Intraosseous Vascular Access Bibliography

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Rev. 07.15.15
Intraosseous Vascular Access Bibliography
Anatomy, Physiology and Pathology

YEAR: 2015

Preclinical study to determine whether intraosseous pressure (IOP) could be consistently recorded and similarity of IOP to central venous and arterial pressure in a porcine hemorrhagic shock model. IOP tracings were tracked reliably from the proximal humerus, distal femur, and proximal tibia. Baseline IOP ranged from 16-18 mm Hg among the three sites, which was approximately 23% of arterial pressure. This study was sponsored by Vidacare LLC.

YEAR: 2013

A pre-clinical study that evaluated use of intraosseous (IO) pressure as an indicator of changes in fluid volume status during a hemorrhagic shock protocol. Central venous and arterial pressures were used as comparators. Results showed IO pressure decreased consistently during the controlled shock protocol. Authors concluded IO pressure appears to be equivalent to CVP as an indicator of fluid volume status. This study was sponsored by Vidacare LLC.

YEAR: 2014

A letter to the editor questioning the practice of using IO blood for laboratory analysis. The author identifies there is a lack of clinical evidence supporting IO blood laboratory analysis and concludes that IO access should be limited to infusion of fluid and medications until the relationship of IO blood to peripheral blood is defined.

YEAR: 2014

This prospective study sought to evaluate intraosseous flush practices of emergency physicians. Using cadavers, 15 emergency physicians were asked to flush an IO catheter placed in the proximal tibia and proximal humerus IO insertion sites with 10 mL normal saline as they would in clinical practice; IO pressure measurements were recorded using an IO catheter inserted in the diaphysis of the target bones. Results showed the mean IO pressure generated was 903 mmHg and the median flush duration was 5.2 seconds. Result showed significant interoperator variability with greater than 35-fold difference in flush forces. The authors concluded that it may be prudent practice for providers to extend the flush over several seconds to limit the maximal pressures.

YEAR: 2013

A pre-clinical study that compared intraosseous (IO), central venous and arterial pressure tracings in a porcine model. Results showed that IO pressure was approximately 25% of arterial pressure. A sampling of IO blood gases revealed oxygenation levels of venous blood. This study was sponsored by Vidacare Corporation.
Intraosseous Vascular Access Bibliography

Anatomy, Physiology and Pathology


A case study describing intraosseous pressure monitoring, through tibial IO access, using a standard arterial pressure monitoring transducer during resuscitation of a 31-year-old male in cardiac arrest. Pressure readings were recorded for approximately 53 minutes and were compared to non-invasive blood pressure cuff monitoring at the same time points. IO systolic, diastolic and mean IO pressures were approximately 40% of arterial pressures. This is the first case report demonstrating IO space has a measureable blood pressure and it correlates with pressure obtained through conventional techniques.


Pre-clinical study comparing flow rates achieved after insertion with the EZ-IO in the proximal tibia, distal femur, and proximal humerus in a swine model. IO catheters were placed in each site and normal saline was infused for 10 minutes using a pressure bag at the highest achievable pressures greater than 300mmHg. The flow rates through the proximal humerus were statistically greater than that of the femur or proximal tibia. The femur flow rates were higher than the proximal tibia but similar. Post-mortem histopathologic evaluations done to assess for damage due to the high infusion pressures were consistent with IO catheter placement.


In this pre-clinical study, investigators sought to determine if the pressure readings at the proximal tibia site served as a good indicator of proper IO placement when the foot of the limb was squeezed. Traditional methods used to determine correct IO placement, including needle stability, aspiration of blood, and easy infusion, were used as comparators. Results showed the increased pressure reading at the IO site successfully predicted correct IO placement in all cases; traditional methods did not consistently correctly identify proper IO needle placement.


This article provides an overview of various vascular access modalities in emergency medicine including peripheral IV, venous cut-down, central venous catheter, intraosseous access, umbilical vessel access, and arterial access. The anatomy and physiology, indications and contraindications, procedure steps and special considerations are outlined for each access methods discussed.


This abstract describes a study in which the investigators sought to determine the approximate patient population in which the 25mm EZ-IO needle set was sufficient length to establish IO access in peripartum patients. Ultrasound was used to determine the tissue depth at four insertion sites. Twenty-six women were recruited with a median gestation of 34 weeks. In 88% of patients with a BMI<40 kg/m² the 25mm needle is sufficient to reach the bone marrow at both tibial sites. For the humeral site, IO placement may be more difficult for patients with a BMI>25 kg/m².

UK


A clinical study evaluating the relationship between IO blood and peripheral venous blood lactate levels analyzed using the i-STAT point-of-care analyzer in healthy volunteers. Results showed IO blood lactate levels were comparable to venous blood lactate levels with a positive statistical correlation. This study was sponsored by Vidacare Corporation.


This article in French gives an overview of intraosseous vascular access including the physiology of IO infusion, insertion sites, indications, and complications. Available IO devices on the market are described including, time to insertion, success rate and cost.

French


A prospective study comparing IO and venous laboratory values obtained from a point-of-care analyzer (i-STAT) in 20 children. IO blood specimens were collected from the iliac crest; 2 ml were discarded before the sample was collected analysis. Results showed differences between venous and IO sample were clinically acceptable for pH, base excess, sodium, ionized calcium and glucose in hemodynamically stable patients. Authors concluded that analysis of IO samples with a bedside point-of-care analyzer is feasible and in emergency situations may be useful to guide treatment.

Wolfe HA, Donoghue A, Berg RA. Are we ready to put the squeeze into all IO placements?. Resuscitation 2013:http://dx.doi.org/10.1016/j.resuscitation.2013.10.018

This article discusses the preclinical study by Lee 2013 in which successful IO placement in the proximal tibia was confirmed by squeezing the foot and obtaining a measured pressure at the IO cannula site greater than 80mmHg. The author challenges this method indicating that it should not be implemented clinically until additional research has been performed confirming its validity in humans.
Intraosseous Vascular Access Bibliography
Anatomy, Physiology and Pathology

This randomized, controlled study compared tissue concentrations at the surgical site of regionally and systemically administered prophylactic vancomycin, in 30 patients undergoing total knee arthroscopy. The antibiotic was administered using three methods: 250mg through IO regional administration in the proximal tibia (IORA); 500mg through IORA; and 1g administered systemically through IV. Results showed the tissue concentration of vancomycin was greater in the 250mg IORA group than the systemic IV group, and the 500mg IORA group had higher concentrations than both groups.

YEAR: 2012

This editorial discussed a prior publication by Reades, et al that evaluated first attempt placement success rates for tibial IO, humeral IO, and peripheral IV in the prehospital setting. The author concluded that the research shows tibial IO access is the best route for adults with out-of-hospital cardiac arrest.

This article describes a post mortem study evaluating a newly developed technique to study the intraosseous vasculature of the humerus involving injection of ink directly into the anterior circumflex humeral artery. This technique allowed visualization of the main nutrient artery to the proximal humerus vasculature until they reached articular cartilage or crossed cortical bone again to enter the rotator cuff tendons.

An overview of IO vascular access including a review of currently available literature. The author discusses various IO devices available and their performance metrics, IO access sites, flow rates, advantages and disadvantages of IO access compared to conventional access methods; complications and recommendations on use of the approach. The author concludes that while IO access may not be appropriate for all patients, it deserves a place in the modern provider’s armamentarium.

This pre-clinical study sought to evaluate the various pressure levels obtained by 22 veterinary clinicians when administering a 10ml normal saline flush of an IO catheter. The EZ-IO was used to establish access in an isolated, cadaveric swine femur. The authors found the median peak intraosseous pressure was 615 mmHg with a range of 57 to 1,100 mmHg. Authors concluded that there is a great deal of variability between clinicians and their flush pressure and that a standardized flush protocol may be beneficial.

This article describes a retrospective study in which 50 consecutive MRI images were evaluated of the humerus for the purpose of determining the optimal needle length necessary for successful proximal humerus IO insertion. Results showed the cortical thickness was 4mm in all cases and that an IO needle length ranging between 40-50mm should be used via the anterior approach. The EZ-IO is specifically discussed in relation to the proximal humerus IO insertion site; and a 24 patient post mortem review of the EZ-IO placed in the proximal humerus is discussed.

This pre-clinical study sought to determine the accuracy of IO blood lab values by comparing lab results obtained using an i-Stat for IO blood and arterial blood. The authors concluded that the agreement between intraosseous and arterial analysis seemed to be good enough to be clinically useful, and that there were no clinically significant differences between samples collected from the right and left tibia.

This abstract presented at the 2012 NAEMSP scientific assembly described a study in which the comfort level of paramedics was evaluated as it related to establishing vascular access in out of hospital cardiac arrest, using a predetermined method (PIV, humeral IO, tibial IO). Results showed that paramedics were typically comfortable with the method assigned.

This prospective observational study compared flow rates between distal and proximal tibia IO access in adults, with each adult serving as their own control. The EZ-IO was used to facilitate IO access. IO infusion was performed with and without pressure. The authors concluded that infusion flow rates were significantly higher in the proximal tibia as compared to the distal tibia, and that flow rates are significantly higher with pressured infusion vs. non-pressured infusion. This study was sponsored by Vidacare Corporation.
Intraosseous Vascular Access Bibliography
Anatomy, Physiology and Pathology

This abstract presented at the 2012 NAEMSP scientific assembly evaluated end-tidal carbon dioxide (ETCO2) levels under initial induction of hypothermia, rewarming, and a second induction of hypothermia, via IO and IV infusion in the swine model. The authors concluded that there was no demonstrated association of ETCO2 with brain temperature during the initial induction. However, during rewarming and second induction of hypothermia the association of ETCO2 and brain temperature had a direct and proportional association. This research was sponsored by Vidacare Corporation.

This study conducted by the San Antonio Fire Department evaluated the first-attempt success rate for humeral EZ-IO placement by paramedics in prehospital adult cardiac arrest patients. Humeral placement was attempted in 247 cardiac arrest patients; first attempt placement success rate was 91%. Authors concluded that humeral IO placement is a reliable method for vascular access in this patient population. This research was sponsored by Vidacare Corporation.

YEAR: 2011

This article in German presents a case of a 67-year-old female patient with an arterial bleed and venous access difficulties in whom IO access was attempted unsuccessfully two times using two different IO systems. The author concluded that IO success is dependent upon IO anatomy and physiology knowledge as well as knowledge of the device being used.

This article describes an animal trial that assessed the ability of protected, experienced first responders and limited-experience first receivers to place IO lines for antidote administration using the Vidacare EZ-IO device. First responders placed IO lines successfully in 100% of cases, and first receivers placed IO lines successfully in 91% of the cases. Investigators concluded that IO lines may facilitate earlier administration of antidotes to hazardous material victims.

This article presented a general overview of IO use in pediatrics. The history, techniques, anatomy and physiology, complications and a short discussion of most devices on the market, including the EZ-IO, were discussed.

UK

In this abstract the authors attempted to establish a relationship in obese patients (BMI >30) between BMI, ability to palpate the tibial tubercle, and tissue depth at the IO insertion sites. Results showed that in obese patients, IO placement with a 25mm catheter is feasible at the proximal and distal tibial sites if the tibial tubercle is palpable and that insertion into the proximal humerus in this population is not recommended.

Abstract only

Miller Lj, Philbeck TE, Puga TA, Montez DF, Escobar GP. A pre-clinical study to determine the time to bone sealing and healing following intraosseous vascular access. Ann Emerg Med 2011;58(4s):S240
The objectives of this study were to evaluate the amount of time necessary following IO insertion and infusion for the bone to heal such that a second IO catheter can be placed in the same bone without the risk of extravasation from the first hole; and to determine the length of time required to show radiological evidence of closure. Four anesthetized goats were used for the study. Twenty-four hours post insertion, extravasation was observed in 2 of 4 tibial sites with no extravasation in 4 humeral sites. Forty-eight hours post insertion, no extravasation was observed in tibial or humeral sites. Authors concluded that IO infusion should not be attempted in the same bone as a previous IO insertion within 48 hours of removal of the first IO catheter. Radiological examination showed evidence of bone healing as early as 6 days post IO placement. This research was sponsored by Vidacare Corporation.

This article provides an overview of intraosseous vascular access for pediatrics and discusses general indications, contraindications, complications, and intraosseous devices.

This article describes IO access in terms of efficacy, indications/contraindications for use, and the IO procedure and comparison of devices to make a case for IO use in oral and maxillofacial surgical practice. In discussing IO devices citing published data, the author identified the EZ-IO device as the most accurate, efficacious, and precise system when trying to achieve IO access.
Intraosseous Vascular Access Bibliography

Anatomy, Physiology and Pathology

YEAR: 2010

This article reviews intraosseous vascular access and its increased use in adult resuscitation. The IO route is described, including indications, contraindications, insertion sites and devices.

Authors describe an early observational study (N=120) comparing intraosseous access in the humerus and the tibia, using the EZ-IO. Investigators concluded that the humerus is an acceptable IO site, which may be preferable under certain clinical conditions. This research was sponsored by Vidacare Corporation.

This article describes the vascular access options available to physicians caring for children, including details about each method, placement technique, indication, and complications.

This article provides an overview of intraosseous vascular access and discusses general indications, contraindications, complications, and intraosseous devices.

In this study, using a swine model, investigators concluded that mild therapeutic hypothermia can be effectively induced after successful resuscitation of prolonged ventricular fibrillation through infusion of chilled saline via the IO catheter.

This abstract, presented at the 2010 ACEP Research Forum, describes a study designed to determine infusion flow rates through the proximal humerus and proximal tibia. Investigators found that, at all infusion pressure levels, the humerus provided substantially greater flow rates than the tibia. They concluded that, for most situations, adequate IO infusion rates can be achieved using the tibial site, but the proximal humerus site should be strongly considered when greater infusion flow rates are required. This research was sponsored by Vidacare Corporation.

This abstract presented at the 2010 ACEP Research Forum describes a study designed to compare Lidocaine’s effect on pain during fluid infusion through the tibial and humeral IO routes. Authors concluded that, for adequate IO infusion rates with minimal and tolerable pain, 40mg of preservative-free Lidocaine may be needed; followed by a rapid normal saline syringe flush of at least 10mL and another 20mg of Lidocaine. Additional dosing and flushing may be required. For less overall pain due to IO infusion, and greater infusion flow rates, the proximal humerus should be strongly considered, using a longer IO needleset. This research was sponsored by Vidacare Corporation.

This article provides a brief history of IO infusion and further discusses this vascular access technique in terms of anatomy and physiology, indications and contraindications, performing the manual procedure, and possible complications. A case study is discussed in which a 7-month-old male was treated under emergency circumstances with IO infusion in the lower limb and developed compartment syndrome, resulting in a below the knee amputation.

This article discusses vascular access procedures in critically ill obese patients. Anatomic considerations, general procedural considerations such as location of the procedure and patient positioning, catheter insertion technique, ultrasound guided insertion, intraosseous insertion, and other various considerations are evaluated.

This abstract describes an animal study, presented at the 2010 ACEP Research Forum, that examined shear and pressure changes within the medullary space during intraosseous infusion. Results suggest that resistance to flow depends on cannula placement site, IO pressure rises rapidly with infusion rates, and medullary compression and axial shear are present at high infusion rates.

Vizcarra C, Clum S. Intraosseous route as alternative access for infusion therapy. Journal of Infusion Nursing 2010;33(3):162-74
This article provides an overview of IO anatomy and physiology, IO access indications, care, and management; describes therapies administered via IO access; and discusses the expanding use of IO access into areas within hospitals during nonemergency clinical situations. It also includes a table addressing indications for IO access in the hospital, as well as a table addressing the general insertion procedure for IO access.
Intraosseous Vascular Access Bibliography
Anatomy, Physiology and Pathology


This article describes a study that evaluated the effects of the bone marrow following IO infusion of hypertonic saline-hydroxyethyl (HSH) in the dog model; using a normal saline group (NS) and a non-infusion group. The test subjects were put into shock and resuscitated. Results showed that at 48 hours post infusion and 1 week post infusion changes were seen in the bone marrow and peripheral blood in the HSH and NS groups as compared to the non-infusion group. At 4 weeks post infusion, the NS group and HSH group recovered to normal level. Bone marrow morphology changed slightly but no bone necrosis occurred. The author concluded that HSH in small amounts via IO is safe and effective as a fluid resuscitation measure for shock, and little change in bone marrow has been found after infusion.

YEAR: 2009

Barrett J. Adult Intraosseous infusion: "Good to the bone!". Response 2009;36(3):19-21

This article addresses adult IO infusion, primarily in the pre-hospital setting, with regard to the history of IO, anatomy and physiology, training considerations, clinical guidelines and contraindications, and financial considerations.


In a goat study, researchers assessed the hemodynamics of hydroxocobalamin (OHCo) and normal saline (NS) by the IO route and concluded that the effects of OHCo given by the IO route in non-CN-poisoned goats are mild and well tolerated.


This abstract for a presentation at the 2009 ACEP Research Forum describes a swine study that evaluated crystalloid fluid flow through an IO needle following nitroglycerin infusion in a swine model. Investigators concluded there was not a significant increase in flow rate after administration of IO nitroglycerin.


This abstract for a presentation at the 2009 ACEP Research Forum describes a volunteer study that examined the relationships between IO and venous blood samples when analyzed for complete blood count and chemistry profile. Researchers concluded that the IO space is a reliable source for blood used for CBC and chemistry profile. Results may be moderately reliable for carbon dioxide, but unreliable for WBC counts that appear to be elevated and platelet counts that appear lower. This study was sponsored by Vidacare Corporation.

Miller LJ, Philbeck TE, Montez DF, Spadaccini CJ. A new study of intraosseous blood for laboratory analysis. Arch Pathol Lab Med 2009;133:1628

This abstract for a presentation at the College of American Pathology 2009 meeting describes a volunteer study that examined the relationships between IO and venous blood samples when analyzed for complete blood count and chemistry profile. Researchers concluded that the IO space is a reliable source for blood used for CBC and chemistry profile. Results may be moderately reliable for carbon dioxide, but unreliable for WBC counts that appear to be elevated and platelet counts that appear lower.

Ong ME, Chan YH, Oh HH, Ngo AS. An observational prospective study comparing tibial and humeral intraosseous access using the EZ-IO. Am J Emerg Med 2009; 27: 8-15

Comparison of tibial and humeral IO use in 24 adults. Both sites suitable for IO infusion. This study was sponsored by Vidacare Corporation.


This article describes the first clinical study that focuses on the proximal humerus as an IO site. It is also the first article describing a comparison between IO access and peripheral IV (PIV) and central venous catheters (CVC). They found that IO catheter placement was significantly faster than PIV or CVC placement, and concluded that IO access is life-saving when PIV or CVC is difficult or impossible. This study was sponsored by Vidacare Corporation.


Color Doppler ultrasound revealed extraosseous flow in incorrectly placed IO insertions. Recommends point-of-care Doppler machine to verify placement.


This swine study was designed to determine if intraosseous infusion is suitable to delivery recombinant human factor VIIa (rFVIIa) during hemorrhagic shock. Investigators concluded that administration of rFVIIa via IO infusion is a safe route for delivery and is likely to produce blood levels required to improve hemostasis during shock.

Animal (goat) study to determine the capacity and time required for protected hazardous materials responders and receivers to accomplish vascular access and hydroxocobalamin administration for antidotal treatment for exposure to cyanide and other poison agents. Using the EZ-IO device, researchers concluded that the time required for IO administration of the drug was shorter than intravenous administration; and that IO placement is readily accomplished wearing all levels of chemical protective garments and equipment.


Two letters to the editor regarding use of IO blood for sampling in the emergency setting. One letter states it should no longer be done and only arterial or femoral venous samples should be used during resuscitation; the second notes the importance of IO blood sampling in emergency situations when time cannot be delayed for central line access, stating it is key that the sample be properly labeled as IO blood.


Two letters to the editor regarding use of IO blood for sampling in the emergency setting. One letter by S. Nicoll and S. Rochester states it should no longer be done and only arterial or femoral venous samples should be used during resuscitation. The second by R. Salter notes the importance of IO blood sampling in emergency situations when time cannot be delayed for central line access, stating it is key that the sample be properly labeled as IO blood.


This article describes a prospective cross-over study that evaluated the effects on heart rate of intraosseous administration of 2% lidocaine at various deposition rates in dental practice. Results showed the mean maximum heart rate was statistically higher with the fast intraosseous injection over the two slow injections.


Article describes the IO route to deliver epinephrine.


Results from this, study which sought to compare drug delivery time using the proximal humerus IO route to delivery time using the sternal IO route, suggest that IO proximal humerus is comparable to IO sternal for prompt drug delivery during CPR.


An overview of IO vascular access use in neonates, including focus on available evidence, history, technique, physiology, clinical indications, complications, and contraindications. The author closes acknowledging IO administration of resuscitation medications and fluids in neonates is an alternative when IV access is not possible.

Hoskins SL, Kramer GC, Stephens CT, Zachariah BS. Efficacy of epinephrine delivery via the intraosseous humeral head route during CPR. Circulation 2006;114:II_1204

Results from this study which sought to determine the efficacy of intraosseous drug delivery using the proximal humerus during CPR in swine showed that the humeral route generated higher mean arterial pressures than central venous or endotracheal delivery.


An overview of intraosseous cannulation in the pediatric population. Anatomy, technique, contraindications, complications and laboratory investigations are all discussed.


This animal study compared IO drug delivery in the tibia versus the sternum during CPR. Researchers concluded that during CPR IO infusions delivered via both sites were effective—although sternal delivery was faster; and that IO sternum access is comparable to IV access for drug delivery during CPR.

This study abstract discusses use of the EZ-IO to determine the pharmacokinetics (PK) and efficacy of tibial IO drug delivery during treatment of cardiac arrest in the swine model, as compared to IV access. Results showed that PK analysis of IO drug delivery via the tibial route showed a delay of 20-50 seconds compared to IV; however, physiologically significant levels of epinephrine were reached as MAP. This research was sponsored by Vidacare Corporation.


Animal study compared the sternal and tibial routes for IO drug delivery during CPR. Investigators concluded that both the sternal and tibial routes can effectively deliver near equivalent doses during CPR in swine.

http://www.aemj.org/cgi/content/abstract/12/5_suppl_1/67


Arterial supply of the humeral head and the clinical relevance of the vessels in the proximal humeral fracture and in different techniques of fracture treatment.

YEAR: 2004


Cadaver study demonstrating immediate entry of methyl green dye into the venous system after IO infusion via the calcaneus in 14 of 20 cadaver legs (70%).


Web publication discussing the indications, contraindications, insertion sites and complications of IO access.

YEAR: 2003


Investigation of the relationship between insertion site for the IO needle, epiphyseal growth plate and ease of needle insertion into the various locations of the tibia in newborn infants. Recommends that needle be placed 10 mm distal to the tibial tuberosity to avoid the epiphyseal growth plate and ensure ease of insertion.


Prospective radiographic study of 23 children who had received intraosseous infusion via trocar. Found no long-term effect on tibial growth with properly placed trocar.


Web article discusses IO cannulation procedure insertion sites, pathophysiology, risks, contraindications and complications.


A comprehensive and accessible review of the history, anatomy, technique, and clinical application of intraosseous infusion.


Study in human demonstrating transport of methyl green dye to the peripheral veins in 5 of 8 IO infusions (62%) in bones without medullary cavity (calcaneous and radial styloid).
Intraosseous Vascular Access Bibliography

Anatomy, Physiology and Pathology

YEAR: 2002


Preclinical study in anaesthetized cats demonstrating that stimulation of intraosseous receptors decreased the threshold of evoked potential in the cerebral cortex in response to stimulation of the heart, stomach and duodenum. Concludes that stimulation of intraosseous receptors increases sensitivity of visceral sensory receptors and may provoke the development of pain syndromes.

 YEAR: 2000


Preclinical study in mice demonstrating that transplantation of bone marrow from normal allogenic mice injected directly into the bone marrow cavity of irradiated recipient mice can prevent and treat osteoporosis.


Basic research study in sheep demonstrating that intraosseous injection of ethanol directly into the center of the femoral head produced necrotic changes similar to the early stages of osteonecrosis. The model holds potential for evaluating new therapeutics for the disease.


Preclinical study in 21 horses comparing IV to IO infusion for delivery of amikacin sulfate to the tibiotarsal joint. Concludes that IV infusion results in higher drug concentrations in the joint.


Overview of pediatric IO infusion targeted for an anesthesiology audience. Discusses technique, indications, contraindications, equipment, anatomical target sites and potential complications.

Available at: www.nda.ox.ac.uk/wfsa/index.html


Overview of pediatric IO infusion targeted for an anesthesiology audience. Discusses technique, indications, contraindications, equipment, anatomical target sites and potential complications.

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Case report of a 3-year-old child successfully resuscitated with the use of an intraosseous needle placed in the calcaneum.


Study comparing IO blood samples to IV samples for blood chemistry values. For many parameters, IO and IV levels were similar. Authors caution that potassium and glucose levels should be interpreted with care. Also found that white cell and platelet counts in the IO samples were very different from those measured in IV blood samples.


Case report of a 3-year-old child successfully resuscitated with the use of an intraosseous needle placed in the calcaneum.


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Pan SK, Antypow IG, Semenskaya OA, Gotovannova TA, Salin AV. Suppression of graft versus host reaction by depositing an adriamycin dosage form in bone marrow in animal experiments. Vestnik Rossiskoi Akademii Meditsinskikh Nauk 2000; 3 (10): 5. [Russian]

Intraosseous transplantation of bone marrow in combination with long-acting Adriamycin may inhibit acute and chronic graft versus host reactions.


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Osteoreflectory therapy (intraosseous injection of 0.5 to 1.0 ml of 0.9% saline solution) reduced alcohol craving in patients treated for alcoholism.

Abstract only

YEAR: 1999


Preclinical study in anaesthetized piglets demonstrating that intraosseous blood samples reliable to assess acid-base balance in the early stages of cardiac arrest and first 15 minutes of cardiac pulmonary resuscitation.

