 95: 278–87.
 37. Majernick TG, Bieniek R, Houston JB, Hughes HG. Cervical spine movement during orotracheal intubation. *Ann Emerg Med* 1986; 15: 417–20.
 38. Lennarson PJ, Smith DW, Sawin PD, Todd MM, Sato Y, Traynelis VC. Cervical spinal motion during intubation: efficacy of stabilization maneuvers in the setting of complete segmental instability. *J Neurosurg* 2001; 94: 265–70.
 39. Hyldmo PK, Vist GE, Feyling AC, Rognas L, Magnusson V, Sandberg M, Soreide E. Is the supine position associated with loss of airway patency in unconscious trauma patients? A systematic review and meta-analysis. *Scand J Trauma Resusc Emerg Med* 2015; 23: 50.
 40. Hyldmo PK, Vist GE, Feyling AC, Rognas L, Magnusson V, Sandberg M, Soreide E. Does turning trauma patients with an unstable spinal injury from the supine to a lateral position increase the risk of neurological deterioration? - A systematic review. *Scand J Trauma Resusc Emerg Med* 2015; 23: 65.
 41. Tiah L, Kajino K, Alsakaf O, Bautista DC, Ong ME, Lie D, Naroo GY, Doctor NE, Chia MY, Gan HN. Does pre-hospital endotracheal intubation improve survival in adults with non-traumatic out-of-hospital cardiac arrest? A systematic review. *West J Emerg Med* 2014; 15: 749–57.
 42. Benoit JL, Gerecht RB, Steuerwald MT, McMullan JT. Endotracheal intubation versus supraglottic airway placement in out-of-hospital cardiac arrest: a meta-analysis. *Resuscitation* 2015; 93: 20–6.
 43. Carlson JN, Wang HE. Does intubation improve outcomes over supraglottic airways in adult out-of-hospital cardiac arrest? *Ann Emerg Med* 2015; 67: 396–8.
 44. Baidya DK, Chandralekha, Darlong V, Pandey R, Maitra S, Khanna P. Comparative efficacy and safety of the Ambu((R)) AuraOnce() laryngeal mask airway during general anaesthesia in adults: a systematic review and meta-analysis. *Anaesthesia* 2014; 69: 1023–32.
 45. de Montblanc J, Ruscio L, Mazoit JX, Benhamou D. A systematic review and meta-analysis of the i-gel ((R)) vs laryngeal mask airway in adults. *Anaesthesia* 2014; 69: 1151–62.
 46. Choi GJ, Kang H, Baek CW, Jung YH, Woo YC, Cha YJ. A systematic review and meta-analysis of the i-gel(R) vs laryngeal mask airway in children. *Anaesthesia* 2014; 69: 1258–65.
 47. Park SK, Choi GJ, Choi YS, Ahn EJ, Kang H. Comparison of the i-gel and the laryngeal mask airway proSeal during general anesthesia: a systematic review and meta-analysis. *PLoS ONE* 2015; 10: e0119469.
 48. Smith P, Bailey CR. A performance comparison of the paediatric i-gel with other supraglottic airway devices. *Anaesthesia* 2015; 70: 84–92.
 49. Maitra S, Baidya DK, Bhattacharjee S, Khanna P. Evaluation of i-gel() airway in children: a meta-analysis. *Paediatr Anaesth* 2014; 24: 1072–9.
 50. Choi GJ, Kang H, Baek CW, Jung YH, Woo YC, Kim SH, Kim JG. Comparison of streamlined liner of the pharynx airway (SLIPA) and laryngeal mask airway: a systematic review and meta-analysis. *Anaesthesia* 2015; 70: 613–22.
 51. Lossius HM, Roislien J, Lockey DJ. Patient safety in pre-hospital emergency tracheal intubation: a comprehensive meta-analysis of the intubation success rates of EMS providers. *Crit Care* 2012; 16: R24.
 52. Lecky F, Bryden D, Little R, Tong N, Moulton C. Emergency intubation for acutely ill and injured patients. *Cochrane Database Syst Rev* 2008. CD001429. DOI: 10.1002/14651858.CD001429.pub2.
 53. Bossers SM, Schwarte LA, Loer SA, Twisk JW, Boer C, Schober P. Experience in prehospital endotracheal intubation significantly influences mortality of patients with severe traumatic brain injury: a systematic review and meta-analysis. *PLoS ONE* 2015; 10: e0141034.
 54. Mort TC. Emergency tracheal intubation: complications associated with repeated laryngoscopic attempts. *Anesth Analg* 2004; 99: 607–13, table of contents.
 55. Healy DW, Maties O, Hovord D, Kheterpal S. A systematic review of the role of videolaryngoscopy

