Clinical Practice Procedures:
Trauma/Manual in-line stabilisation

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<tr>
<th>Policy code</th>
<th>CPP_TR_MIS_0619</th>
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<tr>
<td>Date</td>
<td>June, 2019</td>
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<td>Purpose</td>
<td>To ensure a consistent procedural approach for Manual in-line stabilisation.</td>
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<td>Scope</td>
<td>Applies to Queensland Ambulance Service (QAS) clinical staff.</td>
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<td>Health care setting</td>
<td>Pre-hospital assessment and treatment.</td>
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<tr>
<td>Population</td>
<td>Applies to all ages unless stated otherwise.</td>
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<tr>
<td>Source of funding</td>
<td>Internal – 100%</td>
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</tr>
<tr>
<td>Review date</td>
<td>June, 2022</td>
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**Manual in-line stabilisation**

**Manual In-Line Stabilisation (MILS)** provides a degree of stability to the cervical spine prior to the application of a cervical collar. MILS should be used in conjunction with a cervical collar to assist in continued spine management while:

- Extricating or moving the patient
- Performing a log roll
- Transferring the patient to and from a stretcher

**Indications**

- Stabilisation of the head and neck in a patient with suspected cervical spine injury

**Contraindications**

- Nil in this setting

**Complications**

- Difficult laryngoscopy[^1]
**Procedure – Manual in-line stabilisation**

- MILS can be achieved from varying positions dependant on the scene environment, access to the patient and the patient’s presenting position.

- The head should always be supported by two hands or both knees on either side of the head (top right) to maintain adequate stabilisation.

- From behind (patient laying down)

- From behind (patient seated)

- Additional information

- The clinician providing MILS should attempt to stabilise their elbows/arms on the ground, against another stable object or on their knees/torso to prevent their arms from swaying as they become fatigued.

- During advanced airway management, the clinician providing MILS should follow all directions from the airway clinician and provide feedback regarding neck extension or flexion during airway manoeuvres.

- It is important that documentation of an intubation in the setting of potential cervical spine injury is recorded as being performed with MILS.