Efimov IuV, Zaitsev VG, Sychugov AV. [The treatment of patients with complicated mandibular fractures using a method for the intraosseous administration of biologically active drug agents]. Stomatologiia (Mosk) 1999; 78; 26-7. [Russian]

Article in Russian; no English translation.

No abstract available


Preclinical study in piglets comparing IO vs IV blood samples during CPR. Concludes that IO samples may not yield accurate results during resuscitation periods > 5 minutes or if drug or fluid boluses have been infused into the IO sample site.

YEAR: 1998


A 3-year old male presented at the emergency department with rapidly progressing circulatory collapse clinically aligned with meningococcal septicemia. Attempts at peripheral and central venous access were unsuccessful. Attempts at tibial IO insertion were unsuccessful with a number of needles bending when cortical penetration was attempted. IO insertion was successfully achieved at the medial aspect of the calcaneum. IO infusion was continued for 6 hours and removed when no longer needed. The patient fully recovered and the calcaneal site healed without complication.


Review article discussing techniques for venous access in the pediatric patient includes anatomical target sites, clinical indications, advantages and disadvantages.

Review

YEAR: 1997


Review article highlighting preclinical data and 1 clinical study. Demonstrates that IO administration can be used for safe and rapid infusion of hypertonic saline dextran with the hemodynamic effect as IV administration.


Preclinical study of piglets in cardiac arrest demonstrating divergent values for acid-base parameters between IO and IV blood samples during cardiac arrest. Speculates that divergence in acid-base values as CPR progresses may reflect local acidosis since IO samples resulted in lower pCO2 and higher pH values than IV blood samples.


Review article for trauma nursing audience describing advances in trauma care.
Intraosseous Vascular Access Bibliography
Anatomy, Physiology and Pathology

YEAR: 1996

Preclinical study in pigs examining developmental and histopathologic changes in bone following IO infusion and effect of osmolarity and infusion speed. Found that infusion osmolarity and speed were not related to physiologic or histologic changes in the bone marrow or in complication.

Describes a miniature C-arm imaging device to accurately confirm proper needle placement in intraosseous infusions.

YEAR: 1995

Preclinical study in pigs demonstrating that IO hyperosmotic resuscitation increases circulatory performance and reduces plasma and catecholamines concentrations during hemorrhagic shock.

YEAR: 1994

Review of IO infusion in children 6 years old and younger. Recommends IO for patients with life-threatening conditions requiring immediate vascular access. Reports less than 1% complication rate.

Found that IO infusion into the clavicle during adult CPR had similar effects and flow rates as central venous infusion.

Preclinical study in 86 injured dogs with hemostasis disorders. Plasma and platelet disorders normalized 3 hours after the onset of infusion therapy. The response was enhanced by IO infusion of isotonic saline.

Article in Russian-abstract only

Preclinical study in piglets comparing IO and central venous acid-base status during changes in cardiac output. Found IO samples can be easily obtained even during extreme hypervolemia. pH and pCO2 were similar in both IO and IV samples under all study conditions.

Discussion of IO infusion, including ease of use, low complication rates, and variety of fluids and drugs that can be administered through the IO route in children and adults.

Describes frustration associated with difficult venous access. Recommends intraosseous infusion technique as a non-collapsible vein for parenteral infusions.

Preclinical study in rats examining bone mineral content following IO infusion of IL-1.
Ummenhofer W, Frei FJ, Urwyler A, Drewe J. Are laboratory values in bone marrow aspirate predictable for venous blood in paediatric patients.. Resuscitation 1994;27(2):123-8
In this study bone marrow aspirate from the iliac crest and peripheral venous blood samples from 30 pediatric patients were compared to investigate the predictive value of bone marrow aspirate in performing laboratory studies. Laboratory tests with high predictability, moderate but clinically useful predictability are summarized. Tests that were systematically different from venous blood are also summarized.

YEAR: 1993

Preclinical study in 20 immature rabbits receiving IO infusion of saline, bicarbonate, or dopamine solutions into the tibia. Found no changes in bone growth or ephyseal injury related to IO infusion.

YEAR: 1992

This prospective, nonrandomized, crossover study evaluated bone marrow aspiration from the posterior iliac crest and peripheral venous blood for ABO and Rh typing as well as the presence of human leukocyte activity. No differences were seen in the ABO and Rh typing, and human leukocyte activity was detected in both the marrow and venous samples.

Article promoting increased awareness of intraosseous infusion, familiarity with IO insertion techniques, and careful use of anatomical landmarks.
Abstract only

Preclinical study in piglets finding that IO infusion of a normal saline bolus decreased overall cellularity in the tibial bone marrow. Speculates this may be due to a pressure effect from rapid injection.

Preclinical study of an implantable intraosseous infusion device (the osteoport) in a goat model. The device allowed for ready access to the vascular system through intraosseous infusion fluids and medications. IO infusion may result in fewer complications than conventional methods of vascular access.

Preclinical study in pigs demonstrating that IO infusion of fluids and resuscitative drugs does not adversely affect subsequent bone growth and development.

YEAR: 1991

Norwegian.
Discussion of case reports of IO infusion, as well as physiology of IO and technique for IO access. Concludes that IO infusion is simple and safe. The technique can be successfully performed under field conditions by paramedical personnel, even by untrained personnel.
Abstract only

Clinical study demonstrating blood from the IO space to be a viable alternative source of blood for laboratory studies.

Preclinical study in rabbits comparing hematologic parameters from IO blood samples before and after IO infusion of saline. Found significant differences in blood cell counts before and after IO infusion.

Review of intraosseous vascular access targeted for an oncology audience. Describes an implantable IO device with potential to make intraosseous access more convenient for the patient.
Intraosseous Vascular Access Bibliography
Anatomy, Physiology and Pathology

YEAR: 1990

Review of the use of intraosseous infusion in children in the prehospital setting and in the emergency department. Outlines anatomy, indications and contraindications, technique, complications and role of intraosseous infusion in pediatrics.

Joffe M. Blasts in peripheral blood with intraosseous infusions. Pediatr Emerg Care 1990;6:106-7
Case reports of 2 children who died from Sudden Infant Death Syndrome (SIDS) with immature white cells in the peripheral blood. Blood was sampled near IO infusion site. Urges physician awareness of that patients receiving IO infusion may be at risk for immature white blood cells in the peripheral circulation in the absence of malignant, infectious, or infiltrative disease of the marrow.

Nursing article that describes benefits of intraosseous infusion. Recommends IO for cardiopulmonary arrest and other medical emergencies.

This abstract describes a review of the literature on intraosseous pathways and reaches the conclusion that the rate of fluid administered is limited by the size of the marrow cavity and the complication is extravasation of fluids and/or drugs into the soft tissue.

YEAR: 1988

Basic science study examining vascular drainage from the human tibia using x-rays and barium perfusion. Found that blood from the IO space is diverted simultaneously into two independent extraskeletal venous pathways. Found that IO blood drains directly into the systemic veins via large transcortical perforating vessels, which enables the blood to rapidly enter the general systemic circulation.

YEAR: 1987

Preclinical study of IO flow rates during hypovolemia. Concludes that IO flow rates may be insufficient for definitive treatment of severe hypovolemic or hemorrhagic shock.

YEAR: 1979

Preclinical study of IO flow and pharmacokinetics in the bovine tibia. Mean time to initial effect of IO administration of epinephrine was 17 seconds with 90% maximal effect in 45 seconds. Concludes that experiment provides quantitative evidence of utility of IO infusion for resuscitation.

YEAR: 1978

Preclinical study in dogs demonstrating active IO blood circulation even during acidosis and hypoxemia.

Intraosseous angiography and intraosseous pressure measurement can be useful for diagnosing bone pain and treatment site.
Intraosseous Vascular Access Bibliography
Anatomy, Physiology and Pathology

YEAR: 1958

Schoenherr WF. Intraosseous infusion of bone marrow. JAMA 1958;166(7):853
This letter to the editor is regarding the case of a 56 year-old man that ultimately developed aplastic anemia and required blood transfusions biweekly, and being considered for bone marrow transplants. The Editor’s response briefly addressed the process of bone marrow transplantation.

YEAR: 1945

Recommend intrasternal IO transfusions when the IV route is not available.

YEAR: 1944

Describes the tibia as a useful route for infusions in infants. Main advantages over IV infusions are ease, speed, and firm placement.

YEAR: 1922

Seminal article on blood circulation in the IO space. Demonstrates movement of red blood cells from the bone marrow into the circulating blood by perfusion of the tibia of the dog and by injections into the bone marrow in the rabbit and cat.
Intraosseous Vascular Access Bibliography

Case Studies


This article presents a 5-case series describing use of IO vascular access by anesthesiologists in the perioperative and critical care settings. All insertions were made in the proximal tibia and there were no adverse events reported. The devices cited as being used were the EZ-IO and the Cook Surfast manual needle. A proposed perioperative vascular access algorithm incorporating IO access is presented. The authors address key topics around IO access including use of same drug dosing as IV administered drugs, frequent palpation and monitoring of the insertion site for extravasation, low complication rate and actual risks associated with fat emboli and bone injury, pain and anxiety management in the awake patient and clinician-perceived pain. Administration of blood products, ACLS drugs, Lactated Ringer’s solution and anesthetics are noted without complication. Use of IO aspirate for laboratory testing is noted, however use of the initial aspirate is indicated. Several patients in the case series were reported to find the discomfort of IO insertion preferable to multiple invasive attempts. The authors concluded: IO lines can be placed quickly and safely in emergency situations or in elective surgical patients with difficult intravenous access; IO access can be useful in a wide variety of clinical settings; and is an important skill for anesthesiologist to learn.


Case report of a prehospital misplacement of an IO catheter into the intra-articular space of the knee joint when access was attempted in the field. Upon ED arrival IO placement was noted to be high and intra-articular placement was confirmed by xray. A sterile NS lavage was done and patient recovered without complication. Authors note this as a previously unidentified complication of IO placement and advise xray confirmation of affected sites with follow-up of intra-articular placements for the septic arthritis. (Picture of site appears to be an EZ-IO).


Literature search for complications associated with IO access included 5759 patients with overall complication rate of 2.1%. Two cases involving retained needle fragment discussed; one with a proximal tibial EZ-IO that required surgical removal. Authors concluded IO catheters are reliable tools for fluid and drug delivery to critically ill patients with low complication rates (which can be potentially serious but managed).


This letter to the editor describes a single case of a needle breaking off after a proximal tibial insertion of the EZ-IO into a volunteer (one of the letter’s authors) during a training session. “Divergent from manufacturer instructions the sterile steel stylet was put back into place to achieve better grip for a manual pull-out. Under steady pull in strict axial alignment and gentle clockwise turn, the needle broke away from the plastic connector”. The needle was extracted using combination pliers and there is no evidence of damage to the leg. Authors acknowledge this can be avoided by adherence to manufacturer’s directions for use.


This retrospective study reported IO use over a 7-year period during combat operations in Afghanistan by the UK Defence Medical Services. The EZ-IO and FAST1 IO devices were available for use; IO use data was collected from the front line, during helicopter evacuation and at the combat hospital. A total of 1014 IO devices were inserted into 830 adult patients; various medications infused via IO access are listed. Across all cases there were no serious IO complications and 14 minor complications. The author concluded that in the pre-hospital setting in particular and in severely injured trauma patients, IO access should be considered a primary method of obtaining vascular access.


Case study of 36 year-old in septic shock with co-morbidities of IV drug abuse, endocarditis, tricuspid valve insufficiency and pulmonary embolism. Initially impossible to obtain PIV or CVC access; then unable to give desired fluids through 22 gauge PIV when finally placed. Proximal humerus IO access was established with the EZ-IO 45 mm needle set and the patient was resuscitated with 30 mL/kg fluids and multiple medications given in first hour. Conclusions included that CVCs are not always possible and volume treatment with an IO placed sooner rather than later, especially in children but also in adults, can be lifesaving. IO systems should be extensively available throughout the clinical setting. Article in German.

Germany
Intraosseous Vascular Access Bibliography
Case Studies

Oesterlie GE, Petersen KK, Knudsen L, Henriksen TB. Crural amputation of a newborn as a consequence of intraosseous needle insertion and calcium infusion. Ped Emerg Care 2014;30(6):413-4
Case study of newborn girl resuscitated with 15 mm EZ-IO catheter placed to her right proximal tibia. Medications given included antibiotics, "fluids" and calcium. Demarcation of the infant's skin was noted immediately post-calcium administration; with progression to necrosis. Trans-tibial amputation was performed 1.5 months after initial IO access. Authors concluded calcium extravasation most likely caused the injury but were unable to identify extravasation cause; citing possible needle displacement. Cautionary steps to reduce risk emphasized by authors.

Case report of 54-year-old male obtunded patient requiring a CT angiogram to diagnosis a suspected massive pulmonary embolism. After several failed attempts to reestablish PIV access, 150mL of contrast were injected through the proximal tibia IO catheter placed by EMS. Excellent opacification of the pulmonary arteries was achieved and there were no immediate complications from the injection noted.

This article describes a case study of a 31-month old infant that suffered hypovolemic shock due to severe epistaxis. After several failed peripheral and central line attempts an 18g needle was inserted intraosseously through the proximal tibia. The child received 300 mL of Ringer’s Lactate in one hour then 200 mL of blood via the IO route by syringe boluses resulting in improvement. Cloxacillin was also administered IO as prophylaxis for infection. Authors conclude an IO blood transfusion should be the immediate intervention in similar life-threatening interventions.

Case study of adult multi-trauma patient that had an intraosseous device placed to a fractured left tibia and developed compartment syndrome. Authors concede it is unclear if the fluid infused through the IO device caused the compartment syndrome or if it was due to the multiple-fractures in the tibia. Authors advise against placing an IO line in an injured limb and mention the proximal humerus and sternum as alternative IO sites.

A letter to the editor reporting a case study of skin necrosis after IO administration of norepinephrine following resuscitation of a 74 years old in septic shock. The EZ-IO was placed to the proximal tibia; approximately 45 minutes post- norepinephrine administration symptoms of necrosis were evident. Authors cite 3 hypotheses for the cause of necrosis and consider that amines’ high level concentration could induce local toxicity in the bone matrix and artery spasm; suggesting it is necessary to define an upper limit of amines’ concentration that should be administered through IO vascular access.

A case study describing intraosseous pressure monitoring, through tibial IO access, using a standard arterial pressure monitoring transducer during resuscitation of a 31-year-old male in cardiac arrest. Pressure readings were recorded for approximately 53 minutes and were compared to non-invasive blood pressure cuff monitoring at the same time points. IO systolic, diastolic and mean IO pressures were approximately 40% of arterial pressures. This is the first case report demonstrating IO space has a measurable blood pressure and it correlates with pressure obtained through conventional techniques.

This 30 pediatric patient case series describes use of IO access in the perioperative setting when peripheral and central venous access failed during anesthesia administration for emergency surgery. Due to unavailability of modern IO devices, a standard 18-gauge IV needle with a handmade IV extension set were used to establish IO access. The authors reported administering ketamine, succinylcholine, pancuronium, atracurium, halothane, neostigmine, atropine, blood products, fluids and hydrocortisone through the IO line without complication. The authors concluded that although it is not the first-line method for anesthesia, IO access should be considered by pediatric anesthesiologist when peripheral and central venous access has failed or is difficult.
Intraosseous Vascular Access Bibliography

Case Studies


A 45-year-old woman in hemorrhagic shock with multiple injuries to the limbs, secondary to a war wound, received sternal IO access using the Jamshidi trocar (not specifically intended for sternal use). After initiating a blood transfusion through the IO line a contrast CT scan revealed sternal perforation and hemomediastinum, secondary to the transfusion, as well as drainage into the left pleural cavity. The catheter was removed, right thoracic drainage was performed, and the patient was released from ICU 48 hours later. The authors conclude this case report demonstrates the difficulty in selecting emergency insertion sites and the necessity of choosing an appropriate IO catheter.


A case study describing use of the EZ-IO in Afghanistan by US military on 5 patients with traumatic injury including one pediatric patient. Access was obtained in the proximal tibia on first attempt and was used to administer crystalloids in all patients along with opioids, analgesics and antibiotics. All ultimately received central venous access and peripheral access was established in one patient. There were no IO complications.


A case report describing administration of thrombolytics via tibial IO vascular access for pulmonary embolism in a 36-year-old woman. Due to the emergent nature of the situation, IO access was determined to be the best option for immediate vascular access. Alteplase was administered through the IO line at 100 mg over 2 hours without complication. The patient successfully recovered and was discharged from the hospital on day 7 without long-term disability. The author concluded that this case study raised the potential use of IO lines to deliver thrombolytics in patients with massive pulmonary embolism and that further evaluation is needed to compare the risk and benefits of the alternative method of administration.


A case study report describing a 12-year-old male who expired following a fatal myocardial ischemia. The patient complained of severe chest pains within the week prior to the event and was misdiagnosed as having GERD. ECG by first responders showed STEMI; IO access was established in the PT for vascular access.


This article describes a case study of a 5-month old infant that suffered a head injury resulting in shock. She received 100 mL of red blood cells via the EZ-IO in the proximal tibia, resulting in rapid hemodynamic improvement. A literature search was completed for cases of IO blood transfusion in pediatric trauma. Authors note IO availability and knowledge play an important role in hemorrhagic shock; and RBC infusions via the IO route are feasible in this age group.

YEAR: 2012

Cote C, Dumont M, Gagnon JA. Abnormal bone scanning following intraosseous access. Medecine Nucleaire 2012; doi:101016/j.mednuc.2012.02.175

This case study describes a 12 month boy who received IO access for administration of anticonvulsant therapy. Three days post IO infusion sensitivity to the leg was noted and the child returned to the ED. Blood work showed elevated white blood counts and C-reactive protein. A bone scan showed a small round lucency at the site of IO access. Two weeks later, x-rays were normal. The authors suggest that IO access may cause an increased uptake on bone scan in absence of osteomyelitis.


Physicians from two different emergency department settings reported 2 cases of supraventricular tachycardia (SVT) in infants (2 and 4 month old) in which IO administration of adenosine failed to convert SVT to a normal rhythm.


This letter to the editor describes a case in which a 53-year-old male in ventricular fibrillation received IO access via the EZ-IO in the ED with suspected massive pulmonary embolism. The patient was successfully resuscitated. Necrosis of the anteromedial side of the leg, at the IO site, presented 48 hrs post IO use. After 18 weeks the patient underwent surgical grafting. The authors linked the necrosis to adrenaline extravasation and local ischaemia. While the authors conclude that thrombolysis or repeated high doses of adrenaline should be given via the IO route when needed, it is not without the risk of complication.
Intraosseous Vascular Access Bibliography
Case Studies

This letter to the editor describes a case in which sternal IO access was established using a Jamshidi needle to administer iodinated contrast for a thoraco abdominal CT on a 61-year old male who presented to the ED with respiratory distress. Picture quality was deemed excellent by the radiologists. The authors conclude that the sternal IO route can be used with excellent picture quality but it should be used only in exceptional cases due to the potential risks of a high-power injection through the bone. EZ-Io is mentioned as an alternative IO device available.

Auerhammer J. Lebensbedrohliche arterielle blutung aus der a. carotis communis: Fallstricke bei der intraossaren punktion. Notfall Rettungsmedizin 2011;14(2)147-150; doi 10.1007/s10049-010-1380-1
This article in German presents a case of a 67-year-old female patient with an arterial bleed and venous access difficulties in whom IO access was attempted unsuccessfully two times using two different IO systems. The author concluded that IO success is dependent upon IO anatomy and physiology knowledge as well as knowledge of the device being used.

Brisson M. Trauma and the military medic. EMS1.com 12/01/2011
This article describes use of IO access along with other prehospital interventions in a traumatically wounded soldier in a combat zone. The IO site used was the proximal humerus as the patient had 3 of 4 limbs traumatically amputated.

The case report describes a woman experiencing massive hemorrhaging following emergency caesarean delivery. Though the patient possessed a peripheral IV catheter, additional IV access was needed and gained through the proximal humerus IO space using an EZ-IO. This vascular stabilization and additional filling of the central volume through the IO route allowed placement of a subclavian central line. Authors concluded that a key to the resuscitation process was the rapid utilization of the IO.

A case study report in French describing compartment syndrome secondary to intraosseous infusion in a 57-year-old burn patient. IO access was established in the proximal tibia on second attempt; both attempts were made in the same limb though it was noted that the first attempt did not penetrate the cortex. Drug and fluid infusion was initiated; ten hours later the limb was found to appear ischemic. The IO catheter was removed and compartment release was performed. The author concluded that IO access remains an important mode of vascular access and that adherence to contraindications and careful clinical monitoring should decrease risk of complications.

Case study of a 42 year-old woman with massive obstetric hemorrhage ultimately resulting in postpartum hysterectomy. Massive blood loss and inability to stop bleed prevented sufficient resuscitation via established PIV lines. IO access was established with the EZ-IO and used for fluid replacement and administration of cardiac resuscitation drugs. Fluid administered through IO access was 75% of the total infusion volume.

Howarth D. Adult intraosseous access: experiences in a remote emergency department. Australian Family Physician 2011;40(7):510-1
In this article, the author makes a supporting case for remote emergency departments to stock adult intraosseous kits by referencing two adult septic shock cases in which IO access was used for rapid IV fluid replacement as well as IV antibiotics and inotrope support.

Khan LAK, Anakwe RE, Murray A, Godwin Y. A severe complication following intraosseous infusion used during resuscitation of a child. Inj Extra 2011;doi:10.1016/j.injury.2011.05.015
This article describes the case of an 11-year-old boy who suffered compartment syndrome of the lower leg following use of the EZ-IO for resuscitation and 24 hours of intraosseous infusion of adrenaline, calcium and potassium. The author concluded that further work is needed to develop recommendations for maximum duration, dose, volume and rates for intraosseous infusion.
Intraosseous Vascular Access Bibliography
Case Studies


This article reports a case in which IO access was used to deliver intravenous contrast agent in an adult blunt trauma patient. After placement in the proximal humerus, contrast agent was administered via the IO route, and clinicians found the CT scans of the thorax, abdomen, and pelvis to be adequate for diagnostic purposes and subjectively equivalent to those of studies using central venous access. There were no complications and the authors concluded that IO catheterization appeared to be an effective alternative to traditional venous access for administering contrast agents for CT evaluation in adult blunt trauma patients.


This article in Spanish describes the Spanish military medical staff’s experience with the use of intraosseous lines for fluid therapy in a combat zone from March 2007 to June 2008. Twenty-five patients had an IO placed with the Bone Injection Gun (BIG). Placement success rates were 76% for the 19 pre-hospital placements and 100% for the 6 in-hospital placements. There were no complications during insertion. Conclusion was intraosseous access can provide an alternative to venous access for treating trauma patients in combat zones.


This article describes a case in which systemic fibrinolysis was administered through the intraosseous route in a patient with ST-segment elevation myocardial infarction. Fibrinolytics and antiarrhythmic drugs were administered through the IO line, resulting in resolution of coronary ischemia and electrical instability, without complications. Authors concluded that intraosseous cannulation represents a novel route for administration of systemic fibrinolysis in cases of difficult peripheral venous access in the out-of-hospital setting.


This article describes two cases of leg amputation after intraosseous infusion in a 5-month-old girl and a 17-month-old boy. The author concluded that fluid extravasation, exacerbated by tibial fracture and needle dislodgement during transportation, caused limb ischemia in these two patients, and that adherence to the principles of careful needle placement, splinting/securing the catheter and limb, limited length of infusion and repeated monitoring of the limb will help avoid this devastating complication.


A 7-month-old male infant in septic shock from Neisseria meningitides experienced a complication of bilateral extravasation of noradrenalin at the proximal tibia intraosseous infusion site resulting in severe soft tissue necrosis. Necrosectomy was performed bilaterally and surgical interventions were successfully performed to salvage both limbs. At 19 months the patient was able to crawl without extension deficit.

YEAR: 2010


Authors reviewed two complications (extravasation and compartment syndrome) associated with IO access in children with meningococcal disease. Authors concluded that IO systems need formal evaluation to assess safety and complication profiles.


This case report describes a complication of use of a sternal IO device (FAST-1, Pyng Medical Corporation, Richmond, Canada) in a 21-year-old soldier who suffered multiple soft tissue fragmentation injuries, in which the needle tip broke in situ. The author concluded the complication resulted from the IO needle being placed when the patient was lying in a lateral position with the skin over the manubrium displaced from the midline.


This report describes the case of a 62-year-old man who received emergency tibial IO infusion without complication in the pre-hospital setting and presented to the ED 6 months later complaining of shin pain. MRI and culture findings were diagnostic of subacute osteomyelitis with IO abscess. The patient had a history of multiple chronic health problems including diabetes type II, MGUS, and positive MRSA colonization dating back two years prior. The authors concluded that the occurrence of osteomyelitis with IO abscess may increase as a result of increased pre-hospital use of IO infusion in adult patients with multiple comorbidities.


This letter to the editor describes 2 cases in which IV administration of antivenom was not possible and was thereby administered via IO route, and in one case via the intramuscular route as well. In both cases the patients recovered.

In this abstract of a study presented at the 2010 National Association of EMS Physicians Meeting, researchers describe a study in which sternal and tibial IO devices were evaluated with and without chemical protective equipment. Researchers concluded that the use of the protective equipment did not affect the success rate or time to placement for the two IO devices.


This article provides a brief history of IO infusion and further discusses this vascular access technique in terms of anatomy and physiology, indications and contraindications, performing the manual procedure, and possible complications. A case study is discussed in which a 7-month-old male was treated under emergency circumstances with IO infusion in the lower limb and developed compartment syndrome, resulting in a below the knee amputation.


This letter to the editor is written in response to the case report by Landy titled, "Complication of intraosseous administration of systemic thrombolysis for a massive pulmonary embolism with cardiac arrest." The author suggests that the tissue necrosis described by Landy may have been due to the removal of the IO needle while there was still significant fibrinolytic activity at the needle insertion site. The author suggests a change in medical care after return of spontaneous circulation (ROSC) in patients following thrombolytic administration through IO access to convert the functioning IO line to a non-flowing saline lock. The EZ-IO was used to provide IO access in the case report by Landy.