- in successful orotracheal intubation. *BMC Anesthesiol* 2012; 12: 32.
56. De Jong A, Molinari N, Conseil M, Coisel Y, Pouzeratte Y, Belafia F, Jung B, Chanques G, Jaber S. Video laryngoscopy versus direct laryngoscopy for orotracheal intubation in the intensive care unit: a systematic review and meta-analysis. *Intensive Care Med* 2014; 40: 629–39.
 57. Suppan L, Tramer MR, Niquille M, Groscurin O, Marti C. Alternative intubation techniques vs Macintosh laryngoscopy in patients with cervical spine immobilization: systematic review and meta-analysis of randomized controlled trials. *Br J Anaesth* 2016; 116: 27–36.
 58. Langvad S, Hyldmo PK, Nakstad AR, Vist GE, Sandberg M. Emergency cricothyrotomy—a systematic review. *Scand J Trauma Resusc Emerg Med* 2013; 21: 43.
 59. Sanabria A. Which percutaneous tracheostomy method is better? A systematic review *Respir Care* 2014; 59: 1660–70.
 60. Sollid SJ, Lockey D, Lossius HM, Pre-hospital advanced airway management expert g. A consensus-based template for uniform reporting of data from pre-hospital advanced airway management. *Scand J Trauma Resusc Emerg Med* 2009; 17: 58.
 61. Fevang E, Lockey D, Thompson J, Lossius HM, Torpo Research C. The top five research priorities in physician-provided pre-hospital critical care: a consensus report from a European research collaboration. *Scand J Trauma Resusc Emerg Med* 2011; 19: 57.
 62. Chou EH, Dickman E, Tsou PY, Tessaro M, Tsai YM, Ma MH, Lee CC, Marshall J. Ultrasonography for confirmation of endotracheal tube placement: a systematic review and meta-analysis. *Resuscitation* 2015; 90: 97–103.
 63. Das SK, Choupoo NS, Haldar R, Lahkar A. Transtracheal ultrasound for verification of endotracheal tube placement: a systematic review and meta-analysis. *Can J Anaesth* 2015; 62: 413–23.
 64. Moss R, Porter K, Greaves I, Consensus Group Faculty of Pre-Hospital C. Pharmacologically assisted laryngeal mask insertion: a consensus statement. *EMJ* 2013; 30: 1073–5.
 65. Alexander PE, Brito JP, Neumann I, Gionfriddo MR, Bero L, Djulbegovic B, Stoltzfus R, Montori VM, Norris SL, Schunemann HJ, Guyatt GH. World Health Organization strong recommendations based on low-quality evidence (study quality) are frequent and often inconsistent with GRADE guidance. *J Clin Epidemiol* 2016; 72: 98–106.
 66. Wyllie J, Bruinenberg J, Roehr CC, Rudiger M, Trevisanuto D, Urlesberger B. European resuscitation council guidelines for resuscitation 2015: section 7. Resuscitation and support of transition of babies at birth. *Resuscitation* 2015; 95: 249–63.
 67. Lingappan K, Arnold JL, Shaw TL, Fernandes CJ, Pammi M. Videolaryngoscopy versus direct laryngoscopy for tracheal intubation in neonates. *Cochrane Database Syst Rev* 2015; 2: CD009975.
 68. Mushambi MC, Kinsella SM, Popat M, Swales H, Ramaswamy KK, Winton AL, Quinn AC. Obstetric anaesthetists' association and difficult airway society guidelines for the management of difficult and failed tracheal intubation in obstetrics. *Anaesthesia* 2015; 70: 1286–306.

Supporting Information

Additional Supporting Information may be found in the online version of this article at the publisher's web-site:

Appendix S1 Question: In unconscious trauma patients, should EMS providers use a lateral position?

Appendix S2 Question: Should SADs be used for OHCA?

Appendix S3 Question: What training level is necessary for pre-hospital ETI in critically ill or injured patients?

Appendix S4 Question: Should EMS providers use a videolaryngoscopy for ETI in critically ill and injured patients?

Appendix S5 Question: In cannot intubate, cannot ventilate situations what technique for emergency cricothyroidotomy should be applied?