

### Percutaneous Puncture Intervertebral Incision and Exsuction in Treatment of Prolapse of Lumbar Intervertebral Disc

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**Objective:** To assess percutaneous puncture intervertebral incision and exsuction (APLD) as a treatment for patients with prolapse of lumbar intervertebral disc.

**Methods:** Fifty-one patients with prolapse of a lumbar intervertebral disc received the treatment by national APLD with follow-up from 3 to 24 months.

**Results:** Treatment efficacy was classified according to improved Mac-nab criterion as excellent (25 cases), good (21 cases), normal (4 cases), and poor (1 case). The effectiveness rate was 90%.

**Conclusion:** It indicated that APLD technique had the characteristics of less injury, quick recovery, avoiding the vertebral canals, maintaining the stability of spinal column, and less and slight complications. If indication is present, APLD is an effective treatment for prolapse of lumbar intervertebral disc.

**Key words:** effectiveness; efficacy; intervertebral disk displacement; lumbar vertebrae; percutaneous; removal of vertebral disc

*Prehosp Disast Med* 2001;16(2):s43.

### Alarm Situation in Castellon Due to Floods: "Cold Front" Meteorological Phenomenon

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The "cold drop" phenomenon, favoured by the peculiar orographical and hydrographical features of Castellon Province, is the combination of cold wind at the highest levels of the atmosphere with the warm wind over the Mediterranean Sea. It produces torrential and heavy rains with the risk of floods. Consequently, a special plan in case of floods is enacted (P.E.I = plan especial de inundaciones) Resolution 156/1999.

**Objective:** Analysis of the application of the P.E.I. in an actual situation occurred during October 2000 in Castellon and comparing it with rainfall from the last 10 years.

**Methods:** A qualitative study of the situation occurred 20th to 26th October 2000 due to torrential rainfalls (superior to 30 l/m<sup>2</sup>/h) causing harm to people and properties. Information is provided by means of the following sources: (1) National Meteorological Institute, (2) Civil Protection, Hydrographical Confederation of "the Jucar and Ebro", and (3) Centre of Information and Coordination Health Emergency Institute from the Province of Castellon and images from the local newspaper "Mediterraneo" (local press).

**Results:** The maximum rainfall in 24 hours took place in "la Puebla de Benifassar" with 315.80 l/m<sup>2</sup>/24h; being the

average on the 20th/26th October 2000 of 86.61 l/m<sup>2</sup>/24h. The maximum rainfall in 24 hours in the last 10 years was 163 l/m<sup>2</sup> in 1994, the average rainfall of the last 10 years was 35.6 l/m<sup>2</sup> in 24 hours. This rainfall affected altogether 48 roads in the local net, and three from the national net, 4 dams, and 4 rivers. The railway sustained no damage, 13 townships were without electrical power, 3 without drinking water, 3 without telephones, and 95 people were evacuated, 5 people were rescued, and 11 warning to townships were given facing the possibility of a break in M<sup>a</sup> Cristina dam. Health emergencies were at their most intense point on the 24th, the most common pathology being the traumatic injuries. The availability of sanitary resources was of 6 units of emergency assistance, 50 conventional ambulances, 2 air rescue units, 183 hospitable beds, and 11 for critics.

**Conclusions:** The development of the emergency, the management and the supervision was carried out under the resolution P.E.I. 156/1999 and allowed all of the involved services to act in coordination so as to activate and mitigate the consequences of the emergency.

**Key words:** alarm; "cold-drop" phenomenon; floods; rain

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*Prehosp Disast Med* 2001;16(2):s43.

### Medical Education of CPR in Mexico

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Medical education in cardiopulmonary resuscitation is one of the most important aspects of learning to recognize and treat medical emergencies for the Faculty of Medicine in the national, free University of Mexico. We have developed a very comprehensive program about the process of learning of Emergency Medicine, specifically with young students who arrive at the first courses in their medical career.

The training program is based on the Pan-American Health Organization's program for medical education. The goal of the education and training is the preparedness in emergency skills of the medical students. Cardiopulmonary resuscitation is emphasized in these program. The course extends for six months and is divided into theoretical sessions and practice stations.

Our office had been pleased with the results obtained using a microlearning system that is based on problem solving. By the end of the course, the students can apply what they have learned to the realities they will face, whether it be in the hospital emergency room or in the field.

**Key words:** cardiopulmonary resuscitation, emergency care; medical students; skills; training

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*Prehosp Disast Med* 2001;16(2):s43.