This case study describes a 25-year-old woman who had a massive pulmonary thromboembolism and was administered thrombolysis via IO route (internal tibial malleolus) in the air-transfer pre-hospital setting. The patient recovered.

Werner M, Daniel HP, Holtz J. Intraossärer zugang beim innerklinischen notfall intensivmedizinischer fallbericht. Der Anaesthesist 2010;59(7):628-32

This article in German reports a case of IO access performed in the ICU due to difficult peripheral access. The authors suggested that based on this case different strategies of critical care and possible improvements should be made.

YEAR: 2009


Case report of IO infusion in 79-year old woman with hematemesis after intestinal surgery.


This article describes a case in which IO access, using the EZ-IO, was attempted in a patient with osteogenesis imperfecta. In each of 3 attempts, the needle became loose immediately after IO insertion. The author acknowledged that during emergencies it is difficult to assess and consider every possible contraindication for every intervention; and that IO access using the EZ-IO is the author’s choice for emergency vascular access when peripheral access is difficult or has failed.


This case study describes injuries sustained in Iraq by an American soldier, and the concurrent use of 4 IO devices to resuscitate and stabilize him.


Article in French. English translation not available.


Color Doppler ultrasound revealed extrasosseous flow in incorrectly placed IO insertions. Recommends point-of-care Doppler machine to verify placement.
Intraosseous Vascular Access Bibliography

Case Studies


Discusses use of IO for pediatric anesthesia. Specifies importance of equipment, education, guidelines.

YEAR: 2008


Case report of resuscitation and insulin infusion in a 5-year old child with severe diabetic ketoacidosis.


Case report of anesthetic use of IO infusion in a 8-month old infant during surgery.


Case reports in which intraosseous (IO) vascular access was successfully used on adults. Summarizes indications for use, complications, and precautions/considerations.


Case report of compartment syndrome in a 6-year old girl after IO infusion during cardiac arrest.


In this case study a 7-month-old female with comorbidities was taken to the ED in cardiopulmonary arrest. IO access was the only vascular access method available for resuscitation. Post mortem CT of the head showed a considerable amount of air within the aterial circulation; the cause of death was listed as undetermined. The authors conclude that considering the details of the patient, the only logical explanation for the cerebral arterial air embolism is that air was introduced into the bloodstream via the IO route.

YEAR: 2007


This case study describes a 4-month-old boy that was found unresponsive. Resuscitation was started and continued through arrival to the ED; IO access at the proximal tibia was established using a 15 gauge aspiration needle as the only vascular access. Post mortem multislice CT examination showed gas in the hepatic veins, the right atrium, right ventricle, the upper pole of the right kidney and the cerebral vessels. Though air embolism was ruled out as the cause this death, it could have caused death in another case. The authors conclude that gas may have entered the body during resuscitation due to IO needle disconnections and that resuscitation with an inserted, disconnected IO needle should be avoided.

YEAR: 2006


Two case studies of neonates that successfully received IO infusion.

YEAR: 2005


Nursing article discussing the utility of the sternum as a site for IO infusion. Includes clinical indications, insertions techniques, contraindications, potential complications, post-insertion care and considerations for discontinuing the sternal device.


Case studies in 2 children reviewed by 89 members of the Swiss Pediatric Anesthesia and heads of Anesthesia Departments of Swiss Teaching hospitals. IO was determined to be the safest method of vascular access on 1 of the cases.
Intraosseous Vascular Access Bibliography

Case Studies

YEAR: 2004


Case report of acute osteomyelitis developing 10 days after IO infusion in a 5-month-old infant admitted for sepsis.

YEAR: 2003


Case report of IO infusion complicated by iatrogenic fracture at the IO insertion site. Concludes that multiple attempts to achieve IO access weakened the bone cortex and that “considerable force” applied by an anxious 100-kg emergency room doctor led to the fracture.

YEAR: 1999


This case study described administration of iodinated contrast via IO infusion in the tibia, for an abdominal CT scan in a 7 week old infant. CT imagining demonstrated adequate enhancement of the solid organs and vasculature.

YEAR: 1998


A 3-year old male presented at the emergency department with rapidly progressing circulatory collapse clinically aligned with meningococcal septicemia. Attempts at peripheral and central venous access were unsuccessful. Attempts at tibial IO insertion were unsuccessful with a number of needles bending when cortical penetration was attempted. IO insertion was successfully achieved at the medial aspect of the calcaneum. IO infusion was continued for 6 hours and removed when no longer needed. The patient fully recovered and the calcaneal site healed without complication.

Case report of a 34-week-old pre-term neonate with septic shock requiring emergency treatment. Umbilical vein was unusable. Resuscitation with IO access was successful. Concludes that IO access be used before attempting access with superior longitudinal sinus.


Case report of successful use of an IO access line in an 800 gm pre-term infant.


Pediatric article detailing use of an IO line for bolus infusion of nonionic contrast material for CT contrast enhancement; a radiographic band may occur as a result of retained contrast material within the marrow.


Case report of an 18-month-old boy with cardiopulmonary arrest secondary to penicillin anaphylaxis successfully resuscitated by IO administration of emergency medications.


Case report describing extravasation of fluids through a previous IO puncture site in the same tibia.


Case report finding IO a viable method of venous access in a child with burns.


Describes 2 cases of resuscitation of a scalded child by IO infusion following failed IV attempts. Reviews IO techniques.


Case report of IO access in a non-emergency situation. A blood transfusion was performed with no complications in a severely anemic 1-month old infant with an 18 G IO needle (Cook).
Intraosseous Vascular Access Bibliography
Case Studies

YEAR: 1994

Case report of resuscitation of a 10-day-old female infant with 2 IO infusion sites. Patient received 240 ml fluids, epinephrine, dopamine, sodium bicarbonate, human albumin, packed red cells, fresh frozen plasma, glucose, ampicillin, gentamicin, vitamin K, and pancuronium.

Case report of unilateral tibial osteomyelitis in a 20-month-old child following bilateral IO infusion. Reviews clinical indications, potential complications, and scan findings.

Case report of bilateral osteomyelitis secondary to intraosseous infusion.

Case reports of 2 children with severe complications of IO infusions. One child developed severe tissue necrosis after IO placement. A second child developed compartment syndrome requiring fasciotomy.

Case report of compartment syndrome after prolonged intraosseous infusion (53 hours). Recommends that IO lines be used only temporarily until more permanent vascular access is established.

YEAR: 1993

Case reports of 2 infants in the neonatal unit in which IO access was used for successful resuscitation from collapse.

Case report of fungal osteomyelitis following IO infusion in a child. Cautions that physicians consider both bacterial and fungal sources for infection.

This article presented two case studies in which pediatric patients received emergency IO infusions that ultimately resulted in compartment syndrome. In both cases the patients underwent a four-compartment fasciotomy and recovered without deficit. The authors conclude that though compartment syndrome is a risk of IO infusion, insertion of an IO line in emergency situations is a valuable technique.

Case reports of 2 9-month-old infants with severe dehydration treated with IO infusions after failed IV attempts. IO lines were replaced shortly after venous access was obtained.

Abstract only

Letter to the editor recommending intraosseous infusion only for truly urgent situations.

Case report of a 6-week-old infant with a head injury resulting in a fractured skull and scalp haematoma who was successfully resuscitated and anesthetized with IO infusions of colloid, blood, midazolam, suxamethonium and atracurium.
Intraosseous Vascular Access Bibliography
Case Studies

Case report outlining precautions to prevent compartment syndrome following IO infusion. Advocates early recognition and aggressive treatment to preserve function in the affected limb.

YEAR: 1992

Case reports of resuscitation of 2 pre-term infants with medications administered via the intraosseous route. Also includes a short review of the history, physiology, technique, complications and contraindications of IO procedure.
Abstract only

YEAR: 1991

Discussion of case reports of IO infusion, as well as physiology of IO and technique for IO access. Concludes that IO infusion is simple and safe. The technique can be successfully performed under field conditions by paramedical personnel, even by untrained personnel.
Abstract only

Case reports of 2 patients with local skin necrosis complicating IO infusion.

YEAR: 1990

Case report of a child with severe compartment syndrome of both lower extremities following IO fluid resuscitation.

YEAR: 1990

Case report of a 6-month-old infant in cardiac arrest successfully resuscitated with IO epinephrine.
Abstract

Case report of 2 severely burned children saved after IO was used to establish IV access.

YEAR: 1990

Concludes that infusion of fluids and drugs can be readily performed with the intraosseous technique.

YEAR: 1990

This series of 3 letters to the editor are in response to the case report of bilateral fracture of the mid-tibial shaft in a 3-month old child following tibial IO insertion. It is noted that the insertions were made in the mid-tibial shaft rather than at the proximal or distal tibial insertion sites.

Nursing article that describes benefits of intraosseous infusion. Recommends IO for cardiopulmonary arrest and other medical emergencies.

YEAR: 1990

Case report of compartment syndrome following IO infusion. Emphasizes IO to be useful for temporary vascular access. Advises that IV lines be placed as soon as possible after IO infusion. Recommends that radiograph be performed after the procedure in very young children to check for bone abnormalities.
Intraosseous Vascular Access Bibliography
Case Studies

This article describes two cases of IO administration of succinylcholine for emergency airway management in children that resulted in adequate intubating conditions within 45 seconds for both cases.

YEAR: 1989

Case report of bone fracture following IO access in an infant.

YEAR: 1988

Case report of anesthetic induction through IO administration of succinylcholine chloride, atracurium besylate, and thiopental sodium in a child with seizure activity.

Article discussing IO infusion and associated rapid intravascular absorption of solutions.

YEAR: 1987

Several case reports illustrating the utility of IO in the emergency department. Includes discussion of IO administration of diazepam in succinylcholine.

YEAR: 1986

Case report illustrating value of familiarity with insertion technique for IO. Recommends that IO fluids and medications be considered early in patients requiring resuscitation.

Case report of an unresponsive 3-month-old infant with no cardiac activity. Patient was resuscitated and achieved stable cardiac rhythm and blood pressure through IO administered medications.

Case report of child with status epilepticus. IO phenytoin resulted in seizure resolution and therapeutic serum levels of drug.

YEAR: 1984

Case report of continuous IO infusion of dopamine hydrochloride and dobutamine hydrochloride in a 6 month old infant. Concludes that IO infusion is efficacious and complications rare.

YEAR: 1983

Case report of 3-year-old child permanently blinded and brain damaged because of inability to administer anesthetic intravenously. Patient was on oxygen following an inhalation anesthetic. Concludes that IO administration of anesthesia would have prevented this poor outcome.

Recommends IO infusion of fluids in cases of shock, burns, mass casualties, and also for long term parenteral nutrition whenever peripheral veins cannot or should not be used.
YEAR: 1979

Preclinical study of IO flow and pharmacokinetics in the bovine tibia. Mean time to initial effect of IO administration of epinephrine was 17 seconds with 90% maximal effect in 45 seconds. Concludes that experiment provides quantitative evidence of utility of IO infusion for resuscitation.

YEAR: 1958

Schoenherr WF. Intraosseous infusion of bone marrow. JAMA 1958;166(7):853
This letter to the editor is regarding the case of a 56 year-old man that ultimately developed aplastic anemia and required blood transfusions biweekly, and being considered for bone marrow transplants. The Editor’s response briefly addressed the process of bone marrow transplantation.

YEAR: 1954

Case report of death following pericardial rupture with hemorrhage, associated shock, and peripheral circulatory collapse.

YEAR: 1951

Fortner JG, Moss ES. Death following sternal puncture: report of two cases. Annals of Internal Medicine 1951;34:809-15
Case reports of 2 deaths from sternal puncture. Discusses 4 additional cases from the medical literature. Comments of the mechanism of death.

YEAR: 1944

Bailey H. Bone marrow as a site for the reception of infusions, transfusions and anaesthetic agents: a review of the present position. Anesthesiology 1944;5(5):545-6
This abstract describes one physician’s summary of experience using the sternum as an intraosseous vascular access site for 60 cases. Discusses potential benefits and complications compared to intravenous access.

YEAR: 1941

Tocantins LM, O'Neill JF, Jones H. Infusion of blood and other fluids via the bone marrow: Application in pediatrics. JAMA 1941a; 117(5):1229-34.
Describes emergency IO infusion of citrated blood and saline into the tibia or femur of 9 infants. IV access was impossible. Found no complications upon clinical or x-ray examination post-infusion.

Early study of 4 patients with acute failure of the peripheral circulation. IO infusion of blood, fluids, or drugs via the bone marrow resulted in a prompt recovery from the state of collapse. Recommends IO route when peripheral veins are not available and a fluids are urgently needed.

YEAR: 1934

This article describes one clinician’s use of sternal IO access for infusion of campolon to treat anemia in 1930. The author performed over 50 injections without serious complications.

Sweden
Intraosseous Vascular Access Bibliography
Clinical, Observational and Other Studies

YEAR: 2015

Retrospective analysis of IO needle insertions performed in all HEMS missions during the first three years (2009-2011) using the EZ-IO ® system. Overall success rate of EZ-IO procedures (N=348) was 99.6%, with a first attempt success rate of 85.9%; and high user satisfaction rate of 93%. IO as access was mostly second line overall but first line in children <7, trauma and cardiac arrest. There was 1 failure and 4 needle insertion problems noted; no serious complications.

YEAR: 2014

A cadaveric study evaluating intraosseous (IO) vascular access insertion sites for attainable flow rates under 300 mmHg. The EZ-IO was used to establish IO access at the proximal humerus and proximal tibia sites; the FAST1 was used to establish sternal IO access. The total volume of fluid infused at the three IO access sites was 469 ± 190 mL for the sternum; 286 ± 218 mL for the humerus; and 154± 94 mL for the tibia. The mean flow rate infused at each site was as follows: 93.7 ± 37.9 mL/min for the sternum; 57.1 ± 43.5 mL/min for the humerus; and 30.7± 18.7 mL/min for the tibia. First attempt placement success was 100% for the sternum and proximal humerus and 81% for the tibia.

This preclinical study evaluated the occurrence of fat intravasation resulting from intraosseous (IO) flush and infusion in anesthetized swine. Intravasated fat was assessed using a lipophilic fluoroprobe (Nile red) and by vascular ultrasound imaging. Fat intravasation was observed during all IO infusion regimens, with subclinical pulmonary fat emboli persisting 24 hours post infusion. It was noted that initial flush was a significant factor in fat intravasation, low levels of intravasation occurred with infusions ≤300 mmHg, fat intravasation and bone marrow shear-strain increased with IO infusion rates, and intravasation was influenced by cannula insertion site.

YEAR: 2014

This article in French is a survey of residents and doctors in France that practice in ED, ICU and anesthesiologists units seeking their opinions and practice habits in regard to IO access. Only 29% had ever used an IO kit; with a correlation between years of experience in practice and use of IO access. 555 had received some IO access training; 90% of untrained doctors believed training was necessary. The powered system was the most utilized (EZ-IO).

Anson JA. Vascular access in resuscitation: Is there a role for the intraosseous route?. Anesthesiology 2014;120(4):1015-31
Literature review through August 1, 2013 with primary aim to determine whether there is a role for intraosseous vascular access in the resuscitation of critically ill patients. Secondary aims were to investigate the evidence regarding clinical use, drug administration, and complications of IO access. The authors concluded that IO access can be achieved quickly and accurately in emergency situations and there is clearly a role for it in resuscitation of ill patients; anesthesiologists should become familiar with IO access.

YEAR: 2014

A prospective observational study that evaluated use of intraosseous vascular access for delivery of rapid sequence intubation (RSI) drugs. Data was collected between January and May 2012 at a combat hospital in Afghanistan. Thirty-four (34) patients underwent RSI with drug delivery via the IO route. Access was established in the proximal humerus and tibia using the EZ-IO and in the sternum using the FAST-1. All placements were successful on first attempt; first pass intubation success rate was 97%; a Cormack-Lehane (C-L) laryngoscopical grade view of 1 was reported 91%. Authors concluded that IO access is a safe and feasible route for delivery of anesthetic drugs for RSI.

YEAR: 2015

Randomized comparative study of adult pigs infused intraosseously with either: 7.5% hypertonic solution (HTS), 3% HTS or normal 0.9% isotonic saline. The animals were observed daily for infection, necrosis and gait up to 5 days, then necropsy and histological analysis was performed for tissue necrosis. Observations included regular tissue morphology and normal gait scores over the 5 day observation period; and absence of gross tissue necrosis and microscopic ischemia post IO HTS infusion in this swine model. Authors concluded this study confirms the clinical safety of IO HTS infusion and its use as an alternative lifesaving treatment.
Intraosseous Vascular Access Bibliography
Clinical, Observational and Other Studies

Preclinical study using a porcine model to determine whether there were differences in intraosseous (IO) and intravenous (IV) whole blood transfusion relative to hemolysis and transfusion time. IO transfusion does not significantly increase hemolysis (using free hemoglobin as outcome measure) or transfusion time compared with IV transfusion. Authors concluded transfusion of whole blood through an IO device is an effective transfusion method that may be used until other vascular access is obtained.

Cheung WJ, Rosenberg H, Vaillancourt C. Barriers and facilitators to intraosseous access in adult resuscitations when peripheral intravenous access is not achievable. Acad Emerg Med 2014;21:250-6. doi:10.111/acem.12329
This survey study sought to identify the barriers and facilitators to use of intraosseous vascular access for adult resuscitations when peripheral IV (PIV) access is not available, among physicians from various clinical care settings in 3 teaching hospitals in Ottawa, Ontario. Completed survey responses were received from 205 physicians; results suggest that to increase IO use educational interventions need to address their attitudinal, normative, and control beliefs. Specific beliefs that act as barriers are described.

This was a prospective, randomized controlled clinical pilot study comparing the BIG and EZ-IO intraosseous (IO) vascular access devices in 52 adult patients admitted to an emergency department with difficult peripheral venous access. Twenty-six patients were randomized to each device; results were first attempt insertion success BIG 92.3%, EZ-IO 84.6% (P=0.68); procedure time: BIG 2.8 ± 1.2 seconds, EZ-IO 5.2 ± 2.2 seconds (P<0.001), significant; difficulty of use (with visual analogue scale): BIG 8.6 ± 6.4 mm, EZ-IO 25.4 ± 12.6 mm (P<0.001), significant. Authors concluded both EZ-IO and BIG are shown to be reliable and safe methods for insertion of intravascular access in emergency conditions. There were no adverse events or complications reported.

Derikx HJGM, Gerritse BM, Gans R, vander Meer NJM. A randomized trial comparing two intraosseous access devices in intrahospital healthcare providers with a focus on retention of knowledge, skill, and self-efficacy. Eur J Trauma and Emerg Surg 2014;doi:10.1007/s00068-014-0385-8
This article describes a randomized trial comparing the retention knowledge, skill and self-efficacy among anesthesiologists and registered nurses of anesthesia with use of the EZ-IO and Bone Injection Gun (B.I.G.). Participants were randomized to be trained on one device and were tested at 0, 3, and 12 months post training. The authors concluded that training anesthesiologists on use of the EZ-IO with the educational tools provided by the manufacturer will ensure optimal performance for a period of one year.

The objective of this study was to use a competency exam to compare different emergency skills and knowledge between out of hospital emergency physicians (OOHEP) and those who are not OOHEP at the time of their mandatory biannual refresher courses. Results from 836 respondents suggested that OOHEP are significantly more likely to initiate intraosseous access, initiate mild-therapeutic hypothermia, and had higher knowledge about the used defibrillator.

Ibrahim M, Cairney K. A comparison of intravenous and intraosseous vascular access during simulated cardiac arrest on an Advanced Life Support course. Resuscitation 2014;85S:S20
This abstract describes a simulation study that evaluated the time to access and rate of first attempt success for establishing IV and proximal humerus IO access in an ALS training course. Thirty-three participants had a first attempt IV success rate of 70% compared to a 100% success rate with IO access. The authors concluded that successful humeral IO access can be achieved following a short education intervention.

A preclinical study comparing intraosseous (IO) and intravenous (IV) administration of Hextend in 27 swine for time of administration and hemodynamics. IO access was established in the proximal humerus using the EZ-IO. Results showed time for administration was not significant; there were no significant differences between IV and IO relative to hemodynamics. The author concluded that the IO route is an effective method of administering Hextend
Intraosseous Vascular Access Bibliography
Clinical, Observational and Other Studies


Manikin study conducted in Poland with 107 paramedic operators designed to investigate the success rate, time of insertion and perceived difficulty of intraosseous access devices during simulated resuscitation using the EZ-IO, Bone Injection Gun and Jamshidi needles. Results were first attempt success: B.I.G.: 91.59%; EZ-IO: 82.66%; Jamshidi: 47.66%; mean procedure time: B.I.G.: 2.0 min ± 0.7; EZ-IO: 3.1 min ± 0.9; Jamshidi: 4.2 min ± 1.0; and ease of use (1-easy to 5-very hard): B.I.G.: 1.83; EZ-IO: 2.92; Jamshidi: 4.68.


This retrospective study reported IO use over a 7-year period during combat operations in Afghanistan by the UK Defence Medical Services. The EZ-IO and FAST1 IO devices were available for use; IO use data was collected from the front line, during helicopter evacuation and at the combat hospital. A total of 1014 IO devices were inserted into 830 adult patients; various medications infused via IO access are listed. Across all cases there were no serious IO complications and 14 minor complications. The author concluded that in the pre-hospital setting in particular and in severely injured trauma patients, IO access should be considered a primary method of obtaining vascular access.


A preclinical study comparing the time to onset, time to onset peak, and time to recovery of peripheral intravenous and tibial intraosseous administration of Rocuronium. Study results demonstrated there was no statistical difference from the time of administration to complete neuromuscular blockade between the IO and IV administration of Rocuronium; and the recovery of neuromuscular function was significantly longer after IO administration, however was not deemed clinically significant. The authors concluded that Rocuronium can effectively be used via the IO route without the need for dose adjustments.


This abstract describes an observational study evaluating use of the intraosseous drill (EZ-IO) in 20 patients assisted by EMS and receiving CPR within a 3 year period. The study includes 4 pediatric and 16 adult patients. The authors concluded that IO access is a reliable alternative to peripheral venous access and can be implemented fast and with high success rate of CPR in which drugs and fluids are given.


Retrospective study of the Israeli Defense Force (IDF) registry from January 1999 through October 2012 to identify all cases in which IO access was attempted. The Bone Injection Gun (B.I.G.) was the device used for IO access. A total 37 attempts were made in 30 patients. First attempt success was 53% with an overall success rate 49% when factoring subsequent attempts. Most frequent cause for failure related to providers skill level, and due to the device design allowing little room for error. This study prompted the IDF to seek an alternative for the B.I.G.


This report describes a study conducted by the Air Force Research Laboratory comparing intraosseous infusion rates between IO sites in a cadaveric model to determine if there is a site that is most effective for volume resuscitation. Using 16 cadavers procured within 72 hours of death, IO access was established in the proximal tibia and proximal humerus using the EZ-IO and in the sternum using the FAST1. Results showed the mean flow rate in the sternum was 1.6 times greater than the humerus and 3.1 times greater than the tibia. An abstract describing this report was presented by oral presentation at the 2014 annual scientific assembly for the Eastern Association for the Surgery of Trauma meeting.


This letter to the editor describes a cadaver study performed by 50 interns who had never performed IO insertion, to determine if there is a learning curve associated with use of the EZ-IO for establishing IO vascular access in the proximal tibia. Following training each intern performed 10 IO insertions and were timed. The results showed a difference between the first and the eighth attempts resulting in a decrease in time to insertion by half. The authors concluded that practice insertions are necessary to become comfortable with the device.
Intraosseous Vascular Access Bibliography
Clinical, Observational and Other Studies

This article explores use of IO vascular access in combat and tactical settings through a brief review of the literature describing this practice. A small feasibility study is discussed that evaluated the use of cadavers for training 26 U.S. Air Force Pararescuemen (PJs) on establishing IO access in the humeral head using the EZ-IO, both drill-assisted and manually inserted needles. First attempt placement success with the EZ-IO drill was achieved in 25 of 26 attempts; first attempt placement success using the manual occurred in 19 of 21 attempts. The authors concluded that the humeral head IO site is the most appropriate site within the tactical setting; and that use of a human cadaver model for training is an appropriate model.

A preclinical study comparing the recovery of fibrinogen in a porcine model when fibrinogen concentrate is administered via IV and IO access. The study results suggested intraosseous administration of fibrinogen concentrate results in a recovery of fibrinogen similar to that of intravenous administration.

This article explores the use of IO access in the prehospital setting to determine if IO access is sufficient for massive fluid resuscitation in trauma patients or if central venous cannulation should be considered. Massive transfusion is defined as 10 units of blood within 24 hours at a rate of more than 150 mL/minute. Through a review of the literature the authors determine that IO access is rapid with a high success rate. IO access allows a bridge to initiate resuscitation while minimizing on scene delays, and has a low complication profile, all benefits over central venous cannulation.

Australia

This prospective study sought to evaluate intraosseous flush practices of emergency physicians. Using cadavers, 15 emergency physicians were asked to flush an IO catheter placed in the proximal tibia and proximal humerus IO insertion sites with 10 mL normal saline as they would in clinical practice; IO pressure measurements were recorded using an IO catheter inserted in the diaphysis of the target bones. Results showed the median IO pressure generated was 903 mmHg and the median flush duration was 5.2 seconds. Result showed significant interoperator variability with greater than 35-fold difference in flush forces. The authors concluded that it may be prudent practice for providers to extend the flush over several seconds to limit the maximal pressures.

Abstract presented at the Society of Cardiovascular Computed Tomography on preliminary findings of an observational study done after training ER physicians and techs on intraosseous (IO) catheter use and implementation of a policy for IO access use. Authors report high injection rates and excellent computed tomography angiography (CTA) scans safety with use of an IO for power injection of iodinated contrast media (ICM). Authors concluded cardiovascular imaging physicians, surgeons, ER physicians, and CT technologists should be familiar with the techniques of IO needle placement and use for power injection of ICM for CTA. The diagnosis and treatment of critically ill and unstable patients may be hastened by this technique.

YEAR: 2013

In a letter to the editor this study reports data collected (during a survey of one third of academic emergency medicine programs in the U.S.) regarding IO use in adults and comparing IO access with other vascular access techniques through simulation. Data suggest that IOs were used less than 5% of the time patients needed emergent access and a peripheral line was unobtainable. The EZ-IO was most often used IO device. Authors conclude IO use should be considered more frequently in critical, unstable patients. (This research was presented at the ACEP Research Forum in 2010).

This letter to the editor describes a prospective, observational, trial that evaluated use of the EZ-IO in critically ill and injured patients (adult and pediatric) in a multijurisdictional prehospital setting; 9 EMS agencies were included. The 25mm needle set was the only needle size allowed for the study. One-hundred-eleven EZ-IO placements were performed by EMT-Intermediates and EMT-Paramedics with 96 successful placements (86.5%); the most common cause for failure reported by the author was thought to be patient obesity and inadequate needle length. Cardiac arrest patients made up 74.7% of the study population and the most common site accessed was the proximal tibia. Device operators rated the ease of use 7.87 using a 0 to 10 scale where 10=extremely easy.

An observational clinical study evaluating use of the EZ-IO in patients requiring urgent vascular access that would have otherwise received a central venous catheter due to a lack of other options. One hundred five (105) patients were enrolled across five hospitals. The authors concluded that use of IO access in place of CVCs provides time savings, safety, ease of use, and is effective at significant cost savings; IO access may be used as a bridge to CVC placement under optimal conditions; and IO access may be used to replace use of CVCs all together in selective patients. This study was sponsored by Vidacare Corporation.


This article describes a mannequin and cadaver study that evaluated use of the EZ-IO sternal device and the Illinois needle to establish sternal IO vascular access by dental students. Results of the cadaver study showed two cases of perforation of the posterior sternal cortex when the Illinois needle was used and one EZ-IO insertion in the soft tissue without entering the IO space. The authors concluded use of the EZ-IO sternal device with the insertion site template and scalpel incision may be more efficient and less predisposed to complication than use of the Illinois needle.


A retrospective study that evaluated use of IO access by one EMS system whose patients were transported to a level 1 trauma center over a period of 64 months. Results showed 140 IO attempts were made with 130 successful placements (92.9%); there were no long term complications.


A pre-clinical study that evaluated use of intraosseous (IO) pressure as an indicator of changes in fluid volume status during a hemorrhagic shock protocol. Central venous and arterial pressures were used as comparators. Results showed IO pressure decreased consistently during the controlled shock protocol. Authors concluded IO pressure appears to be equivalent to CVP as an indicator of fluid volume status. This study was sponsored by Vidacare Corporation.


A pre-clinical study that compared intraosseous (IO), central venous and arterial pressure tracings in a porcine model. Results showed that IO pressure was approximately 25% of arterial pressure. A sampling of IO blood gases revealed oxygenation levels of venous blood. This study was sponsored by Vidacare Corporation.


This is a preclinical study comparing the EZ-IO and the Cook manual IO needle when used by 21 resident physicians to establish IO access in anesthetized swine. Results showed the drill-assisted needle was successfully placed 100% of attempts vs 76.2% successful placement with manual; time to placement and user preference also favored the EZ-IO. Technical issues reported included bending of the manual needle 33% of attempts.


A questionnaire study in which Scandinavian emergency physicians, anesthesiologist and pediatricians reported complications they have experienced with IO vascular access based on recollection alone. Complications were reported related to establishing IO access and using established IO access. Out of 1,802 IO cases reported by 386 responders, the most frequently reported complications included difficulty with periosteum penetration and bone marrow aspiration when establishing IO access; and slow infusion and needle displacement with established IO access. Osteomyelitis and compartment syndrome were reported with an occurrence of 0.4% and 0.6%. Researchers concluded that potential complications following IO insertion should be addressed during training. Devices discussed included the EZ-IO, BIG, Cook-Surfast, and other unidentified IO devices

Denmark


This article in German explores use of intraosseous access in a dental practice emergency. In a simulation study, dental students attempted to establish standard peripheral IV access and IO access using 3 different devices: EZ-IO, BIG, and manual IO. Results showed the manual was the fastest to insert, however, the EZ-IO had the highest first-attempt success rate as well as the lowest number of total attempts to IO access.

German
Intraosseous Vascular Access Bibliography
Clinical, Observational and Other Studies

This abstract describes a study in which 66 obstetric anesthetists, obstetricians and midwives were training on the EZ-IO and evaluated for successful application of the skill in a mannequin study. The participants also completed a survey following their insertion attempt regarding their perceived ease of use and likeliness to consider IO use in the future. Results showed first attempt success was 95.5%; respondents indicated they found the EZ-IO to be easier than establishing PIV access and 100% indicated they would consider IO use in the future.

UK

This abstract describes the results of an online survey taken by members of the Obstetric Anaesthetists’ Association, evaluating use of IO access in obstetric emergencies, and availability of IO equipment on UK labor wards. Results showed many members are trained on IO access, consider it a viable option during emergencies however have limited access to equipment.

UK

Doi:10.3109/10903127.2012.755582
Pre-clinical study comparing flow rates acheived after insertion with the EZ-IO in the proximal tibia, distal femur, and proximal humerus in a swine model. IO catheters were placed in each site and normal saline was infused for 10 minutes using a pressure bag at the highest achievable pressures greater than 300mmHg. The flow rates through the proximal humerus were statistically greater than that of the femur or proximal tibia. The femur flow rates were higher than the proximal tibia but similar. Post-mortem histopathologic evaluations done to assess for damage due to the high infusion pressures were consistent with IO catheter placement.

642

In this pre-clinical study, investigators sought to determine if the pressure readings at the proximal tibia IO site served as a good indicator of proper IO placement when the foot of the limb was squeezed. Traditional methods used to determine correct IO placement, including needle stability, aspiration of blood, and easy infusion, were used as comparators. Results showed the increased pressure reading at the IO site successfully predicted correct IO placement in all cases; traditional methods did not consistently correctly identify proper IO needle placement.

678

This abstract describes a study in which the investigators sought to determine the approximate patient population in which the 25mm EZ-IO needle set was sufficient length to establish IO access in peripartum patients. Ultrasound was used to determine the tissue depth at four insertion sites. Twenty-six women were recruited with a median gestation of 34 weeks. In 88% of patients with a BMI<40 kg/m² the 25mm needle is sufficient to reach the bone marrow at both tibial sites. For the humeral site, IO placement may be more difficult for patients with a BMI>25 kg/m².

UK

A clinical study evaluating the relationship between IO blood and peripheral venous blood lactate levels analyzed using the i-STAT point-of-care analyzer in healthy volunteers. Results showed IO blood lactate levels were comparable to venous blood lactate levels with a positive statistical correlation. This study was sponsored by Vidacare Corporation.

676

Oksan D, Ayfer K. Powered intraosseous device (EZ-IO) for critically ill patients. Indian Pediatrics 2013;50(7):689-91
A retrospective chart review evaluating use of the EZ-IO in 25 pediatric patients between July 2008 and August 2010 at a Turkish university affiliated hospital. All attempts were made in the proximal tibia and IO access was attempted following failed PIV access within 60 seconds. First attempt success was 80%; the most reported complication was simple extravasation (3 cases) and needle dislodgement (1

Turkey

An observational study evaluating use of the EZ-IO by two ground and one air based physician staffed EMS and at a German surgical university hospital between January 1, 2008 and December 31, 2011. The EZ-IO was used to establish IO access 88 times in 87 patients; 83 insertions were performed in the EMS and 5 were performed in the hospital. The proximal tibia was the primary site used (97.7%) and the first attempt success rate was 94%. IO access was the first approach for vascular access in children compared to adults (38.9% vs. 86.2%). There were 5 failures attributed to missed insertions or extravasation and 2 for wrong needle length. There were no serious complications.


A prospective study comparing IO and venous laboratory values obtained from a point-of-care analyzer (i-STAT) in 20 children. IO blood specimens were collected from the iliac crest; 2 ml were discarded before the sample was collected analysis. Results showed differences between venous and IO specimen were clinically acceptable for pH, base excess, sodium, ionized calcium and glucose in hemodynamically stable patients. Authors concluded that analysis of IO samples with a bedside point-of-care analyzer is feasible in emergency situations may be useful to guide treatment.


This randomized, controlled study compared tissue concentrations at the surgical site of regionally and systemically administered prophylactic vancomycin, in 30 patients undergoing total knee arthroscopy. The antibiotic was administered using three methods: 250mg through IO regional administration in the proximal tibia (IORA); 500mg through IORA; and 1g administered systemically through IV. Results showed the tissue concentration of vancomycin was greater in the 250mg IORA group than the systemic IV group, and the 500mg IORA group had higher concentrations than both groups.

YEAR: 2012


A pre-clinical study that compared the EZ-IO 15 gauge 25mm needle set and the 13 gauge Jamshidi aspiration/biopsy needle when used to obtain core biopsy specimens in canines.

Canada

Barker LT. In the child with gastroenteritis who is unable to tolerate oral fluids, are there effective alternatives to intravenous hydration?. Ann Emerg Med 2012;60(5):607-8. doi: 10.1016/j.annemergmed.2012.04.003

This article, part of a Review Snapshot series in Annals summarizes a literature review (Rouhani et al in Pediatrics 2011) for evidence of alternatives to traditional IV hydration in a dehydrated child. Thirty-eight articles were included for the analysis with five of them randomized controlled trials; and one of those comparing IO to IV rehydration. (Banerjee et al, which found IO placement faster with no therapeutic outcome differences). The focus of this review was on nasogastric tube rehydration as effective when IV fails and as less invasive than IO or CVC placement.


This article describes a questionnaire study that was given to UK Role One military clinicians deployed to Afghanistan to assess the level of experience and confidence rating with use of IO access, using the FAST-1 and EZ-IO, and IV access. Thirty-three responses were received; clinicians felt more confident with IV access over IO access; clinicians felt more confident with FAST-1 IO access than EZ-IO IO access.

UK


Preclinical study using a porcine model comparing the maximum concentration and time to maximum concentration of epinephrine administered via the tibial IO, sternal IO and IV routes during CPR. The IV route of administration of 1mg of epinephrine resulted in a serum concentration 5.87 and 2.86 times greater than the tibial route and sternal route respectively. The times to peak concentration was similar for IV and sternal IO groups but delayed for the tibial route. Authors conclude that due to limitations of their study the guidelines of administering 1mg of epinephrine via the IO route should not be changed; further studies using larger sample size, larger volume flush, arterial blood samples and the use of a more precise method of measuring serum epinephrine should be done.
Intraosseous Vascular Access Bibliography
Clinical, Observational and Other Studies

Manuscript of a literature review and critical analysis done to develop the Emergency Nurse's Association (ENA) December 2011 Emergency Nursing Resource (ENR) which focused on the clinical issue of difficult IV access. Graded recommendations and decision options are provided for alternatives to IV access, including IO.

This abstract presented at the 2012 ACEP Research Forum discusses a swine pre-clinical study evaluating CT image opacification when contrast is delivered via IV and proximal humerus IO access. The EZ-IO was used to facilitate IO access. Results showed that under blinded radiology review the IV and IO images were judged adequately opacified to meet diagnostic criteria. Authors concluded that IO administration of contrast material may be a viable alternative if other vascular access is unavailable or if establishing other access will lead to a delay in diagnostic evaluation. This study was sponsored by Vidacare Corporation.

This pre-clinical study sought to compare the flow rates of blood administered through an IO needle in the proximal tibia, distal femur and the proximal humerus in an adult hypovolemic swine at an infusion pressure greater than 300 mmHg. Investigators also evaluated the presence of fat emboli in the lungs. Results showed that the mean rate of IO infusion of blood through the swine humerus (103 mL/min) was greater than the femur (49 mL/min) and tibia (78 mL/min); fat emboli were detected in the lungs of most animals (tibia: 14.14; humerus: 10/11; femur: 8/14).

This simulation study evaluated the ability of 2 person EMS crews to manage a pediatric emergency and sought to determine root causes of errors made. Participating EMS crews used the BIG for IO access. The authors concluded that cognitive, procedural, affective, teamwork errors and error-producing conditions were identified as root causes for the errors made in the simulation. Authors also concluded that simulation followed by facilitated debriefing is an effective tool for identifying underlying causes of active and latent errors.

In this preclinical swine study, investigators sought to evaluate whether intraosseous blood samples can be used to measure opioids, and if so, to determine the level of accuracy of those measurements. Blood samples were drawn from bilateral tibial IO catheters and from a central venous catheter for six hours. Authors concluded that IO blood samples can be used for the analysis of opioids if an IV route is not available.

A pre-clinical study evaluating the time to loss of consciousness and effective maintenance of anesthesia following IO and IV administration of propofol in 24 rabbits. The authors concluded that in all evaluated aspects of anesthesia, IO administered propofol was as effective as IV administration in rabbits.

This abstract presented at the 2012 ACEP Research Forum discusses a literature review of intraosseous access publications since 1985 providing an updated safety profile for IO access. The search resulted in 192 articles describing IO access with 6 cases of osteomyelitis and 6 cases of compartment syndrome secondary to extravasation reported. Of the 192 articles identified, 140 described the EZ-IO. This study was sponsored by Vidacare Corporation.

This abstract presented at the 2012 ACEP Research Forum describes a preclinical swine study evaluating the ability to induce therapeutic hypothermia by infusing chilled saline via IV and IO access. The EZ-IO was used to facilitate IO access. Results showed statistical equivalence between IV and IO routes when used to deliver chilled saline to induce therapeutic hypothermia. Results also showed that use of chilled saline and infusion tubing submerged in an ice water bath provides the most effective means of cooling. This study was sponsored by Vidacare Corporation.
Intraosseous Vascular Access Bibliography
Clinical, Observational and Other Studies

This retrospective study evaluated the number and type of critical procedures, including IO line placement, performed in the ED of a tertiary care pediatric institution over a 12 month period. The authors concluded that critical procedures were rarely performed in a large academic pediatric ED; pediatric emergency medicine faculty are at significant risk for skill deterioration; and fellows are unlikely to achieve competence in performing critical procedures.

A pre-clinical study evaluating the systemic bioavailability of antidotes when administered via the intraosseous (IO), intravenous (IV), and intramuscular (IM) routes is described. Results showed rapid and substantial antidote bioavailability after IO administration similar to that of the IV route. Authors concluded that the IO route of antidote administration should be considered when IV access is difficult.

A literature review of articles describing intraosseous vascular access devices used in the pre-hospital setting. Twenty articles met the inclusion criteria and described the manual devices, BIG, Fast-1 and the EZ-IO. The authors concluded that the literature suggests that semiautomatic IO devices may be more effective than manual devices.

This article describes the validation testing of a newly developed performance assessment scale for evaluating the intraosseous manual insertion process in the proximal tibia during simulated procedures. The authors concluded that the scale was a reliable tool to assess the overall IO insertion procedure and that with modifications this scale may be used with other IO devices and in the clinical setting.

This article describes a post mortem study evaluating a newly developed technique to study the intraosseous vasculature of the humerus involving injection of ink directly into the anterior circumflex humeral artery. This technique allowed visualization of the main nutrient artery to the proximal humerus vasculature until they reached articular cartilage or crossed cortical bone again to enter the rotator cuff tendons.

Ribiero de Sa RA, Melo CL, Dantas RB, Delfim LVV. Vascular access through the intraosseous route in pediatric emergencies. Revista Brasileira de Terapia Intensiva 2012;24(4):407-14
The authors evaluated use of IO access in pediatric emergencies through a literature review. The objective was to describe the techniques, professional responsibilities, and care related to obtaining IO access.

This pre-clinical study sought to evaluate the various pressure levels obtained by 22 veterinary clinicians when administering a 10ml normal saline flush of an IO catheter. The EZ-IO was used to establish access in an isolated, cadaveric swine femur. The authors found the median peak intraosseous pressure was 615 mmHg with a range of 57 to 1,100 mmHg. Authors concluded that there is a great deal of variability between clinicians and their flush pressure and that a standardized flush protocol may be beneficial.

This article describes a retrospective study in which 50 consecutive MRI images were evaluated of the humerus for the purpose of determining the optimal needle length necessary for successful proximal humerus IO insertion. Results showed the cortical thickness was 4mm in all cases and that an IO needle length ranging between 40-50mm should be used via the anterior approach. The EZ-IO is specifically discussed in relation to the proximal humerus IO insertion site; and a 24 patient post mortem review of the EZ-IO placed in the proximal humerus is discussed.

This study conducted by the Norwegian Navy evaluated the ability of 25 soldiers to perform buddy transfusion by starting phlebotomy, establishing sternal IO access using the FAST1, and infusing 1 unit of whole blood. Physical performance was evaluated pre and post blood donation and lactate levels were recorded. The authors concluded that physical and combat performances are preserved within limits post whole blood donation and that soldiers are able to learn the phlebotomy and sternal reinfusion with only a short lecture on the procedure.


This prospective observational study compared flow rates between distal and proximal tibia IO access in adults, with each adult serving as their own control. The EZ-IO was used to facilitate IO access. IO infusion was performed with and without pressure. The authors concluded that infusion flow rates were significantly higher in the proximal tibia as compared to the distal tibia, and that flow rates are significantly higher with pressured infusion vs. non-pressured infusion. This study was sponsored by Vidacare Corporation.

Torres F, Galán MD, Alonso MD, Suarez R, Camacho C, Almagro V. Intraosseous access EZ-IO In a prehospital emergency service. Journal of Emergency Nursing 2012:http://dx.doi.org/10.1016/j.jen.2012.03.005

This observational pre-hospital study conducted in Madrid, Spain prospectively evaluated use of the EZ-IO Jan 2007- Dec 2009 as an alternative to peripheral IV access. During the study period, 107 patients underwent 114 EZ-IO insertions and all were successful on first attempt. IO access was established in the proximal tibia (49%), distal tibia (25.2%), radius (14.9%), and humerus (10.5%) and all lines were the first form of vascular access established in the patient. There were no adverse events or complications.


This poster presented at the 2012 International Conference of Emergency Medicine described a 4 month review of intraosseous access in UK military operations in Afghanistan. During the timeframe the EZ-IO was used to establish IO access in the proximal humerus and tibia sites; the FAST1 was used to establish sternal IO access. Of the 87 EZ-IO applications there were 12 functional issues and the placement success rate for both sites combined was 86.3%. In 24 FAST1 applications there were 4 functional issues and the placement success rate was 83.4%.


A clinical study comparing Cefazolin concentrations found at the operation site following total knee arthroscopy when prophylactic antibiotics are administered systemically, through IV administration, and regionally, through IO injection directly at the site using the EZ-IO. Subcutaneous fat and bone samples were collected for evaluation from 22 subjects. Authors concluded that regional IO administration of prophylactic antibiotics can achieve tissues levels higher than with systemic administration.

YEAR: 2011


A comparative study evaluating the effectiveness of IO access in relation to IV access for infusion of anesthetics (ketamine, midazolam, and fentanyl) and fluids during hemodynamic studies in 21 infants with congenital heart disease. IO access was established in the proximal tibia (n=11). Results showed, time to access was significantly shorter with IO access (3.6 vs 9.6 minutes); anesthetic onset was shorter with IV access (56.3 vs 71.3 seconds); and no significant difference between groups for hydration volume and anesthesia recovery time. The authors concluded that due to its easy manipulation and efficiency, hydration and anesthesia by IO access was satisfactory without necessity of other infusion access.

Brazil
Intraosseous Vascular Access Bibliography
Clinical, Observational and Other Studies


This abstract reports a literature review using both MEDLINE and Embase databases up to August 2010 to determine feasibility and safety of IO administration during adult cardiac arrest. Authors reported a lack of literature (only two studies met their level of evidence criteria) but concluded IO access in adults appears to be a fast, reliable method to deliver drugs and fluid during CPR allowing adequate drug concentrations and pharmacological response; and should be considered if other medication delivery methods have failed. (Presented at the March 2011 International Symposium on Intensive Care and Emergency Medicine)

Byars DV, Tsuchitani SN, Erwin E, Anglemyer B, Eastman J. Evaluation of success rate and access time for an adult sternal intraosseous device deployed in the prehospital setting. Prehosp Disaster Med 2011;26(2):127-9

A prospective study evaluating use of the FAST-1 sternal IO device in critically ill or injured patients in cardiac arrest in the pre-hospital setting. In one year, 41 insertion attempts were performed using the FAST-1. Thirty (73%) of attempts were successful and the mean time to placement was 67 seconds from time of opening the packaging to ability to aspirate/infuse without infiltration. Of the 11 insertion failures, 7 were due to failure of the device to deploy; 2 infiltrations after insertion; 1 inability to aspirate; and 1 failure of the catheter to deploy though the needles were inserted.

Dolister M, Miller ST, Borron S, Truemper E, Shah MR. Intraosseous vascular access can be used safely and effectively, and at a lower cost than central venous catheters, for pediatric and adult patients in the hospital setting. Ann Emerg Med 2011;58(4S):S311

This abstract describes the interim results of an observational clinical trial evaluating use of the EZ-IO to establish venous access in patients that would typically receive a central line due to lack of other options. At interim analysis, 50 patients had been enrolled in the study. First attempt IO access success rate was 96%; mean time to IO access was 95.1 seconds. The authors concluded that IO access in place of or as a bridge to central venous catheters is safe, fast, and effective for adult and pediatric patients in the hospital setting with substantial cost savings potential. This research was sponsored by Vidacare Corporation.


This retrospective cohort study evaluated data from 450 California hospitals and emergency departments to determine the rate of IO access use and related complications in the pediatric population from 2005-2007. Results showed 291 children had IO access placed in 90 hospitals out of 6.6 million pediatric ED visits and 2.2 million pediatric admissions; no complications were identified. The most frequent diagnosis related to IO use was cardiac arrest (34%).


This article describes a military study in which post-mortem preautopsy multidetector CT was used to assess placement of tibial IO needles in battlefield trauma deaths where IO was used as part of the medical intervention. Results showed 58 of 61 (95%) tibial IO needles were correctly placed. In this study, the device used for IO placement was not recorded, but may have been the manual device or EZ-IO as the Army has access to both.


This article summarizes the case-based observations made by the Armed Forces Medical Examiner System on soldiers killed in action/died of wounds who had evidence of sternal intraosseous access. The Pyng Fast-1 is noted in the article as the sternal IO device most widely distributed by the department of defense (DOD); the EZ-IO is listed as another device that may be seen in emergency care facilities within the DOD. Of 98 cases, 78 (80%) showed proper placement; 20% were unsuccessful. It should be noted that the article incorrectly states that the EZ-IO using the powered driver is indicated for sternal placement.


This article describes a literature review study with the objective of establishing which intraosseous device is best for prehospital use. This short review searched Medline 1950-2010, CINAHL 1982-2010 and EMBASE 1980-2010 and identified two studies meeting their evidence search criteria, one study compared the BIG vs. manual; the second compared EZ-IO vs. FAST-1. The clinical bottom line asserted by the author was traditional manual IO devices have faster, better success rates in the pre-hospital setting; but that more randomized trials are needed to determine the best device.

Australia
Intraosseous Vascular Access Bibliography

Clinical, Observational and Other Studies


In this pre-clinical study, IO and arterial blood samples were collected over a 6-hour timeframe from the tibia of anesthetized swine, analyzed using an iStat and compared. Results showed compliant values between IO and arterial blood for electrolytes, hemoglobin, pH, and pCO2. Lactate, BE, PO2 and SO2 were less compliant. There were high correlations between SO2 and PO2 although the levels in arterial blood were higher.

YEAR: 2010


This abstract describes a retrospective case-series analysis of pediatric IO recipients from 1998-2009. Seventy-two (72) patients were included in the study; IO access was established in the proximal tibia (n=61), medial tibia (n=8), distal tibia (n=1), sternum (n=1), and iliac crest (n=1). IO access devices used in the proximal tibia included the Cook Critical Care needle (n=4), the Jamshidi needle (n=2), the BIG (n=1), and an 18 gauge spinal needle (n=54). The authors concluded that a spinal needle can be used to provide IO vascular access in children.

YEAR: 2009


Authors report an observational study of 14 children in whom semi-elective IO infusion was performed after anesthesia while peripheral IV had failed. IO infusion was successful for all 14 patients, using the EZ-IO system for 8 patients and the Cook system for 6 patients.


A simulation study evaluating if use of a laryngeal mask airways (LMA) and intraosseous (IO) lines established using the EZ-IO leads to improved resuscitation in a simulated cardiac arrest when compared to standard endotracheal intubation and central line placement. Results showed mean time to airway, mean duration of airway attempt, and time to vascular access was shorter in the IO group than the CVL group. Time to defibrillation and percent hand off time was not significantly different between the groups.

Tobias JD, Ross AK. Intraosseous infusions: A review for the anesthesiologist with a focus on pediatric use. Anesthesia & Analgesia 2010;110(2):391-401

The authors describe literature that support the use of IO access for administering anesthesia in the ICU, perioperative and operating room, including a study in which IO access was used successfully for providing intraoperative anesthesia for 106 of 109 patients. Among their conclusions, the authors reported that, even though rarely reported in anesthesia literature, IO access is a technique anyone providing care to children should consider when the patient has difficult IV access. They also concluded that IO access should be a part of an algorithm that includes numbers of attempts at peripheral access, feasibility of central access and the need for continued postoperative access; and that considering that IO access may be occasionally used in the perioperative setting in both emergent and nonemergent scenarios, it may be beneficial to have appropriate IO needles in the OR.


This retrospective study evaluated humeral IO placement success rates, using the EZ-IO, in the out of hospital cardiac arrest patient. Over a 9 month period, humeral placement was attempted in 247 patients. First attempt successful placement was 91%; successful placement within two attempts was 94%. The authors concluded that humeral IO is a reliable method of fluid and drug delivery in the out of hospital cardiac arrest population. This research was sponsored by Vidacare Corporation.

YEAR: 2009


Prospective study of 246 EMS providers at 14 EMS agencies. Reports successful IO placement in 95% of cases (18 of 19).


This article describes a study conducted at an urban Level I trauma center in Munich, Germany. Ten consecutive patients for whom PIV was difficult or impossible were simultaneously given a central line and an EZ-IO. Procedure times were measured and defined as the time the device package was taken off the shelf until the first drug or solution was administered. First attempt success rate was 90% for EZ-IO and 60% for CVC. The mean procedure times were 2.3 minutes for EZ-IO and 9.9 minutes for CVC, a clinically and statistically significant difference. Investigators concluded, because CVC was &quot;...slower and less efficacious...&quot; IO may improve the safety of patients requiring resuscitation in the ED.
This article describes a cadaver study to determine skill acquisition and performance by use of the EZ-IO system by novices. Overall success rate for the 99 operators was 97%, and mean insertion time was 6 seconds. All operators rated the device faster and easier than using a central line, and 99% expressed willingness to use the device for cardiac arrest patients.

This article describes IO use in general, and the EZ-IO in particular. The author describes its use by the emergency staff at her hospital and how they became advocates for IO access in both emergent adult and pediatric patients. She found that its use improves the quality of our care by providing vascular access to our most critical patients.

This article describes a prospective, observational study involving a convenience sample of 25 medical students, physicians and nursing staff recruited evaluate the EZIO powered drill device on a bone model. Twenty-three (92%) of the 25 study subjects required only one attempt at placing the EZ-IO. Investigators concluded that the device was easy to use with high success rates of insertion with inexperienced participants.

Ong ME, Chan YH, Oh HH, Ngo AS. An observational prospective study comparing tibial and humeral intraosseous access using the EZ-IO. Am J Emerg Med 2009; 27: 8-15
Comparison of tibial and humeral IO use in 24 adults. Both sites suitable for IO infusion. This study was sponsored by Vidacare Corporation.

This article describes a prospective, observational study involving a convenience sample of 25 medical students, physicians and nursing staff recruited evaluate the EZIO powered drill device on a bone model. Twenty-three (92%) of the 25 study subjects required only one attempt at placing the EZ-IO. Investigators concluded that the device was easy to use with high success rates of insertion with inexperienced participants. (Note: This study was also described in an earlier article published in American Journal of Emergency Medicine) This study was sponsored by Vidacare Corporation.

In this 1,598 patient case series, investigators studied the effects of &quot;...serial standard of care changes...in the EMS system over time.&quot; They concluded that IO access is an essential component for a proven algorithm for the management of OOH-CA.

This article describes an observational study performed by the French military air surgical team in Chad. There were 11 patients with no insertion failures. For 7 patients, the insertion site was the proximal tibia and for the remainder the site was the proximal humerus. The authors concluded that the EZ-IO is a device that is simple, reliable and which gives satisfaction for the administration of drugs.

This abstract describes a small study designed to determine if IO line placement improves outcome in adult patients with out-of-hospital cardiac arrest. This 165 patient study did not demonstrate improved survival.

YEAR: 2008
Study comparing manual intraosseous insertion with EZ-IO using adult human cadavers as a model. No significant difference in insertion time between 39 manual insertions and 45 EZ-IO insertions. Found a difference in the success rate (manual. 79.5% vs. EZ-IO 97.8%, p<0.01). The EZ-IO had fewer complications (manual. 15.4% vs. EZ-IO 0.0%, p<0.01) and scored higher on user friendliness (school grading system: manual. 1.9±0.7 vs. EZ-IO 1.2±0.4, p<0.01).

Large retrospective study of patients for whom emergency vascular access was obtained using the Vidacare EZ-IO intraosseous system. Insertion success was 92% and within 10 seconds for 84% of the one-attempt successful cases. Complication rate was low (4.8%), none were serious, and extravasation was the most frequent (0.8%). The device was rated easy to use 72% of the time, and researchers concluded that the powered IO device is safe and effective for achieving vascular access in the resuscitation and stabilization of emergency patients. This study was sponsored by Vidacare Corporation.

Horton MA, Beamer C. Powered intraosseous insertion provides safe and effective vascular access for pediatric emergency patients. Pediatr Emerg Care 2008;24:347-50

A retrospective clinical study was conducted to demonstrate the safety and effectiveness of the EZ-IO intraosseous access device for pediatric patients. For the 95 eligible patients in the study, successful insertion and infusion was achieved in 94% of the patients. Insertion time was 10 seconds or less in 77% of the one-attempt successful cases reporting time to insertion. There were 4 minor complications (4%), but none significant. The results of this study support the use of the EZ-IO for children in emergency situations. The complication rate suggests that the powered IO device is safe and effective for the resuscitation and stabilization of pediatric patients. This study was sponsored by Vidacare Corporation.


The objective of this study was to determine the anesthetic efficacy of repeated intraosseous injections of 2% lidocaine with epinephrine given 30 minutes following a primary injection for pain management for dental procedures. Results found that a repeated injection provided 15 minutes of additional pulpal anesthesia.


Interim report for quasi-controlled prospective study of emergency department patients for whom emergency vascular access using the Vidacare EZ-IO intraosseous (IO) system (n=6) inserted in the proximal humerus was compared to access using central or peripheral intravenous (IV) lines (n=60). Researchers concluded that proximal humerus IO insertion is significantly faster than central or peripheral intravenous (IV) line insertion. Complications and pain profiles were similar for IO and IV techniques. This study was sponsored by Vidacare Corporation.


3-year study of IO training and use in 28 hospital and ambulance services in Switzerland. Standardized training improved IO success rate to 100%.

Abstract only


This article describes an observational study in which two intraosseous devices were compared: the Pyng Medical F.A.S.T.1 and the Vidacare EZ-IO. For the 117 patients on which the F.A.S.T.1 was used, there was an 84% success; compared to a 97% success rate for the EZ-IO (n=71).


Prospective observational study of the use of the Bone Injection Gun in Israel from 2000 to 2004. Of the 189 patients enrolled in the study, successful insertion on first attempt was accomplished in 91% of cases.


This article describes a prospective cross-over study that evaluated the effects on heart rate of intraosseous administration of 2% lidocaine at various deposition rates in dental practice. Results showed the mean maximum heart rate was statistically higher with the fast intraosseous injection over the two slow injections.
Intraosseous Vascular Access Bibliography
Clinical, Observational and Other Studies

YEAR: 2007

This abstract for a presentation at the 2007 American College of Emergency Physicians Research Forum describes an observational study in which the EZ-IO was used to provide emergency vascular access for 95 pediatric patients. Successful insertion and infusion was achieved in 94% of the patients, and insertion time was within 10 seconds for 81% of the placements. There were four minor and no serious complications.

Describes the experience of the UK Defence Medical Service using the EZ-IO for emergency vascular access in Afghanistan. They used the device for 26 patients, including 10 children. Of the 26 EZ-IO placements, 23 were made in the emergency department. There was a 97% insertion success rate with no infection. Significant infusion pain was felt by three patients.

This article describes authors' evaluation of provider performance using two IO devices; the Pyng Medical F.A.S.T.1™ and the Vidacare EZ-IO®. Of 89 insertions with each device, success rate for 72% for the F.A.S.T.1 and 87% for the EZ-IO, a significant difference (p=0.009). The time to fluid insertion for the EZ-IO was also faster (p=0.02). Authors noted that the EZ-IO is unique and much more useful than the F.A.S.T.1.

This abstract for a presentation at the 2007 American College of Emergency Physicians Research Forum describes an observational study done at Boston Medical Center in which the Vidacare EZ-IO was used to provide emergency vascular access for 50 critically-ill adult patients. Successful insertion was achieved in 92% of the patients; with 90% success on the first attempt. There was one immediate complication—a dislodgement during transport. Investigators concluded that the device is a safe and feasible device for adult patients requiring out-of-hospital vascular care.

In this study, presented at the NAEMSP 2007 annual meeting, authors compared the success rate of conventional IO access with the EZ-IO during 245 cases in the prehospital setting. They concluded that using EZ-IO® results in a statistically significant increase in IO success rate, compared to conventional IO methods.

Myers BJ, Lewis R. Induced cooling by EMS (ICE): year one in Raleigh/Wake County. JEMS 2007; 32: s13-5.
This article describes the experience of the Wake County (NC) EMS System in inducing hypothermia for patients with return of spontaneous circulation after cardiac arrest. Authors describe their use of the Vidacare EZ-IO for the administration of chilled saline; with 414 placements and an overall success rate of 94%.

The article describes a prospective observational study conducted by several EMS agencies in Portland, OR to determine the safety, efficacy and benefits of using the Vidacare EZ-IO in the prehospital environment. The IO device was successfully placed in 95% of the 280 cases. In 98% of the cases, placement was made within six seconds.

Clinical study of intraosseous antibiotic administration in 87 women with acute pelvic inflammatory disease.

YEAR: 2006

An abstract describing a prehospital study comparing peripheral IV to tibial IO access for placement success, time to access and time to drug delivery. The authors concluded that using IO access on the first attempt results in faster drug administration than if IO access were used as a rescue line after failed IV.
In this study, presented at the NAEMSP 2006 annual meeting, investigators reported the results of a study that evaluated the performance of the EZ-IO® compared to an earlier evaluation of the Pyng F.A.S.T.1 system. There was a statistically significant higher success rate using the EZ-IO® compared to Pyng system, and investigators concluded that the EZ-IO® appears to be a superior device with regard to insertion success.

Prospective observational study evaluating EMT-B ability to provide care in out-of-hospital cardiac arrests. Found that EMT-Bs were able to place the EZ-IO with a 94% success rate. Median time to placement was 72 seconds.

YEAR: 2005

A review of 129 cases comparing the BIG to standard IO needles. Concludes that the BIG is equivalent to manually driven IO needles in effectiveness and likely faster than manual needles in achieving IO access.

Observational study evaluating use of the EZ-IO®. Found 97% success rate for insertion and infusion into the IO space by paramedics, nurses, physicians and other EMS personnel in using the device for emergency vascular access. No serious complications reported. This study was sponsored by Vidacare Corporation.


Observational study of initial use of the EZ-IO® in 125 patients by EMS providers. Found 94% success rate for insertion and infusion into the IO space. No complications reported. This study was sponsored by Vidacare Corporation.

Preclinical study of one IO device (FAST-1) in cadavers. Design criteria were validated in that 75 out of 77 attempts were successful.

Experimental study of the FAST-1 sternal IO device, with 29 EMT-B’s placing the device successfully on the first attempt and 27 of 29 on the fourth attempt.

Multicenter, prospective study of cardiopulmonary resuscitation data over 18 months. The study was design to evaluate the impact of survival of IV or IO high-dose epinephrine compared to standard doses in children with cardiorespiratory arrest. Limited conclusions showed that there is no significant difference between the two treatments.

Retrospective study over a 14-year period examining 129 IO insertions among 23,489 pediatric trauma patients. Patients receiving IO fluids and medications tended to be younger and sicker. Concludes that IO is an essential skill for anyone involved in pediatric trauma resuscitation.

YEAR: 2004

Study compared the VidaPort (now EZ-IO®) and the Bone Injection Gun (B.I.G.). Of 32 cases for each device, insertion rates were 100% for the VidaPort and 88% for the B.I.G. Average insertion times were 16 seconds for the VidaPort and 21 seconds for the B.I.G.
Intraosseous Vascular Access Bibliography
Clinical, Observational and Other Studies

Evaluation of the BIG in a chemical warfare mass casualty scenario. Found 73.4% simulated survival in the IO group and 3.3% in the control group (no IO). Average treatment goals obtained in 3.5 minutes for IO group and &gt; 10 minutes for control group. Concludes that IO has great potential for early treatment of chemical

YEAR: 2003

Prospective radiographic study of 23 children who had received intraosseous infusion via trocar. Found no long-term effect on tibial growth with properly placed trocar.

YEAR: 2000

Dental study finding successful injections of 2% lidocaine with epinephrine in 27 of 33 (82%) X-tip IO injections (82%) for anesthesia in mandibular teeth.

Ota FS, Yee LL, Garcia FJ, Grisham JE, Yamamoto LG. Which IO model best simulates the real thing?. Pediatr Emerg Care 2003;19(6):393-6
Evaluation of IO models by 40 emergency and critical care physicians. Chicken, turkey bones and plastic IO models received similar scores, pork rib was rated poorly. Emphasizes that bone models should be age appropriate to the expected patient population when using for IO research and training purposes.

YEAR: 2000

Study comparing practitioner experience with IO and umbilical vein catheterization with 42 medical students inexperienced in both techniques. IO was twice as fast as umbilical vein catheterization. Concludes that IO provides easy and rapid vascular access for clinicians who do not regularly perform newborn resuscitation.

Brief review of the discovery and evolution of IO access in emergency care.

Survey on current opinion and practice regarding IO among 332 Accident and Emergency Departments. Found that 75% of respondents were aware of IO use in adult resuscitation.

A retrospective chart review that evaluated use of IO access in pediatric patient resuscitation in a tertiary emergency department between 1989 and 1995. Results showed IO access was successfully established in 86% of patients. Median time to placement was 8 minutes; two complications of bone fracture were reported in one 10-day-old neonate patient.

Study comparing B.I.G. and Jamshidi IO needle in an EMS training program. 38 EMT trainees performed the insertion. Time to placement was 12 seconds for the B.I.G. and 17 seconds for the Jamshidi needle. There were no statistical differences in ease-of-use ratings between the devices.
Intraosseous Vascular Access Bibliography
Clinical, Observational and Other Studies

**YEAR: 1999**

A retrospective non-comparative study of IO infusion in 41 children. Concludes that IO insertion is an easy technique. Recommends IO for emergency cases when other vascular access techniques have failed in the first 5 minutes of treatment.

Abstract

Retrospective study of 32 cases of IO infusion over a 3 year period. Concludes that IO is rapid, safe and effective and provides an essential alternative vascular route in pediatric resuscitation.

Abstract

Daga SR, Gosavi DV, Verma B. Intraosseous access using butterfly needle. Trop Doct 1999;29(3):142-4
Evaluation of the utility of 18-gauge butterfly needles for IO administration of fluids and drugs in 23 children presenting in shock. 22 of 23 children were successfully stabilized after IO infusion.

Abstract

Observational study in 27 newborns, describing 30 intraosseous lines placed after failed IV access. Reports that all patients survived the resuscitation procedures with no long-term side effects.

**YEAR: 1997**

Preclinical study in 33 piglets of IO infusion during CPR. Found no increase in fat embolism in IO group compared to controls group.

Prospective blinded observational study in 10 subjects finding no difference in tibia length after IO infusion compared to opposite tibia at > 1 year post IO infusion.

Seminal study on the use of the B.I.G. in elective and emergency situations in 50 adult patients. Success rate for IO insertion was 100%. No complications were observed.

**YEAR: 1996**

This abstract describes the restrospective study of a German rescue helicopter service and initial experience using intraosseous access in their system. Ten cases presented in which IO puncture of the proximal tibia was required. In all attempts access was established within 60 seconds without complication; in 2 cases general anesthesia was administered via IO access. Authors concluded that IO infusion is simple, fast, and a safe alternative for emergent access.

Article in German

Discusses research directions for resuscitation from trauma-induced acute hemorrhagic shock, particularly uncontrolled hemorrhagic shock, with emphasis on fluid resuscitation.

**YEAR: 1995**

Preclinical study in dog tibias demonstrating that circumferential pressure about an IO infusion site is a rapid method to detect incorrect placement of the IO needle.
Intraosseous Vascular Access Bibliography
Clinical, Observational and Other Studies

YEAR: 1994

Study of IO training for advanced life support providers. Providers were able to establish IO access in 13 of 15 (87%) of pediatric patients (age range 1-24 months) following completion of an 1-hour training course and supervised hands-on simulation. All procedures were performed in less than 10 minutes.

Banerjee S, Singhi SC, Singh S, Singh M. The intraosseous route is a suitable alternative to intravenous route for fluid resuscitation in severely dehydrated children. Indian Pediatr 1994;31:1511-20
Study of IO vs. IV for administering fluids for resuscitation in 60 children (age range 3-24 months) with severe dehydration. The IO route was successful in all cases within the first 5 minutes of attempt. The IV line could not be secured in 33% of patients within 5 minutes. Time for successful IV access was 129 seconds, significantly longer than time for IO cannulation. Fluid infusion through either route was equally effective in stabilizing vital signs and normalizing laboratory values. No significant complications of IO route were noted on short-term follow-up.

Study demonstrating improved performance of pre-hospital endotracheal intubation and vascular access of younger children after introduction of an EMT-P PALS clinical course.

YEAR: 1993

Retrospective analysis of prehospital IO infusion covering 165 attempts on 152 patients over a 5-year period, found a success rate of 73%, with success rates significantly higher in younger children (<2 years old). EMT-Ps maintained proficiency in the technique over time despite infrequent use.

Observational study finding 7 of 27 critically injured patients (ages 3mo-10y) successfully resuscitated using IO. Concluded that IO is a rapid, safe and simple method of obtaining short term vascular access in critically ill and injured children.

Preclinical study of bone perfusion in pigs demonstrating feasibility of inert gas wash-out procedure to study local perfusion rates.

Neufeld JD, Marx JA, Moore EE, Light AI. Comparison of intraosseous, central, and peripheral routes of crystalloid infusion for resuscitation of hemorrhagic shock in a swine model. J Trauma 1993;34(3):422-8
Preclinical study finding IO infusion to as effective as central and peripheral venous access for resuscitation with crystalloid infusion in an animal model of hemorrhagic shock.

Preclinical study in 18 piglets finding significant improvement in hemodynamic variables after IO infusion of hyperosmotic saline and IO transfusion of whole blood in an animal model of hemorrhagic shock. Concludes that IO infusion is easy to establish and holds utility for treatment of shock victims.

Study comparing 3 vascular access routes for fluid administration: intravenous (6 patients), intraosseous (6 patients) and/or intraperitoneal routes (4 patients). Concluded that IO and intraperitoneal routes allowed for severely dehydrated children to be resuscitated without significant complications when IV access is difficult to establish.

abstract only

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Intraosseous Vascular Access Bibliography
Clinical, Observational and Other Studies

Preclinical study comparing infusion rates of IO access sites with IV access under normo- and hypovolemia. Found IV access was most effective for acute volume replacement. IO sites differed in maximum flow rates achievable. The humerus had the greatest flow rate, followed by the femur, malleolus and tibia. Concludes each IO access site is a viable site for short term vascular access.

Preclinical study in goats finding that intraosseous hypertension was associated with a significant increase in periosteal, endocortical, and cancellous new bone formation compared to controls.

Preclinical study in goats examining IO administration of prostaglandin E2 into the proximal metaphysis of the tibia under normotensive and hypertensive conditions within the intraosseous space. Hypertensive PGE2 infusion resulted in significantly more new bone formation.

YEAR: 1992

Preclinical study in nestling rabbits finding that IO infusion of saline and bicarbonate intraosseous infusions did not damage the metaphyseal growth plate but did cause loss of bone trabeculae that support the growth plate.

Preclinical study in pigs comparing IO and IV infusion of hypertonic saline/dextran. Found equivalence in entry of sodium and dextran to the blood stream, plasma volume expansion, and increased cardiac output.

Preclinical study in sheep fetuses and human fetal cadavers finding that IO-derived blood gas parameters (pH, pCO2, and pO2) accurately reflected peripheral venous values and that resuscitation drugs (sodium bicarbonate, glucose, calcium chloride, epinephrine) rapidly entered the fetal circulation.

Veterinary case study finding that an IO implant facilitated vascular access for hyperalimentation and drug therapy over a 72-hour period.

Preclinical study of hemorrhagic shock in dogs treated with IO infusion of hypertonic saline/dextran finding that IO infusion efficacious in the treatment of hemorrhagic shock.

Preclinical study of cardiac arrest in 18 pigs finding IO epinephrine is rapidly transported to the central circulation. Recommends larger doses to produce a significant change in blood pressure.

YEAR: 1991

Clinical study comparing efficacy of IV or IO infusion of 7.5% NaCl/6% dextran compared to Ringer's lactate in 49 shock patients finding either that sternal IO or IV infusion of 7.5% NaCl/6% dextran is an effective initial treatment of hemorrhagic shock.
Comparison of IO administration in 3 simulated EMS settings: at the scene, in ambulance in steady traffic on curvy road, in ambulance at fast speed in stop and go traffic. Found that 12 EMS participants were successful in establishing IO infusions, with 84.8% of infusions achieved in less than one minute in all settings.

Pollack CV Jr, Pender ES. Intraosseous administration of digoxin: same-dose comparison with intravenous administration in the dog model. J Miss State Med Assoc 1991;32(9):335-8
Preclinical study in dogs finding that IO infusion of digoxin results in similar plasma concentrations of the drug as IV infusion.
Abstract only

A pre-clinical study comparing IV and IO blood serum levels of antibiotics: ceftriaxone, cefotaxime, ampicillin and gentamicin in weanling pigs. Blood levels were compared at 15, 30, 45, 60 and 90 minutes and each animal served as their own control. Results showed that IO levels were initially lower than IV levels though the difference became indistinguishable after 30 minutes. Ceftriaxone levels however remained lower throughout the 90 minute sample period. The authors concluded that standard IV doses may be administered intraosseously though further study may suggest higher doses of ceftriaxone may be more beneficial.

YEAR: 1990

Preclinical study in 24 dogs finding that a single IO attempt is preferable to multiple attempts to maintain adequate serum levels of Phenobarbital following IO infusion.

Preclinical study of the pharmacokinetics of emergency medications in a canine model of shock. Found that endotracheal administration was unreliable, while IO administration was comparable to central and peripheral venous administration.

Preclinical study comparing the pharmacokinetics of 6 emergency medications in dogs. Found that IO administration resulted in similar physiologic effect and/or serum drug levels as central and peripheral venous administration.

YEAR: 1989

Preclinical study demonstrating comparable central circulation transit times with IO and IV infusion of a radionuclide tracer.

A pre-clinical study evaluating resultant serum levels when administering phenobarbital and phenytoin via intraosseous infusion as compared to IV administration in domestic swine. Results showed that current IV dosing of phenobarbital 20 mg/kg obtains and maintains therapeutic serum levels when given IO; Phenytoin 15 mg/kg does not maintain therapeutic levels and cannot be recommended for IO administration.

Preclinical study in sheep finding no significant differences between IO and IV infusion of hypertonic saline/Dextran.

Preclinical study in pigs finding equivalence in physiologic response between IO an IV administration of antiepileptic drugs.
Intraosseous Vascular Access Bibliography
Clinical, Observational and Other Studies

This article describes a pre-clinical study comparing bone marrow, venous blood, and arterial blood specimen results when used for blood electrolytes, blood chemistries, blood gases and hemoglobin; and a clinical evaluation of bone marrow and venous blood used for cultures.

Prospective study finding EMS personnel able to successfully establish IO access in 16 of 17 pediatric patients with cardiopulmonary arrest. Observed 13 successful infusions within 1 minute on first attempts at IO access. No significant complications.

Observational study finding nearly 70% of aeromedical transport programs do not use IO infusion. Concludes IO to be grossly under-utilized. Calls for further consideration.

YEAR: 1988

Retrospective chart review of 33 pediatric patients finding 83% success in establishing IO infusion. IO and percutaneous peripheral catheterization were the quickest methods for vascular access. Observed no major and minimal delayed complications.

Retrospective chart review over a 1-year period finding IO reduced vascular access time in patients with cardiac arrest when standard techniques failed.

Preclinical study in pigs demonstrating suppression of seizures with both IO and IV administered propanolol. Both IO an IV propanolol reduced basal heart rate by a 32-38% and reduced the transient increase in mean arterial pressure (MAP) elicited by pentylentetrazol with no effect on the basal MAP.

Preclinical study finding IO infusion of hypertonic glucose and dopamine to be as effective as IV administration.

Anatomical study. Found that IO infusion into the sternum provides direct vascular access via the thoracic veins. Concludes that IO infusion of hypertonic saline dextran may provide paramedics and emergency room physicians with a more rapid and effective method of vascular access and volume expansion than conventional resuscitation regimens.

YEAR: 1987

Preclinical study finding comparable serum drug levels with IO and IV administration.

YEAR: 1985

Preclinical study in pigs examining blood pH during CPR with sodium bicarbonate administered via different vascular access routes. Found that pH pf blood obtained via central venous access and intraosseous access were significantly different from the peripheral group, and that all three groups were significantly different form the control. Pathology studies showed only minor damage to bone with IO sodium bicarbonate administration.
Intraosseous Vascular Access Bibliography
Clinical, Observational and Other Studies

YEAR: 1982

Study finding that 23-gauge needle is less painful and yields purer bone marrow sample from the sternum.

YEAR: 1977

Observational study of 15 patients needing emergency fluids and in whom IV’s were difficult to establish. Patients received drugs and fluids via IO. Concludes that IO therapy is effective with no serious complications.

YEAR: 1956

Study finding sternal puncture superior to iliac crest and spinous process punctures for bone marrow sampling. Cautions that inexperienced practitioners should use iliac crest or spinal process in the absence of training in sternal puncture.

YEAR: 1950

Early review of IO infusion citing complication rate of osteomyelitis (approximately 1 in 150 cases).

YEAR: 1947

Early article on IO puncture and infusion, emphasizing technique. Concludes their technique is safer and more effective than previously described techniques.

Early study on IO. Makes strong distinction between ordinary blood transfusion or infusion of isotonic solutions (generally safe) and continuous infusion or the infusion of hypertonic solutions. The latter carries considerable risk of osteomyelitis and subsequent disturbance in growth of the bone.
Intraosseous Vascular Access Bibliography

YEAR: 2015


A cadaveric study evaluating intraosseous (IO) vascular access insertion sites for attainable flow rates under 300 mmHg. The EZ-IO was used to establish IO access at the proximal humerus and proximal tibia sites; the FAST1 was used to establish sternal IO access. The total volume of fluid infused at the three IO access sites was 469 ± 190 mL for the sternum; 286 ± 218 mL for the humerus; and 154± 94 mL for the tibia. The mean flow rate infused at each site was as follows: 93.7 ± 37.9 mL/min for the sternum; 57.1 ± 43.5 mL/min for the humerus; and 30.7± 18.7 mL/min for the tibia. First attempt placement success was 100% for the sternum and proximal humerus and 81% for the tibia.

YEAR: 2014


This was a prospective, randomized controlled clinical pilot study comparing the BIG and EZ-IO intraosseous (IO) vascular access devices in 52 adult patients admitted to an emergency department with difficult peripheral venous access. Twenty-six patients were randomized to each device; results were first attempt insertion success BIG 92.3%, EZ-IO 84.6% (P=0.668); procedure time: BIG 2.8 ± 1.2 seconds, EZ-IO 5.2 ± 2.2 seconds (P<0.001), significant; difficulty of use (with visual analogue scale): BIG 8.6 ± 6.4 mm, EZ-IO 25.4 ± 12.6 mm (P<0.001), significant. Authors concluded both EZ-IO and BIG are shown to be reliable and safe methods for insertion of intravascular access in emergency conditions. There were no adverse events or complications reported.

Turkey


Retrospective study of the Israeli Defense Force (IDF) registry from January 1999 through October 2012 to identify all cases in which IO access was attempted. The Bone Injection Gun (B.I.G.) was the device used for IO access. A total 37 attempts were made in 30 patients. First attempt success was 53% with an overall success rate 49% when factoring subsequent attempts. Most frequent cause for failure related to providers skill level, and due to the device design allowing little room for error. This study prompted the IDF to seek an alternative for the B.I.G.

Israel

7/15/2015
Intraosseous Vascular Access Bibliography

Comlications

YEAR: 2015

Case report of a prehospital misplacement of an IO catheter into the intra-articular space of the knee joint when access was attempted in the field. Upon ED arrival IO placement was noted to be high and intra-articular placement was confirmed by xray. A sterile NS lavage was done and patient recovered without complication. Authors note this as a previously unidentified complication of IO placement and advise xray confirmation of affected sites with follow-up of intra-articular placements for the septic arthritis. (Picture of site appears to be an EZ-IO).

This preclinical study evaluated the occurrence of fat intravasation resulting from intraosseous (IO) flush and infusion in anesthetized swine. Intravasated fat was assessed using a lipophilic fluoroprobe (Nile red) and by vascular ultrasound imaging. Fat intravasation was observed during all IO infusion regimens, with subclinical pulmonary fat emboli persisting 24 hours post infusion. It was noted that initial flush was a significant factor in fat intravasation, low levels of intravasation occurred with infusions ≤300 mmHg, fat intravasation and bone marrow shear-strain increased with IO infusion rates, and intravasation was influenced by cannula insertion site.

YEAR: 2014

Literature search for complications associated with IO access included 5759 patients with overall complication rate of 2.1 %. Two cases involving retained needle fragment discussed; one with a proximal tibial EZ-IO that required surgical removal. Authors concluded IO catheters are reliable tools for fluid and drug delivery to critically ill patients with low complication rates (which can be potentially serious but managed).

This letter to the editor describes a single case of a needle breaking off after a proximal tibial insertion of the EZ-IO into a volunteer (one of the letter’s authors) during a training session. “Divergent from manufacturer instructions the sterile steel stylet was put back into place to achieve better grip for a manual pull-out. Under steady pull in strict axial alignment and gentle clockwise turn, the needle broke away from the plastic connector”. The needle was extracted using combination pliers and there is no evidence of damage to the leg. Authors acknowledge this can be avoided by adherence to manufacturer’s directions for use.

Oesterlie GE, Petersen KK, Knudsen L, Henriksen TB. Crural amputation of a newborn as a consequence of intraosseous needle insertion and calcium infusion. Ped Emerg Care 2014;30(6):413-4
Case study of newborn girl resuscitated with 15 mm EZ-IO catheter placed to her right proximal tibia. Medications given included antibiotics, “fluids” and calcium. Demarcation of the infants skin was noted immediately post-calcium administration; with progression to necrosis. Trans-tibial amputation was performed 1.5 months after initial IO access. Authors concluded calcium extravasation most likely caused the injury but were unable to identify extravasation cause; citing possible needle displacement. Cautionary steps to reduce risk emphasized by authors.

YEAR: 2013

This article looks at various methods of vascular access including venous, arterial and intraosseous access and their potential to result in air embolism.

Case study of adult multi-trauma patient that had an intraosseous device placed to a fractured left tibia and developed compartment syndrome. Authors concede it is unclear if the fluid infused through the IO device caused the compartment syndrome or if it was due to the multiple-fractures in the tibia. Authors advise against placing an IO line in an injured limb and mention the proximal humerus and sternum as alternative IO sites.
Intraosseous Vascular Access Bibliography

Complications


An observational clinical study evaluating use of the EZ-IO in patients requiring urgent vascular access that would have otherwise received a central venous catheter due to a lack of other options. One hundred five (105) patients were enrolled across five hospitals. The authors concluded that use of IO access in place of CVCs provides time savings, safety, ease of use, and is effective at significant cost savings; IO access may be used as a bridge to CVC placement under optimal conditions; and IO access may be used to replace use of CVCs all together in selective patients. This study was sponsored by Vidacare Corporation.


A letter to the editor reporting a case study of skin necrosis after IO administration of norepinephrine following resuscitation of a 74 years old in septic shock. The EZ-IO was placed to the proximal tibia; approximately 45 minutes post- norepinephrine administration symptoms of necrosis were evident.

Authors cite 3 hypotheses for the cause of necrosis and consider that amines' high level concentration could induce local toxicity in the bone matrix and artery spasm; suggesting it is necessary to define an upper limit of amines' concentration that should be administered through IO vascular access.


A questionnaire study in which Scandinavian emergency physicians, anesthesiologist and pediatricians reported complications they have experienced with IO vascular access based on recollection alone. Complications were reported related to establishing IO access and using established IO access. Out of 1,802 IO cases reported by 386 responders, the most frequently reported complications included difficulty with periosteum penetration and bone marrow aspiration when establishing IO access; and slow infusion and needle displacement with established IO access. Osteomyelitis and compartment syndrome were reported with an occurrence of 0.4% and 0.6%. Researchers concluded that potential complications following IO insertion should be addressed during training. Devices discussed included the EZ-IO, BIG, Cook-Surfast, and other unidentified IO devices

Denmark


This article provides an overview of various vascular access modalities in emergency medicine including peripheral IV, venous cut-down, central venous catheter, intraosseous access, umbilical vessel access, and arterial access. The anatomy and physiology, indications and contraindications, procedure steps and special considerations are outlined for each access methods discussed.

Oksan D, Ayfer K. Powered intraosseous device (EZ-IO) for critically ill patients. Indian Pediatrics 2013;50(7):689-91

A retrospective chart review evaluating use of the EZ-IO in 25 pediatric patients between July 2008 and August 2010 at a Turkish university affiliated hospital. All attempts were made in the proximal tibia and IO access was attempted following failed PIV access within 60 seconds. First attempt success was 80%; the most reported complication was simple extravasation (3 cases) and needle dislodgement (1 Turkey


A 45-year-old woman in hemorrhagic shock with multiple injuries to the limbs, secondary to a war wound, received sternal IO access using the Jamshidi trocar (not specifically intended for sternal use). After initiating a blood transfusion through the IO line a contrast CT scan revealed sternal perforation and hemomediastinum, secondary to the transfusion, as well as drainage into the left pleural cavity. The catheter was removed, right thoracic drainage was performed, and the patient was released from ICU 48 hours later. The authors conclude this case report demonstrates the difficulty in selecting emergency insertion sites and the necessity of choosing an appropriate IO catheter.


This article in French gives an overview of intraosseous vascular access including the physiology of IO infusion, insertion sites, indications, and complications. Available IO devices on the market are described including, time to insertion, success rate and cost.

French
This case study describes a 12 month boy who received IO access for administration of anticonvulsant therapy. Three days post IO infusion sensitivity to the leg was noted and the child returned to the ED. Blood work showed elevated white blood counts and C-reactive protein. A bone scan showed a small round lucency at the site of IO access. Two weeks later, x-rays were normal. The authors suggest that IO access may cause an increased uptake on bone scan in absence of osteomyelitis.

This pre-clinical study sought to compare the flow rates of blood administered through an IO needle in the proximal tibia, distal femur and the proximal humerus in an adult hypovolemic swine at an infusion pressure greater than 300 mmHg. Investigators also evaluated the presence of fat emboli in the lungs. Results showed that the mean rate of IO infusion of blood through the swine humerus (103 mL/min) was greater than the femur (49 mL/min) and tibia (78 mL/min); fat emboli were detected in the lungs of most animals (tibia: 14/14; humerus: 10/11; femur: 8/14).

This simulation study evaluated the ability of 2 person EMS crews to manage a pediatric emergency and sought to determine root causes of errors made. Participating EMS crews used the BIG for IO access. The authors concluded that cognitive, procedural, affective, teamwork errors and error-producing conditions were identified as root causes for the errors made in the simulation. Authors also concluded that simulation followed by facilitated debriefing is an effective tool for identifying underlying causes of active and latent errors.

This letter to the editor describes a case in which a 53-year-old male in ventricular fibrillation received IO access via the EZ-IO in the ED with suspected massive pulmonary embolism. The patient was successfully resuscitated. Necrosis of the anteromedial side of the leg, at the IO site, presented 48 hrs post IO use. After 18 weeks the patient underwent surgical grafting. The authors linked the necrosis to adrenaline extravasation and local ischaemia. While the authors conclude that thrombolysis or repeated high doses of adrenaline should be given via the IO route when needed, it is not without the risk of complication.

This abstract presented at the 2012 ACEP Research Forum discusses a literature review of intraosseous access publications since 1985 providing an updated safety profile for IO access. The search resulted in 192 articles describing IO access with 6 cases of osteomyelitis and 6 cases of compartment syndrome secondary to extravasation reported. Of the 192 articles identified, 140 described the EZ-IO. This study was sponsored by Vidacare Corporation.

An overview of IO vascular access including a review of currently available literature. The author discusses various IO devices available and their performance metrics, IO access sites, flow rates, advantages and disadvantages of IO access compared to conventional access methods, complications and recommendations on use of the approach. The author concludes that while IO access may not be appropriate for all patients, it deserves a place in the modern provider's armamentarium.

An article discussing the technique and safety profile of intraosseous access using the EZ-IO device. Needle selection, contraindications, insertion sites and techniques, catheter stabilization and removal are all discussed along with the safety profile of the EZ-IO against other IO devices and central venous catheters. The authors concluded that IO access should be considered whenever immediate vascular access is required. This article was co-written by an employee of Vidacare Corporation.

This abstract presented at the 2nd World Congress on Vascular Access 2012 describes the results of an analysis of published IO complications since 1985. The safety profile of the EZ-IO is also discussed in this abstract. The authors conclude that new devices and techniques have resulted in an approved IO safety profile. This study was sponsored by Vidacare Corporation.
Intraosseous Vascular Access Bibliography

Complications

This article presents a general overview of intraosseous (IO) vascular access in the pediatric population through an IO literature review. Available IO devices were discussed.

YEAR: 2011

This article in German presents a case of a 67-year-old female patient with an arterial bleed and venous access difficulties in whom IO access was attempted unsuccessfully two times using two different IO systems. The author concluded that IO success is dependent upon IO anatomy and physiology knowledge as well as knowledge of the device being used.

Byars DV, Tsuchitani SN, Erwin E, Anglemyer B, Eastman J. Evaluation of success rate and access time for an adult sternal intraosseous device deployed in the prehospital setting. Prehosp Disaster Med 2011;26(2):127-9
A prospective study evaluating use of the FAST-1 sternal IO device in critically ill or injured patients in cardiac arrest in the pre-hospital setting. In one year, 41 insertion attempts were performed using the FAST-1. Thirty (73%) of attempts were successful and the mean time to placement was 67 seconds from time of opening the packaging to ability to aspirate/infuse without infiltration. Of the 11 insertion failures, 7 were due to failure of the device to deploy; 2 infiltrations after insertion; 1 inability to aspirate; and 1 failure of the catheter to deploy though the needles were inserted.

This article in Spanish describes an IO complication case in which a newborn infant developed tissue necrosis as a result of extravasation during IO infusion.

A case study report in French describing compartment syndrome secondary to intraosseous infusion in a 57-year-old burn patient. IO access was established in the proximal tibia on second attempt; both attempts were made in the same limb though it was noted that the first attempt did not penetrate the cortex. Drug and fluid infusion was initiated; ten hours later the limb was found to appear ischemic. The IO catheter was removed and compartment release was performed. The author concluded that IO access remains an important mode of vascular access and that adherence to contraindications and careful clinical monitoring should decrease risk of complications.

France

This article presented a general overview of IO use in pediatrics. The history, techniques, anatomy and physiology, complications and a short discussion of most devices on the market, including the EZ-IO, were discussed.

UK

Dolister M, Miller ST, Borron S, Truempy E, Shah MR. Intraosseous vascular access can be used safely and effectively, and at a lower cost than central venous catheters, for pediatric and adult patients in the hospital setting. Ann Emerg Med 2011;58(4S):S311
This abstract describes the interim results of an observational clinical trial evaluating use of the EZ-IO to establish venous access in patients that would typically receive a central line due to lack of other options. At interim analysis, 50 patients had been enrolled in the study. First attempt IO access success rate was 96%; mean time to IO access was 95.1 seconds. The authors concluded that IO access in place of or as a bridge to central venous catheters is safe, fast, and effective for adult and pediatric patients in the hospital setting with substantial cost savings potential. This research was sponsored by Vidacare Corporation.

This retrospective cohort study evaluated data from 450 California hospitals and emergency departments to determine the rate of IO access use and related complications in the pediatric population from 2005-2007. Results showed 291 children had IO access placed in 90 hospitals out of 6.6 million pediatric ED visits and 2.2 million pediatric admissions; no complications were identified. The most frequent diagnosis related to IO use was cardiac arrest (34%).
This article summarizes the case-based observations made by the Armed Forces Medical Examiner System on soldiers killed in action/died of wounds who had evidence of sternal intraosseous access. The Pyng Fast-1 is noted in the article as the sternal IO device most widely distributed by the department of defense (DOD); the EZ-IO is listed as another device that may be seen in emergency care facilities within the DOD. Of 98 cases, 78 (80%) showed proper placement; 20% were unsuccessful. It should be noted that the article incorrectly states that the EZ-IO using the powered driver is indicated for sternal placement.

Khan LAK, Anakwe RE, Murray A, Godwin Y. A severe complication following intraosseous infusion used during resuscitation of a child. Inj Extra 2011; doi:10.1016/j.injury.2011.05.015
This article describes the case of an 11-year-old boy who suffered compartment syndrome of the lower leg following use of the EZ-IO for resuscitation and 24 hours of intraosseous infusion of adrenaline, calcium and potassium. The author concluded that further work is needed to develop recommendations for maximum duration, dose, volume and rates for intraosseous infusion.

This article is a response to the Taylor and Clarke 2011 report of two amputations required following development of compartment syndrome after IO infusion. The author notes that complications are possible with all methods of establishing IO access including manual, spring loaded and power driven needles and that it is not accurate to directly relate the adverse events to the power driven device only.

This article describes two cases of leg amputation after intraosseous infusion in a 5-month-old girl and a 17-month-old boy. The author concluded that fluid extravasation, exacerbated by tibial fracture and needle dislodgement during transportation, caused limb ischemia in these two patients, and that adherence to the principles of careful needle placement, splinting/securing the catheter and limb, limited length of infusion and repeated monitoring of the limb will help avoid this devastating complication.

This letter to the editor is regarding the relative safety of using power driven IO devices in infants. Three cases of amputation secondary to compartment syndrome in children under 2 years of age are referenced. The author expressed concern with the weight designations for IO needles stating some of the needles intended for pediatric patients may actually be too long for smaller children and that manually inserted devices may be safer in younger children.

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This article describes a pre-hospital clinical study comparing IO first-attempt success between humeral and tibial sites. Of 88 cardiac arrest patients analyzed, 58 and 30 IO access attempts were made in the tibia and humerus, respectively. Of those, there was a 90% first attempt success rate for the tibia, compared to 60% for the humerus. Of successful insertions, 6% of tibial insertions became displaced during transport, compared to 33% of humeral insertions. Investigators concluded (the obvious) that “…proximal tibial IO needle placement was associated with a significantly higher frequency of first-attempt success and lower incidence of needle dislodgements…” compared to humeral placements.

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This veterinary study evaluated 3 IO access devices, impact driven, automatic rotary, and manual, to compare the placement feasibility and amount of bone trauma induced when used in adult feline cadavers. Seventy-two IO insertion locations were used, the 3 devices were equally randomized to the insertion site. The rotary device was found to have shorter time to insertion and better ease of insertion. No statistically significant differences between number of bone fragments, defect diameter, or success rate were found between devices.


Authors reviewed two complications (extravasation and compartment syndrome) associated with IO access in children with meningococcal disease. Authors concluded that IO systems need formal evaluation to assess safety and complication profiles.


This case report describes a complication of use of a sternal IO device (FAST-1, Pyng Medical Corporation, Richmond, Canada) in a 21-year-old soldier who suffered multiple soft tissue fragmentation injuries, in which the needle tip broke in situ. The author concluded the complication resulted from the IO needle being placed when the patient was lying in a lateral position with the skin over the manubrium displaced from the midline.


This article reviews intraosseous vascular access and its increased use in adult resuscitation. The IO route is described, including indications, contraindications, insertion sites and devices.


This report describes the case of a 62-year-old man who received emergency tibial IO infusion without complication in the pre-hospital setting and presented to the ED 6 months later complaining of shin pain. MRI and culture findings were diagnostic of subacute osteomyelitis with IO abscess. The patient had a history of multiple chronic health problems including diabetes type II, MGUS, and positive MRSA colonization dating back two years prior. The authors concluded that the occurrence of osteomyelitis with IO abscess may increase as a result of increased pre-hospital use of IO infusion in adult patients with multiple comorbidities.


This article describes the vascular access options available to physicians caring for children, including details about each method, placement technique, indication, and complications.


A retrospective chart review in an urban emergency department (ED) was performed to identify central venous catheters placed in the ED and determine the bloodstream infection and duration of catheterization within a one year period. A total of 656 patients (3,622 catheter-days) with CVCs placed in the ED were identified, with 7 bloodstream infections. The mean duration of catheterization was 5.5 days. Within the infected CVC group, the mean duration of catheterization was 8.6 days


This article provides an overview of intraosseous vascular access and discusses general indications, contraindications, complications, and intraosseous devices.


This abstract presented at the 2010 ACEP Research Forum describes a study designed to compare Lidocaine’s effect on pain during fluid infusion through the tibial and humeral IO routes. Authors concluded that, for adequate IO infusion rates with minimal and tolerable pain, 40mg of preservative-free Lidocaine may be needed; followed by a rapid normal saline syringe flush of at least 10mL and another 20mg of Lidocaine. Additional dosing and flushing may be required. For less overall pain due to IO infusion, and greater infusion flow rates, the proximal humerus should be strongly considered, using a longer IO needleset. This research was sponsored by Vidacare Corporation.
Intraosseous Vascular Access Bibliography

Complications

This article provides a brief history of IO infusion and further discusses this vascular access technique in terms of anatomy and physiology, indications and contraindications, performing the manual procedure, and possible complications. A case study is discussed in which a 7-month-old male was treated under emergency circumstances with IO infusion in the lower limb and developed compartment syndrome, resulting in a below the knee amputation.

This article discusses use of IO access within the hospital setting in the emergent and non-emergent patient populations. The history of IO access, clinical situations in which IO access may be considered, devices, contraindications, and complications are discussed. Additionally, pain management, economics, education and training and risk management are explored. This article is co-published in Journal of Infusion Nursing, the Journal of Pediatric Nursing, and Critical Care Nurse and was produced by the Consortium on Intraosseous Vascular Access in Healthcare Practice.

This letter to the editor is written in response to the case report by Landy titled, "Complication of intraosseous administration of systemic thrombolysis for a massive pulmonary embolism with cardiac arrest." The author suggests that the tissue necrosis described by Landy may have been due to the removal of the IO needle while there was still significant fibrinolytic activity at the needle insertion site. The author suggests a change in medical care after return of spontaneous circulation (ROSC) in patients following thrombolytic administration through IO access to convert the functioning IO line to a non-flowing saline lock. The EZ-IO was used to provide IO access in the case report by Landy.

YEAR: 2009

This article describes a case in which IO access, using the EZ-IO, was attempted in a patient with osteogenesis imperfecta. In each of 3 attempts, the needle became loose immediately after IO insertion. The author acknowledged that during emergencies it is difficult to assess and consider every possible contraindication for every intervention; and that IO access using the EZ-IO is the author's choice for emergency vascular access when peripheral access is difficult or has failed.

YEAR: 2008

This article discusses the importance of proper technique, attention to detail, and serial monitoring of limb involved when using IO vascular access to avoid potential compartment syndrome and other complications. The author reports the case of a 2-year-old boy who suffered compartment syndrome of the lower limb following use of IO infusion for resuscitation. Early detection of and response to changes in the affected limb resulted in the patient's successful recovery.

Large retrospective study of patients for whom emergency vascular access was obtained using the Vidacare EZ-IO intraosseous system. Insertion success was 92% and within 10 seconds for 84% of the one-attempt successful cases. Complication rate was low (4.8%), none were serious, and extravasation was the most frequent (0.8%). The device was rated easy to use 72% of the time, and researchers concluded that the powered IO device is safe and effective for achieving vascular access in the resuscitation and stabilization of emergency patients. This study was sponsored by Vidacare Corporation.

Case reports in which intraosseous (IO) vascular access was successfully used on adults. Summarizes indications for use, complications, and precautions/considerations.

Case report of compartment syndrome in a 6-year old girl after IO infusion during cardiac arrest.
In this case study a 7-month-old female with comorbidities was taken to the ED in cardiopulmonary arrest. IO access was the only vascular access method available for resuscitation. Post mortem CT of the head showed a considerable amount of air within the arterial circulation; the cause of death was listed as undetermined. The authors conclude that considering the details of the patient, the only logical explanation for the cerebral arterial air embolism is that air was introduced into the bloodstream via the IO route.


This case study describes a 4-month-old boy that was found unresponsive. Resuscitation was started and continued through arrival to the ED; IO access at the proximal tibia was established using a 15 gauge aspiration needle as the only vascular access. Post mortem multislice CT examination showed gas in the hepatic veins, the right atrium, right ventricle, the upper pole of the right kidney and the cerebral vessels. Though air embolism was ruled out as the cause this death, it could have caused death in another case. The authors conclude that gas may have entered the body during resuscitation due to IO needle disconnections and that resuscitation with an inserted, disconnected IO needle should be avoided.


Study of hands-on education sessions to reduce femoral venous catheterization and improve medical residents’ confidence and adherence to recommendations for infection control. The education sessions improved residents’ knowledge of complications and use of catheter insertion; but it did not change venous insertion site selection.


Overview article of IO vascular access describes technique, efficacy in medication delivery, utility in pediatric emergencies, use in neonates, complications, and commonly-infused medications.


Review article on IO vascular access in the pediatric patient. Advises that it is not necessary to adjust doses from IV doses, except for hypertonic solutions. Recommends that IO needle be replaced by an IV within 2 hours to avoid complications. 

Abstract only. Article in German


Case report of acute osteomyelitis developing 10 days after IO infusion in a 5-month-old infant admitted for sepsis.


Case report of a 31-year old developing left femoral mononeuropathy after bupivacaine is infused for postoperative analgesia into the iliac wound.

Schwartz SB, Kleid DM. Fictitious fracture after infusion of intravenous contrast material via an intraosseous needle. Pediatr Emerg Care 2004;20:829-31

Case report of misdiagnosis of a bone fracture as a result of IO infusion of radiographic contrast material in the involved extremity.


Case report of IO infusion complicated by iatrogenic fracture at the IO insertion site. Concludes that multiple attempts to achieve IO access weakened the bone cortex and that “considerable force” applied by an anxious 100-kg emergency room doctor led to the fracture.
Intraosseous Vascular Access Bibliography

Complications

This article in Spanish discusses general IO principles.

Prospective radiographic study of 23 children who had received intraosseous infusion via trocar. Found no long-term effect on tibial growth with properly placed trocar.

Web article discusses IO cannulation procedure insertion sites, pathophysiology, risks, contraindications and complications.

Case report of a 7-month-old infant who developed severe compartment syndrome associated with popliteal arterial thrombosis following IO fluid infusion resulting in limb amputation.

YEAR: 2002

IO infusion of 7.5% hypertonic saline in this model was associated with a high rate of local complications (soft tissue or bone marrow necrosis).

Case report emphasizing that a cortical lesion in the proximal tibia corresponding to the site of IO insertion should not be mistaken for a radiographic sign of child abuse.

Case report of a 3-month-old infant developing osteomyelitis after IO administration of high-dose epinephrine. Speculates that administration of adrenalin in high concentrations may promote the development of osteomyelitis.

YEAR: 2001

Review advocating that pathological evidence of a few pulmonary fat emboli should not deter clinicians from using IO because of the many advantages of the technique.

Article implying that the risk of fat emboli is common with IO, but its clinical relevance is unclear.

Study in EMS personnel comparing saphenous vein cutdown to IO access (B.I.G.) in the adult patient. Times to fluid flow were 7.6 minutes for saphenous cutdown and 3.9 minutes for IO. Investigators conclude that use of the B.I.G. was more rapid and successful with fewer complications than saphenous vein cutdown.

Orgilier Uranga PE, Navarro Arnedo JM, De Haro Marin S. [The intraosseal route. When the veins have disappeared]. Enferm Intensiva 2001;12(1):31-40. [Spanish]
Literature review on intraosseous administration of drugs during pediatric emergencies. Concludes that IO is a valid alternative route for infusion of drugs and other substances into the blood stream with a low complication rate.

Article in Spanish
Intraosseous Vascular Access Bibliography

Complications

**YEAR: 2000**


A retrospective chart review that evaluated use of IO access in pediatric patient resuscitation in a tertiary emergency department between 1989 and 1995. Results showed IO access was successfully established in 86% of patients. Median time to placement was 8 minutes; two complications of bone fracture were reported in one 10-day-old neonate patient.

**YEAR: 1997**


Brief overview of IO infusion for an anesthesiology audience. Discusses technique, indications, contraindications, equipment, anatomical target sites and potential complications.

Available at: www.nda.ox.ac.uk/wfsa/index.html

**YEAR: 1996**


Preclinical study in 33 piglets of IO infusion during CPR. Found no increase in fat embolism in IO group compared to controls group.

**YEAR: 1995**


Preclinical study in pigs examining developmental and histopathologic changes in bone following IO infusion and effect of osmolality and infusion speed. Found that infusion osmolality and speed was not related to physiologic or histologic changes in the bone marrow or in complication.


Preclinical study finding no compartment syndrome with up to 350 ml of IO fluid infusion; however, radio-opaque dye was detected in the soft tissues with compartment pressures increasing to more than 35 mmHg. Calls for a dose and time independent scale for safe intraosseous infusion.

Moller JC, Tegtmeyer FK, Schaible TF, Sussmane JB. [Intraosseous puncture as vascular access in pediatric emergency and intensive care medicine]. Anaesthesiol Reanim 1996;21(4):103-7

Article describing IO infusion 18 pediatric resuscitative situations. Authors conclude that 11 patients would not have survived without IO access. Complications included a minor fracture, 1 case of compartment syndrome that did not require surgical intervention and a minor fat embolism that was of no clinical significance.


This article describes a malpractice case from the perspective of the prosecution regarding permanent drop foot suffered by a pediatric patient following extravasation from an IO line in the proximal tibia.

**YEAR: 1995**


Case report describing extravasation of fluids through a previous IO puncture site in the same tibia.


Suggests that intraosseous infusion is reliable alternative to peripheral vein access for rapid infusion of fluids in neonates and infants when venous access is impossible.

Abstract only
Intraosseous Vascular Access Bibliography

Complications

Preclinical study examining hematologic parameters (hemoglobin, schistocytes, free hemoglobin in plasma, bilirubin, lactate dehydrogenase, platelets, fibrinogen, and alveolar-arteriolar O2 gradient) with IO and IV autologous blood transfusions. Found that all hematologic parameters remained within normal limits in both IO and IV groups. Concludes IO blood transfusions to be hematologically safe, i.e. without risk of appreciable hemolysis, DIC or fat embolism syndrome.

Preclinical study in dog tibias demonstrating that circumferential pressure about an IO infusion site is a rapid method to detect incorrect placement of the IO needle.

YEAR: 1994

Case report of unilateral tibial osteomyelitis in a 20-month-old child following bilateral IO infusion. Reviews clinical indications, potential complications, and scan findings.

Case report of compartment systems following improper intraosseous infusion technique.

Long bone fractures should be considered a potential, although rare, complication of intraosseous infusion in children.

This abstract describes clinical use of the SurFast Cook Critical Care IO needle. Thirty-two IO insertion attempts were made, 87.5% were successful on first attempt. Average time to insertion was less than one minute; flow rate for infants and children was 1-2 mL/kg/min; flow rate for adults was 150-200 mL/min. There were two reports of minimal extravasation

Seminal article describing alternatives to intravenous cannulation including intraosseous access, intratracheal drug administration, sublingual and intralingual injection, intra-penile administration, and intracardiac injection. Concludes that the intraosseous method is an effective alternative to intravenous access in emergency situations.

Case report of bilateral osteomyelitis secondary to intraosseous infusion.

Retrospective multi-center review of 1171 burned patients identifying 5 patients developing intracompartamental sepsis presenting with fever and swelling on clinical examination. Contributing factors may have included high volume resuscitation, delayed escharotomy, extravasated intraosseous infusion, cannulation related arterial injury, and splinting or positioning difficulties.

Case reports of 2 children with severe complications of IO infusions. One child developed severe tissue necrosis after IO placement. A second child developed compartment syndrome requiring fasciotomy.

7/15/2015
Case report of compartment syndrome after prolonged intraosseous infusion (53 hours). Recommends that IO lines be used only temporarily until more permanent vascular access is established.

Review

YEAR: 1993

Preclinical study in 20 immature rabbits receiving IO infusion of saline, bicarbonate, or dopamine solutions into the tibia. Found no changes in bone growth or ephyseal injury related to IO infusion.

YEAR: 1993

Case report of a 4-month-old infant developing compartment syndrome after IO infusion. The patient underwent a fasciotomy and had full and normal use of the leg at the 6 month follow up visit.

YEAR: 1993

Preclinical study of IO infusion in 6 foals. Local soft tissue swelling and periosteal reactions observed immediately following the procedure resolved by 2 months.

YEAR: 1993

Case report of fungal osteomyelitis following IO infusion in a child. Cautions that physicians consider both bacterial and fungal sources for infection.

YEAR: 1993

This article presented two case studies in which pediatric patients received emergency IO infusions that ultimately resulted in compartment syndrome. In both cases the patients underwent a four-compartment fasciotomy and recovered without deficit. The authors conclude that though compartment syndrome is a risk of IO infusion, insertion of an IO line in emergency situations is a valuable technique.

YEAR: 1993

Case report outlining precautions to prevent compartment syndrome following IO infusion. Advocates early recognition and aggressive treatment to preserve function in the affected limb.

YEAR: 1993

Case reports of 2 patients with local skin necrosis complicating IO infusion.

YEAR: 1991

Case report of a child with severe compartment syndrome of both lower extremities following IO fluid resuscitation.

YEAR: 1991

Review of intraosseous vascular access targeted for an oncology audience. Describes an implantable IO device with potential to make intraosseous access more convenient for the patient.

YEAR: 1991

Crane RG. Where are the fractures and needles?. Ann Emerg Med 1990;19(6):731
Letter to the editor regarding a previous article, “Iatrogenic Bilateral Tibial Fracture After Intraosseous Infusion Attempts in a 3-Month-Old Infant.” Inquires if fractures were caused by questionable technique or an unexplainable complication of a proximally placed needle.
Intraosseous Vascular Access Bibliography

Complications

Review of the use of intraosseous infusion in children in the prehospital setting and in the emergency department. Outlines anatomy, indications and contraindications, technique, complications and role of intraosseous infusion in pediatrics.

This series of 3 letters to the editor are in response to the case report of bilateral fracture of the mid-tibial shaft in a 3-month old child following tibial IO insertion. It is noted that the insertions were made in the mid-tibial shaft rather than at the proximal or distal tibial insertion sites.

Case report of compartment syndrome following IO infusion. Emphasizes IO to be useful for temporary vascular access. Advises that IV lines be placed as soon as possible after IO infusion. Recommends that radiograph be performed after the procedure in very young children to check for bone abnormalities.

This abstract describes a review of the literature on intraosseous pathways and reaches the conclusion that the rate of fluid administered is limited by the size of the marrow cavity and the complication is extravasation of fluids and/or drugs into the soft tissue.

YEAR: 1989

Case report of bone fracture following IO access in an infant.

Preclinical study in dogs examining lung samples for fat and bone marrow emboli following IO infusion. Found no significance difference in embolism formation or density between dogs receiving IO infusion of emergency drugs and control group.

YEAR: 1988

Preclinical study in pigs examining the epiphyseal plate after intentional penetration with IO needle and subsequent fluid infusion. Found no significant growth defects despite injury to the developing growth plate.

Description of IO infusion technique, site selection, procedure, anatomy & physiology, historical perspectives, contemporary research, indications, contraindications, complications, and future direction.

Article for emergency nursing audience describing IO technique, anatomy, absorption rates, clinical indications and contraindications, technique, complications and training in critically ill or injured infants and children.

Nursing article recommending IO early in the treatment of critically ill or injured children with difficult venous access. Highlights speed and ease of IO technique.

YEAR: 1987

Review article on IO infusion, includes historical background, physiology, method, clinical applications and complications of the IO procedure.

YEAR: 1987
Intraosseous Vascular Access Bibliography

Complications

YEAR: 1986
Review of medical literature and research on the problem of difficult intravenous access.

YEAR: 1985
Review of IO insertion techniques of insertion, clinical indications, contraindications, and complications.

YEAR: 1984
Outlines problems with conventional vascular access in emergency medicine. Discusses possible resurgence of the "old" technique of intraosseous infusion.

YEAR: 1977
Observational study of 15 patients needing emergency fluids and in whom IV’s were difficult to establish. Patients received drugs and fluids via IO. Concludes that IO therapy is effective with no serious complications.

YEAR: 1956
Study finding sternal puncture superior to iliac crest and spinous process punctures for bone marrow sampling. Cautions that inexperienced practitioners should use iliac crest or spinal process in the absence of training in sternal puncture.

YEAR: 1951
Marill F. Death from sternal puncture. JAMA 1951; 155: 1276.
Case report of death following pericardial rupture with hemorrhage, associated shock, and peripheral circulatory collapse.

YEAR: 1950
Case reports of 2 deaths from sternal puncture. Discusses 4 additional cases from the medical literature. Comments of the mechanism of death.

YEAR: 1947
Early review of IO infusion citing complication rate of osteomyelitis (approximately 1 in 150 cases).

YEAR: 1947
Early study on IO. Makes strong distinction between ordinary blood transfusion or infusion of isotonic solutions (generally safe) and continuous infusion or the infusion of hypertonic solutions. The latter carries considerable risk of osteomyelitis and subsequent disturbance in growth of the bone.
Historical article discussing refinements in IO technique and analysis of IO complications. Includes case report of an infant who developed osteomyelitis subsequent to IO infusion.

Early article on IO with caveats on use. Includes case report of complication following IO infusion via the sternal marrow of a diabetic. Reviews relevant anatomy, actual and possible technical complications.

Early article describes technique for tibial bone marrow infusion. Reports 6 failures and 2 partial failures in 43 attempts on 34 young children. X-ray studies post IO infusion showed small bone defects and periosteal elevation with new bone formation.

Seminal article on blood circulation in the IO space. Demonstrates movement of red blood cells from the bone marrow into the circulating blood by perfusion of the tibia of the dog and by injections into the bone marrow in the rabbit and cat.

This article presents a 5-case series describing use of IO vascular access by anesthesiologists in the perioperative and critical care settings. All insertions were made in the proximal tibia and there were no adverse events reported. The devices cited as being used were the EZ-IO and the Cook Surfact manual needle. A proposed perioperative vascular access algorithm incorporating IO access is presented. The authors address key topics around IO access including use of same drug dosing as IV administered drugs, frequent palpation and monitoring of the insertion site for extravasation, low complication rate and actual risks associated with fat emboli and bone injury, pain and anxiety management in the awake patient and clinician-perceived pain. Administration of blood products, ACLS drugs, Lactated Ringer’s solution and anesthetics are noted without complication. Use of IO aspirate for laboratory testing is noted, however use of the initial aspirate is indicated. Several patients in the case series were reported to find the discomfort of IO insertion preferable to multiple intravenous attempts. The authors concluded: IO lines can be placed quickly and safely in emergency situations or in elective surgical patients with difficult intravenous access; IO access can be useful in a wide variety of clinical settings; and is an important skill for anesthesiologist to learn.


Retrospective analysis of IO needle insertions performed in all HEMS missions during the first three years (2009-2011) using the EZ-IO®system. Overall success rate of EZ-IO procedures (N=348) was 99.6%, with a first attempt success rate of 85.9%; and high user satisfaction rate of 93%. IO as access was mostly second line overall but first line in children <7, trauma and cardiac arrest. There was 1 failure and 4 needle insertion problems noted; no serious complications.


A prospective observational study that evaluated use of intraosseous vascular access for delivery of rapid sequence intubation (RSI) drugs. Data was collected between January and May 2012 at a combat hospital in Afghanistan. Thirty-four (34) patients underwent RSI with drug delivery via the IO route. Access was established in the proximal humerus and tibia using the EZ-IO and in the sternum using the FAST-1. All placements were successful on first attempt; first pass intubation success rate was 97%; a Cormack-Lehane (C-L) laryngoscopical grade view of 1 was reported 91%. Authors concluded that IO access is a safe and feasible route for delivery of anesthetic drugs for RSI.


Randomized comparative study of adult pigs infused intraosseously with either: 7.5% hypertonic solution (HTS), 3% HTS or normal 0.9% isotonic saline. The animals were observed daily for infection, necrosis and gait up to 5 days, then necropsy and histological analysis was performed for tissue necrosis. Observations included regular tissue morphology and normal gait scores over the 5 day observation period; and absence of gross tissue necrosis and microscopic ischemia post IO HTS infusion in this swine model. Authors concluded this study confirms the clinical safety of IO HTS infusion and its use as an alternative lifesaving treatment.

Cheung WJ, Rosenberg H, Vaillancourt C. Barriers and facilitators to intraosseous access in adult resuscitations when peripheral intravenous access is not achievable. Acad Emerg Med 2014;21:250-6. doi:10.1111/acem.12329

This survey study sought to identify the barriers and facilitators to use of intraosseous vascular access for adult resuscitations when peripheral IV (PIV) access is not available, among physicians from various clinical care settings in 3 teaching hospitals in Ottawa, Ontario. Completed survey responses were received from 205 physicians; results suggest that to increase IOU educational interventions need to address their attitudinal, normative, and control beliefs. Specific beliefs that act as barriers are described.


This article identifies new concepts and changes in neonatal resuscitation discussed at the Egyptian Pediatric Association national conference. Intraosseous vascular access is included stating, “temporary intraosseous access to provide fluids and medication to resuscitate critically ill neonates may be indicated following unsuccessful attempts to establish intravenous vascular access or when caregivers are more skilled at securing intraosseous access.”
Intraosseous Vascular Access Bibliography
Emergency Care


The objective of this study was to use a competency exam to compare different emergency skills and knowledge between out of hospital emergency physicians (OOHEP) and those who are not OOHEP at the time of their mandatory biannual refresher courses. Results from 836 respondents suggested that OOHEP are significantly more likely to initiate intraosseous access, initiate mild-therapeutic hypothermia, and had higher knowledge about the used defibrillator.

Austria


A preclinical study comparing intraosseous (IO) and intravenous (IV) administration of Hextend in 27 swine for time of administration and hemodynamics. IO access was established in the proximal humerus using the EZ-IO. Results showed time for administration was not significant; there were no significant differences between IV and IO relative to hemodynamics. The author concluded that the IO route is an effective method of administering Hextend.


This discussion of pediatric sepsis focuses on the "global setting" making note of inherent differences in policies, diagnostics, causes and management approach between regions. A review of basic assessment, treatment, follow-up and prevention strategies applicable regardless of resources is offered. Goal directed therapy within the first 5 minutes includes establishment of IV/IO access.


Manikin study conducted in Poland with 107 paramedic operators designed to investigate the success rate, time of insertion and perceived difficulty of intraosseous access devices during simulated resuscitation using the EZ-IO, Bone Injection Gun and Jamshidi needles. Results were first attempt success: B.I.G.: 91.59%; EZ-IO: 82.66%; Jamshidi: 47.66%; mean procedure time: B.I.G.: 2.0 min ± 0.7; EZ-IO: 3.1 min ± 0.9; Jamshidi: 4.2 min ± 1.0; and ease of use (1-very easy to 5-very hard): B.I.G.: 1.83; EZ-IO: 2.92; Jamshidi: 4.68.

Poland


This retrospective study reported IO use over a 7-year period during combat operations in Afghanistan by the UK Defence Medical Services. The EZ-IO and FAST1 IO devices were available for use; IO use data was collected from the front line, during helicopter evacuation and at the combat hospital. A total of 1014 IO devices were inserted into 830 adult patients; various medications infused via IO access are listed. Across all cases there were no serious IO complications and 14 minor complications. The author concluded that in the pre-hospital setting in particular and in severely injured trauma patients, IO access should be considered a primary method of obtaining vascular access.


Case study of 36 year-old in septic shock with co-morbidities of IV drug abuse, endocarditis, tricuspid valve insufficiency and pulmonary embolism. Initially impossible to obtain PIV or CVC access; then unable to give desired fluids through 22 gauge PIV when finally placed. Proximal humerus IO access was established with the EZ-IO 45 mm needle set and the patient was resuscitated with 30 mL/kg fluids and multiple medications given in first hour. Conclusions included that CVCs are not always possible and volume treatment with an IO placed sooner rather than later, especially in children but also in adults, can be lifesaving. IO systems should be extensively available throughout the clinical setting. Article in German.

Germany


A preclinical study comparing the time to onset, time to onset peak, and time to recovery of peripheral intravenous and tibial intraosseous administration of Rocuronium. Study results demonstrated there was no statistical difference from the time of administration to complete neuromuscular blockade between the IO and IV administration of Rocuronium; and the recovery of neuromuscular function was significantly longer after IO administration, however was not deemed clinically significant. The authors concluded that Rocuronium can effectively be used via the IO route without the need for dose adjustments.
Intraosseous Vascular Access Bibliography

Emergency Care

This abstract describes an observational study evaluating use of the intraosseous drill (EZ-IO) in 20 patients assisted by EMS and receiving CPR within a 3 year period. The study includes 4 pediatric and 16 adult patients. The authors concluded that IO access is a reliable alternative to peripheral venous access and can be implemented fast and with high success rate of CPR in which drugs and fluids are given.

Oesterlie GE, Petersen KK, Knudsen L, Henriksen TB. Crural amputation of a newborn as a consequence of intraosseous needle insertion and calcium infusion. Ped Emerg Care 2014;30(6):413-4
Case study of newborn girl resuscitated with 15 mm EZ-IO catheter placed to her right proximal tibia. Medications given included antibiotics, "fluids" and calcium. Demarcation of the infants skin was noted immediately post-calcium administration; with progression to necrosis. Trans-tibial amputation was performed 1.5 months after initial IO access. Authors concluded calcium extravasation most likely caused the injury but were unable to identify extravasation cause; citing possible needle displacement. Cautionary steps to reduce risk emphasized by authors.

This article explores use of IO vascular access in combat and tactical settings through a brief review of the literature describing this practice. A small feasibility study is discussed that evaluated the use of cadavers for training 26 U.S. Air Force Pararescuemen (PJs) on establishing IO access in the humeral head using the EZ-IO, both drill-assisted and manually inserted needles. First attempt placement success with the EZ-IO drill was achieved in 25 of 26 attempts; first attempt placement success using the manual occurred in 19 of 21 attempts. The authors concluded that the humeral head IO site is the most appropriate site within the tactical setting; and that use of a human cadaver model for training is an appropriate model.

A preclinical study comparing the recovery of fibrinogen in a porcine model when fibrinogen concentrate is administered via IV and IO access. The study results suggested intraosseous administration of fibrinogen concentrate results in a recovery of fibrinogen similar to that of intravenous administration.

This article explores the use of IO access in the prehospital setting to determine if IO access is sufficient for massive fluid resuscitation in trauma patients or if central venous cannulation should be considered. Massive transfusion is defined as 10 units of blood within 24 hours at a rate of more than 150 mL/minute. Through a review of the literature the authors determine that IO access is rapid with a high success rate. IO access allows a bridge to initiate resuscitation while minimizing on scene delays, and has a low complication profile, all benefits over central venous cannulation.

Abstract presented at the Society of Cardiovascular Computed Tomography on preliminary findings of an observational study done after training ER physicians and techns on intraosseous (IO) catheter use and implementation of a policy for IO access use. Authors report high injection rates and excellent computed tomography angiography (CTA) scans safety with use of an IO for power injection of iodinated contrast media (ICM). Authors concluded cardiovascular imaging physicians, surgeons, ER physicians, and CT technologists should be familiar with the techniques of IO needle placement and use for power injection of ICM for CTA. The diagnosis and treatment of critically ill and unstable patients may be hastened by this technique.

Case report of 54-year-old male obtunded patient requiring a CT angiogram to diagnosis a suspected massive pulmonary embolism. After several failed attempts to reestablish PIV access, 150mL of contrast were injected through the proximal tibia IO catheter placed by EMS. Excellent opacification of the pulmonary arteries was achieved and there were no immediate complications from the injection noted.

Reprint article of policy statement originally published 2009, endorsed by multiple professional societies providing guidelines for care of children in the emergency department. A recommendation for IO equipment in adult and pediatric sizes is included.
Intraosseous Vascular Access Bibliography


Cleugh FM, Maconochie IK. Management of the multiply injured child. Paediatrics and Child Health 2013;23(5):194-9


This letter to the editor describes a prospective, observational, trial that evaluated use of the EZ-IO in critically ill and injured patients (adult and pediatric) in a multijurisdictional prehospital setting; 9 EMS agencies were included. The 25G needle set was the only needle size allowed for the study. One-hundred-eleven EZ-IO placements were performed by EMT-Intermediates and EMT-Paramedics with 96 successful placements (86.5%); the most common cause for failure reported by the author was thought to be patient obesity and inadequate needle length. Cardiac arrest patients made up 74.7% of the study population and the most common site accessed was the proximal tibia. Device operators rated the ease of use 7.87 using a 0 to 10 scale where 10=extremely easy.

This article describes a case study of a 31-month old infant that suffered hypovolemic shock due to severe epistaxis. After several failed peripheral and central line attempts an 18g needle was inserted intraosseously through the proximal tibia. The child received 300 mL of Ringer’s Lactate in one hour then 200 mL of blood via the IO route by syringe boluses resulting in improvement. Cloxacillin was also administered IO as prophylaxis for infection. Authors conclude an IO blood transfusion should be the immediate intervention in similar life-threatening interventions.

General overview of care of a child with multiple trauma. IO vascular access is mentioned as a treatment option after 90 seconds or 3 failed PIV attempts. The B.I.G. is cited as an option along with the manual needles.

A case study of an adult multi-trauma patient that had an intraosseous device placed to a fractured left tibia and developed compartment syndrome. Authors concede it is unclear if the fluid infused through the IO device caused the compartment syndrome or if it was due to the multiple-fractures in the tibia. Authors advise against placing an IO line in an injured limb and mention the proximal humerus and sternum as alternative IO sites.

This observational clinical study evaluating use of the EZ-IO in patients requiring urgent vascular access that would otherwise received a central venous catheter due to a lack of other options. One hundred five (105) patients were enrolled across five hospitals. The authors concluded that use of IO access in place of CVCs provides time savings, safety, ease of use, and is effective at significant cost savings; IO access may be used as a bridge to CVC placement under optimal conditions; and IO access may be used to replace use of CVCs all together in selective patients. This study was sponsored by Vidacare Corporation.

This article describes a mannequin and cadaver study that evaluated use of the EZ-IO sternal device with the insertion site template and scalpel incision may be more efficient and less predisposed to complication than use of the Illinois needle.

A retrospective study that evaluated use of IO access by one EMS system whose patients were transported to a level 1 trauma center over a period of 64 months. Results showed 140 IO attempts were made with 130 successful placements (92.9%); there were no long term complications.
Intraosseous Vascular Access Bibliography
Emergency Care

A letter to the editor reporting a case study of skin necrosis after IO administration of norepinephrine following resuscitation of a 74 years old in septic shock. The EZ-Io was placed to the proximal tibia; approximately 45 minutes post- norepinephrine administration symptoms of necrosis were evident. Authors cite 3 hypotheses for the cause of necrosis and consider that amines' high level concentration could induce local toxicity in the bone matrix and artery spasms; suggesting it is necessary to define an upper limit of amines' concentration that should be administered through IO vascular access.

A pre-clinical study that evaluated use of intraosseous (IO) pressure as an indicator of changes in fluid volume status during a hemorrhagic shock protocol. Central venous and arterial pressures were used as comparators. Results showed IO pressure decreased consistently during the controlled shock protocol. Authors concluded IO pressure appears to be equivalent to CVP as an indicator of fluid volume status. This study was sponsored by Vidacare Corporation.

A case study describing intraosseous pressure monitoring, through tibial IO access, using a standard arterial pressure monitoring transducer during resuscitation of a 31-year-old male in cardiac arrest. Pressure readings were recorded for approximately 53 minutes and were compared to non-invasive blood pressure cuff monitoring at the same time points. IO systolic, diastolic and mean IO pressures were approximately 40% of arterial pressures. This is the first case report demonstrating IO space has a measurable blood pressure and it correlates with pressure obtained through conventional techniques.

General discussion on use of the intraosseous vascular access route for infusion of CT contrast, with attention to clinical considerations pertinent to nurses working in the imaging suite. Author also reviews general IO principles and IO devices.

This is a preclinical study comparing the EZ-IO and the Cook manual IO needle when used by 21 resident physicians to establish IO access in anesthetized swine. Results showed the drill-assisted needle was successfully placed 100% of attempts vs 76.2% successful placement with manual; time to placement and user preference also favored the EZ-IO. Technical issues reported included bending of the manual needle 33% of attempts.

A questionnaire study in which Scandinavian emergency physicians, anesthesiologist and pediatricians reported complications they have experienced with IO vascular access based on recollection alone. Complications were reported related to establishing IO access and using established IO access. Out of 1,802 IO cases reported by 386 responders, the most frequently reported complications included difficulty with peristomeum penetration and bone marrow aspiration when establishing IO access; and slow infusion and needle displacement with established IO access. Osteomyelitis and compartment syndrome were reported with an occurrence of 0.4% and 0.6%. Researchers concluded that potential complications following IO insertion should be addressed during training. Devices discussed included the EZ-IO, BIG, Cook-Surfast, and other unidentified IO devices

This 30 pediatric patient case series describes use of IO access in the perioperative setting when peripheral and central venous access failed during anesthesia administration for emergency surgery. Due to unavailability of modern IO devices, a standard 18-gauge IV needle with a handmade IV extension set were used to establish IO access. The authors reported administering ketamine, succinylcholine, pancuronium, atracurium, halothane, neostigmine, atropine, blood products, fluids and hydrocortisone through the IO line without complication. The authors concluded that although it is not the first-line method for anesthesia, IO access should be considered by pediatric anesthesiologist when peripheral and central venous access has failed or is difficult.

Harris M, Balog R, Devries G. What is the evidence of utility for intraosseous blood transfusion in damage-control resuscitation?. J Trauma Acute Care Surg 2013;75(5):904-6. doi:10.1097/TA.0b13e3182a85f71
This article explores the use of IO access for blood product administration and whether or not it is clinically effective. Based upon lack of clinical evidence and physics principles, the author argues that maximum flow rates attainable for IO blood infusion are not adequate for resuscitation.
Intraosseous Vascular Access Bibliography

Emergency Care


This article in German explores use of intraosseous access in a dental practice emergency. In a simulation study, dental students attempted to establish standard peripheral IV access and IO access using 3 different devices: EZ-IO, BIG, and manual IO. Results showed the manual was the fastest to insert, however, the EZ-IO had the highest first-attempt success rate as well as the lowest number of total attempts to IO access.  


This abstract describes a study in which 66 obstetric anesthetists, obstetricians and midwives were training on the EZ-IO and evaluated for successful application of the skill in a mannequin study. The participants also completed a survey following their insertion attempt regarding their perceived ease of use and likeliness to consider IO use in the future. Results showed first attempt success was 95.5%; respondents indicated they found the EZ-IO to be easier than establishing PIV access and 100% indicated they would consider IO use in the future.  


This abstract describes the results of an online survey taken by members of the Obstetric Anaesthetists’ Association, evaluating use of IO access in obstetric emergencies, and availability of IO equipment on UK labor wards. Results showed many members are trained on IO access, consider it a viable option during emergencies however have limited access to equipment.  

Kim S. Intraosseous access: an important clinical procedure for emergency physicians. Lifeline 2013;June:12-3

Article featured in June 2013 issue of California’s ACEP monthly newsletter. This article discusses general IO principles with examples of several short case reviews and highlights the EZ-IO.  


Pre-clinical study comparing flow rates acheived after insertion with the EZ-IO in the proximal tibia, distal femur, and proximal humerus in a swine model. IO catheters were placed in each site and normal saline was infused for 10 minutes using a pressure bag at the highest achievable pressures greater than 300mmHg. The flow rates through the proximal humerus were statistically greater than that of the femur or proximal tibia. The femur flow rates were higher than the proximal tibia but similar. Post-mortem histopathologic evaluations done to assess for damage due to the high infusion pressures were consistent with IO catheter placement.  


This article provides an overview of various vascular access modalities in emergency medicine including peripheral IV, venous cut-down, central venous catheter, intraosseous access, umbilical vessel access, and arterial access. The anatomy and physiology, indications and contraindications, procedure steps and special considerations are outlined for each access method discussed.  

Lyon RM, Donald M. Intraosseous access in the prehospital setting-Ideal first-line option or best bailout?. Resuscitation 2013;84:405-406. http://dx.doi.org/10.1016/j.resuscitation.2013.01.027

Editorial reviewing a case series of EZ-IO use in the pre-hospital setting in Switzerland by Santos et al., combined with a literature review. The authors conclude IO access should probably be used selectively and training on its use improved, insertion sites should be compared and further investigation of use of the EZ-IO in major trauma patients, infusing blood components, use in infants, and application of training warrant further investigation.  


A clinical study evaluating the relationship between IO blood and peripheral venous blood lactate levels analyzed using the i-STAT point-of-care analyzer in healthy volunteers. Results showed IO blood lactate levels were comparable to venous blood lactate levels with a positive statistical correlation. This study was sponsored by Vidacare Corporation.  


This article describes the role of the casualty evacuation nurse role within the military. One case study briefly notes the use of proximal tibia IO access and the administration of packed red blood cells in a 22-year-old woman. No further follow up is provided other than noting the patients were expected to survive.
Intraosseous Vascular Access Bibliography

Oksan D, Ayfer K. Powered intraosseous device (EZ-IO) for critically ill patients. Indian Pediatrics 2013;50(7):689-91
A retrospective chart review evaluating use of the EZ-IO in 25 pediatric patients between July 2008 and August 2010 at a Turkish university affiliated hospital. All attempts were made in the proximal tibia and IO access was attempted following failed PIV access within 60 seconds. First attempt success was 80%; the most reported complication was simple extravasation (3 cases) and needle dislodgement (1 case).

A 45-year-old woman in hemorrhagic shock with multiple injuries to the limbs, secondary to a war wound, received sternal IO access using the Jamshidi trocar (not specifically intended for sternal use). After initiating a blood transfusion through the IO line a contrast CT scan revealed sternal perforation and hemomediastinum, secondary to the transfusion, as well as drainage into the left pleural cavity. The catheter was removed, right thoracic drainage was performed, and the patient was released from ICU 48 hours later. The authors conclude this case report demonstrates the difficulty in selecting emergency insertion sites and the necessity of choosing an appropriate IO catheter.

A case study describing use of the EZ-IO in Afghanistan by US military on 5 patients with traumatic injury including one pediatric patient. Access was obtained in the proximal tibia on first attempt and was used to administer crystalloids in all patients along with opioids, analgesics and antibiotics. All ultimately received central venous access and peripheral access was established in one patient. There were no IO complications.

An observational study evaluating use of the EZ-IO by two ground and one air based physician staffed EMS and at a German surgical university hospital between January 1, 2008 and December 31, 2011. The EZ-IO was used to establish IO access 88 times in 87 patients; 83 insertions were performed in the EMS and 5 were performed in the hospital. The proximal tibia was the primary site used (97.7%) and the first attempt success rate was 94%. IO access was the first approach for vascular access in children compared to adults (38.9% vs. 86.2%). There were 5 failures attributed to missed insertions or extravasation and 2 for wrong needle length. There were no serious complications.

An overview of pediatric emergency medicine and critical procedures. One of the key points noted: intraosseous vascular access can be used in all ages.

This article reviews the clinical effects of both high-quality chest compressions and the effects that interruptions during chest compressions have clinically on patient outcomes. The authors indicate intraosseous vascular access should be heavily considered as the first or at least second-line method used to help prevent prolonged compression interruptions for the purpose of establishing vascular access. The authors note that when using the EZ-IO this method of access is fast, effective, can handle all resuscitation fluids, and can minimize no flow time when used properly.

A case report describing administration of thrombolytics via tibial IO vascular access for pulmonary embolism in a 36-year-old woman. Due to the emergent nature of the situation, IO access was determined to be the best option for immediate vascular access. Alteplase was administered through the IO line at 100 mg over 2 hours without complication. The patient successfully recovered and was discharged from the hospital on day 7 without long-term disability. The author concluded that this case study raised the potential use of IO lines to deliver thrombolytics in patients with massive pulmonary embolism and that further evaluation is needed to compare the risk and benefits of the alternative method of administration.

A case study report describing a 12-year-old male who expired following a fatal myocardial ischemia. The patient complained of severe chest pains within the week prior to the event and was misdiagnosed as having GERD. ECG by first responders showed STEMI; IO access was established in the PT for vascular access.

A prospective study comparing IO and venous laboratory values obtained from a point-of-care analyzer (i-STAT) in 20 children. IO blood specimens were collected from the iliac crest; 2 ml were discarded before the sample was collected analysis. Results showed differences between venous and IO sample were clinically acceptable for pH, base excess, sodium, ionized calcium and glucose in hemodynamically stable patients. Authors concluded that analysis of IO samples with a bedside point-of-care analyzer is feasible and in emergency situations may be useful to guide treatment.


This article describes a case study of a 5-month old infant that suffered a head injury resulting in shock. She received 100 mL of red blood cells via the EZ-IO in the proximal tibia, resulting in rapid hemodynamic improvement. A literature search was completed for cases of IO blood transfusion in pediatric trauma. Authors note IO availability and knowledge play an important role in hemorrhagic shock; and RBC infusions via the IO route are feasible in this age group.


This randomized, controlled study compared tissue concentrations at the surgical site of regionally and systemically administered prophylactic vancomycin, in 30 patients undergoing total knee arthroscopy. The antibiotic was administered using three methods: 250mg through IO regional administration in the proximal tibia (IORA); 500mg through IORA; and 1g administered systematically through IV. Results showed the tissue concentration of vancomycin was greater in the 250mg IORA group than the systemic IV group, and the 500mg IORA group had higher concentrations than both groups.

Barker LT. In the child with gastroenteritis who is unable to tolerate oral fluids, are there effective alternatives to intravenous hydration?. Ann Emerg Med 2012;60(5):607-8. doi: 10.1016/j.annemergmed.2012.04.003

This article, part of a Review Snapshot series in Annals summarizes a literature review (Rouhani et al in Pediatrics 2011) for evidence of alternatives to traditional IV hydration in a dehydrated child. Thirty-eight articles were included for the analysis with five of them randomized controlled trials; and one of those comparing IO to IV rehydration. (Banerjee et al, which found IO placement faster with no therapeutic outcome differences). The focus of this review was on nasogastric tube rehydration as effective when IV fails and as less invasive than IO or CVC placement.


This article takes a look at the emergency medicine advances that result from war, including intraosseous resuscitation.


This article discusses how IO access can be used to improve advanced life support therapy. The EZ-IO is described in this article; published comparative studies between other IO devices and peripheral IV access are cited, leading the author to conclude the EZ-IO is user friendly, and establishes intravascular access more quickly and more often on first attempt than other devices.


This pre-clinical study evaluated IO flow rates obtainable with infusion of lactated Ringer's and hetastarch 6% through the proximal tibia and sternum IO insertion sites, using a swine model. The EZ-IO 25mm was used to facilitate tibial IO access; sternal access was established using a Jamshidi needle. Results showed that hetastarch flow rates were lower than lactated Ringer's flow rates at both insertion sites; sternal infusion of hetastarch is likely to provide greater estimated intravascular volume expansion than lactated Ringer's, despite the lower infusion rates; resuscitation using the IO route is likely to benefit from pressure bag or high-pressure pump delivery. This study was sponsored by Vidacare Corporation.


This article in Spanish describes a study in which the management of simulated pediatric multiple trauma cases was compared to the 8 tasks validated in a polytrauma training program from Cincinnati Children’s Hospital. The authors concluded that primary care pediatricians have difficulty applying the sequence of trauma and cervical screening maneuvers in a simulated setting and that pediatric training programs should strengthen practical initial care for trauma.
Manuscript of a literature review and critical analysis done to develop the Emergency Nurse’s Association (ENA) December 2011 Emergency Nursing Resource (ENR) which focused on the clinical issue of difficult IV access. Graded recommendations and decision options are provided for alternatives to IV access, including IO.

Review article citing evidence supporting uninterrupted CPR for cardiac arrest. Interventions that reduce interruptions in compressions are discussed including intraosseous (IO) vascular access as an alternative to peripheral intravenous (PIV) access especially for difficult PIV cases. Although PIV access is cited as preferred authors cite speed, high success rates, safety and ease of use of IO access with several studies as evidence. Important points made include that for multiple access sites a small time advantage for IO access is magnified; providers should have low threshold for choosing IO vs. PIV (go IO faster); and central venous placement (CVC) is “likely not indicated in most arrest scenarios.” IO placement is strongly encouraged.

PALS 2012 guidelines on pharmacotherapy and toxicological emergencies.

Davis DP. The use of intraosseous devices during cardiopulmonary resuscitation: Is this the answer for which we have been searching?. Resuscitation 2012;83:7-8. doi:10.1016/j.resuscitation.2011.11.017
This editorial discussed the numerous changes in practice with regard to cardiopulmonary resuscitation, and explored the scientific basis upon which the changes were made. Changes in drug administration and vascular access methods, including IO, are discussed. The author’s overall view was that perhaps clinical practice in cardiopulmonary resuscitation is too quickly changed with the presentation of minimal scientific data.

This abstract presented at the 2012 ACEP Research Forum discusses a swine pre-clinical study evaluating CT image opacification when contrast is delivered via IV and proximal humerus IO access. The EZ-IO was used to facilitate IO access. Results showed that under blinded radiology review the IV and IO images were judged adequately opacified to meet diagnostic criteria. Authors concluded that IO administration of contrast material may be a viable alternative if other vascular access is unavailable or if establishing other access will lead to a delay in diagnostic evaluation. This study was sponsored by Vidacare Corporation.

Physicians from two different emergency department settings reported 2 cases of supraventricular tachycardia (SVT) in infants (2 and 4 month old) in which IO administration of adenosine failed to convert SVT to a normal rhythm.

Pharmacokinetics of IO drug delivery was compared using the tibia or sternum, versus central venous delivery during CPR. Anesthetized swine with KCl arrest were used for this study, CPR was initiated 8 minutes post arrest. Using 2 study groups, dye was injected as a bolus with adrenaline through either the IO sternal and tibial needles or through the IO sternal and IV central venous needles. Results showed peak arterial blood concentrations were faster for sternal IO versus tibial IO administration. Tibial IO delivered 65% of the total dose delivered with sternal administration. Peak blood concentrations were similar for sternal IO and central venous administration. Sternal IO delivered 86% of the total dose delivered by central venous administration. The EZ-IO and Jamshidi were used to facilitate IO access. This research was sponsored by Vidacare Corporation.

Ibrahim M, Cairney K. Intraosseous (IO) infusion as a means of vascular access. British J of Resuscitation 2012;Autumn:23-6
This article provides an overview of intraosseous vascular access, including applicable patient population, IO access sites, pain management, IO education and compares IO access to central venous access.

This study conducted in Japan retrospectively evaluated IV successful placement performed by emergency life saving technicians (ELST) in cardiopulmonary arrest patients in the prehospital setting over a 3 year period. ELSTs were then trained on IO placement with the BIG and evaluated the rate of successful placement in leg models for adult, pediatric and infant patients. The results of the study showed that obtaining IO access in mannequin models with BIG had a success rate of 93%, 94%, and 84% in adult, pediatric and infant models respectively.
This abstract presented at the 2012 NAEMSP scientific assembly described a preclinical swine study evaluating the ability to induce therapeutic hypothermia. Ann Emerg Med 2012;60(4S):S90

This abstract presented at the 2012 ACEP Research Forum describes a preclinical swine study evaluating the ability to induce therapeutic hypothermia by infusing chilled saline via IV and IO access. The EZ-IO was used to facilitate IO access. Results showed statistical equivalence between IV and IO routes when used to deliver chilled saline to induce therapeutic hypothermia. Results also showed that use of chilled saline and infusion tubing submerged in an ice water bath provides the most effective means of cooling. This study was sponsored by Vidacare Corporation.

This abstract presented at the 2012 NAEMSP scientific assembly described a retrospective study that evaluated success rates and features of prehospital IO placement in adults following implementation of the EZ-IO, over a 2 year period. First attempt success rate in 281 patients was 89.7%; overall placement success was achieved for 91.8%.

This simulation study evaluated the ability of 2 person EMS crews to manage a pediatric emergency and sought to determine root causes of errors made. Participating EMS crews used the BIG for IO access. The authors concluded that cognitive, procedural, affective, teamwork errors and error-producing conditions were identified as root causes for the errors made in the simulation. Authors also concluded that simulation followed by facilitated debriefing is an effective tool for identifying underlying causes of active and latent errors.

This retrospective study evaluated the number and type of critical procedures, including IO line placement, performed in the ED of a tertiary pediatric institution over a 12 month period. The authors concluded that critical procedures were rarely performed in a large academic pediatric ED; pediatric emergency medicine faculty are at significant risk for skill deterioration; and fellows are unlikely to achieve competence in performing critical procedures.

This clinical trial evaluated the time required to establish IO access versus central venous catheter (CVC) in adults undergoing resuscitation, who had failed peripheral IV access (PIV) attempts. IO and CVC placement were performed simultaneously; two IO devices, the EZ-IO and the BIG, were used to facilitate IO access in randomized format. Forty (40) patients were enrolled, first attempt success for IO was 85% vs 60% for CVC placement; median procedure time was 2 minutes for IO vs 8 minutes for CVC. The author concluded that though IO access is safe, reliable and rapid during resuscitation, it cannot replace CVC but should be considered as a valuable bridging technique.

This retrospective study evaluated the number and type of critical procedures, including IO line placement, performed in the ED of a tertiary pediatric institution over a 12 month period. The authors concluded that critical procedures were rarely performed in a large academic pediatric ED; pediatric emergency medicine faculty are at significant risk for skill deterioration; and fellows are unlikely to achieve competence in performing critical procedures.


This abstract presented at the 2012 NAEMSP scientific assembly described a randomized, cross-over study in which 8 swine were administered chilled saline via IV and IO routes to determine if the two routes were equivalent. The results suggested no clinical or statistical difference between IV and IO routes for infusion of chilled saline for therapeutic hypothermia. This study was sponsored by Vidacare Corporation.


This abstract presented at the 2012 NAEMSP scientific assembly described an retrospective study that evaluated success rates and features of prehospital IO placement in adults following implementation of the EZ-IO, over a 2 year period. First attempt success rate in 281 patients was 89.7%; overall placement success was achieved for 91.8%.


This retrospective study evaluated the number and type of critical procedures, including IO line placement, performed in the ED of a tertiary care pediatric institution over a 12 month period. The authors concluded that critical procedures were rarely performed in a large academic pediatric ED; pediatric emergency medicine faculty are at significant risk for skill deterioration; and fellows are unlikely to achieve competence in performing critical procedures.


A pre-clinical study evaluating the systemic bioavailability of antidotes when administered via the intraosseous (IO), intravenous (IV), and intramuscular (IM) routes is described. Results showed rapid and substantial antidote bioavailability after IO administration similar to that of the IV route. Authors concluded that the IO route of antidote administration should be considered when IV access is difficult.


This abstract presented at 2012 NAEMSP scientific assembly described a retrospective study that evaluated success rates and features of prehospital IO placement in adults following implementation of the EZ-IO, over a 2 year period. First attempt success rate in 281 patients was 89.7%; overall placement success was achieved for 91.8%.


An overview of pre-hospital trauma care. Endotracheal intubation, use of tourniquets, identification of shock, and clinical research in the pre-hospital setting are specifically addressed. Intraosseous vascular access is generally mentioned in relation to resuscitation.
Intraosseous Vascular Access Bibliography

Emergency Care


A literature review of articles describing intraosseous vascular access devices used in the pre-hospital setting. Twenty articles met the inclusion criteria and described the manual devices, BIG, Fast-1 and the EZ-IO. The authors concluded that the literature suggests that semiautomatic IO devices may be more effective than manual devices.

Page D. Intraosseous intrigue: Studies examine success rates on pediatric, adult & obese patients. JEMS January 2012;32-3

In this article, the author discussed five recent studies on intraosseous access providing his opinion about the quality of each study.


This editorial discussed a prior publication by Reades, et al that evaluated first attempt placement success rates for tibial IO, humeral IO, and peripheral IV in the prehospital setting. The author concluded that the research shows tibial IO access is the best route for adults with out-of-hospital cardiac arrest.


An overview of IO vascular access including a review of currently available literature. The author discusses various IO devices available and their performance metrics, IO access sites, flow rates, advantages and disadvantages of IO access compared to conventional access methods; complications and recommendations on use of the approach. The author concludes that while IO access may not be appropriate for all patients, it deserves a place in the modern provider’s armamentarium.


This letter to the editor describes a case in which sternal IO access was established using a Jamshidi needle to administer iodinated contrast for a thoraco abdominal CT on a 61-year old male who presented to the ED with respiratory distress. Picture quality was deemed excellent by the radiologists. The authors conclude that the sternal IO route can be used with excellent picture quality but it should be used only in exceptional cases due to the potential risks of a high-power injection through the bone. EZ-IO is mentioned as an alternative IO device available.

Ribiero de Sa RA, Melo CL, Dantas RB, Delfim LVV. Vascular access through the intraosseous route in pediatric emergencies. Revista Brasileira de Terapia Intensiva 2012;24(4):407-14

The authors evaluated use of IO access in pediatric emergencies through a literature review. The objective was to describe the techniques, professional responsibilities, and care related to obtaining IO access.

Brazil


This article presents a general overview of intraosseous (IO) vascular access in the pediatric population through an IO literature review. Available IO devices were discussed.


This article describes a retrospective study in which 50 consecutive MRI images were evaluated of the humerus for the purpose of determining the optimal needle length necessary for successful proximal humerus IO insertion. Results showed the cortical thickness was 4mm in all cases and that an IO needle length ranging between 40-50mm should be used via the anterior approach. The EZ-IO is specifically discussed in relation to the proximal humerus IO insertion site; and a 24 patient post mortem review of the EZ-IO placed in the proximal humerus is discussed.


An observational study evaluating use of the EZ-IO in a Swiss pre-hospital EMS system between January 1, 2009 and December 31, 2011 and comparing those results to the literature. Sixty IO insertions were performed on 58 patients; the proximal tibia was used in all attempts except 1 attempt made in the proximal humerus. Overall success rate was 90%; the 6 failures were attributed to impossibility to infuse, difficult needle insertion, and incorrect insertion site (tibial plateau). Some of the indications for IO access included cardiorespiratory arrest, major trauma, and shock; general anesthesia was successfully inducted in 7 patients. Drugs infused are listed. There were no serious complications.
Intraosseous Vascular Access Bibliography

Emergency Care


This study conducted by the Norwegian Navy evaluated the ability of 25 soldiers to perform buddy transfusion by starting phlebotomy, establishing sternal IO access using the FAST1, and infusing 1 unit of whole blood. Physical performance was evaluated pre and post blood donation and lactate levels were recorded. The authors concluded that physical and combat performances are preserved within limits post whole blood donation and that soldiers are able to learn the phlebotomy and sternal reinfusion with only a short lecture on the procedure.


This abstract presented at the 2012 NAEMSP scientific assembly described a study in which the comfort level of paramedics was evaluated as it related to establishing vascular access in out of hospital cardiac arrest resuscitation, using a predetermined method (PIV, humeral IO, tibial IO). Results showed that paramedics were typically comfortable with the method assigned.

Torres F, Galán MD, Alonso MD, Suarez R, Camacho C, Almagro V. Intraosseous access EZ-I0 in a prehospital emergency service. Journal of Emergency Nursing 2012;http://dx.doi.org/10.1016/j.jen.2012.03.005

This observational pre-hospital study conducted in Madrid, Spain prospectively evaluated use of the EZ-I0 Jan 2007- Dec 2009 as an alternative to peripheral IV access. During the study period, 107 patients underwent 114 EZ-I0 insertions and all were successful on first attempt. IO access was established in the proximal tibia (49%), distal tibia (25.2%), radius (14.9%), and humerus (10.5%) and all lines were the first form of vascular access established in the patient. There were no adverse events or complications.


In this article the authors review the evidence supporting the use of IO access; determine the utilization IO access as described in the literature; and assess the level of specialty society support. Various IO devices are mentioned including the EZ-I0


This abstract presented at the 2012 NAEMSP scientific assembly evaluated end-tidal carbon dioxide (ETCO2) levels under initial induction of hypothermia, rewarming, and a second induction of hypothermia, via IO and IV infusion in the swine model. The authors concluded that there was no demonstrated association of ETCO2 with brain temperature during the initial induction. However, during rewarming and second induction of hypothermia the association of ETCO2 and brain temperature had a direct and proportional association. This research was sponsored by Vidacare Corporation.


This study conducted by the San Antonio Fire Department evaluated the first-attempt success rate for humeral EZ-I0 placement by paramedics in prehospital adult cardiac arrest patients. Humeral placement was attempted in 247 cardiac arrest patients; first attempt placement success rate was 91%. Authors concluded that humeral IO placement is a reliable method for vascular access in this patient population. This research was sponsored by Vidacare Corporation.


This article is making a case for pediatric anesthesiologists to have IO access equipment readily available wherever children are anesthetized; and for anesthesiologists to consider IO access not only as a last resort but as the route of choice in children requiring urgent vascular access.


A critical care literature review article that addressed cardiac arrest, trauma, ultrasound, pediatrics, and boarding. Intraosseous vascular access is noted as a method for obtaining vascular access.

YEAR: 2011


This abstract reports a literature review using both MEDLINE and Embase databases up to August 2010 to determine feasibility and safety of IO administration during adult cardiac arrest. Authors reported a lack of literature (only two studies met their level of evidence criteria) but concluded IO access in adults appears to be a fast, reliable method to deliver drugs and fluid during CPR allowing adequate drug concentrations and pharmacological response; and should be considered if other medication delivery methods have failed. (Presented at the March 2011 International Symposium on Intensive Care and Emergency Medicine)

This article describes an animal trial that assessed the ability of protected, experienced first responders and limited-experience first receivers to place IO lines for antidote administration using the Vidacare EZ-IO device. First responders placed IO lines successfully in 100% of cases, and first receivers placed IO lines successfully in 91% of the cases. Investigators concluded that IO lines may facilitate earlier administration of antidotes to hazardous material victims.

Brisson M. Trauma and the military medic. EMS1.com 12/01/2011

This article describes use of IO access along with other prehospital interventions in a traumatically wounded soldier in a combat zone. The IO site used was the proximal humerus as the patient had 3 of 4 limbs traumatically amputated.

Byars DV, Tsuchitani SN, Erwin E, Anglemyer B, Eastman J. Evaluation of success rate and access time for an adult sternal intraosseous device deployed in the prehospital setting. Prehosp Disaster Med 2011;26(2):127-9

A prospective study evaluating use of the FAST-1 sternal IO device in critically ill or injured patients in cardiac arrest in the pre-hospital setting. In one year, 41 insertion attempts were performed using the FAST-1. Thirty (73%) of attempts were successful and the mean time to placement was 67 seconds from time of opening the packaging to ability to aspirate/infuse without infiltration. Of the 11 insertion failures, 7 were due to failure of the device to deploy; 2 infiltrations after insertion; 1 inability to aspirate; and 1 failure of the catheter to deploy though the needles were inserted.


The case report describes a woman experiencing massive hemorrhaging following emergency caesarean delivery. Though the patient possessed a peripheral IV catheter, additional IV access was needed and gained through the proximal humerus IO space using an EZ-IO. This vascular stabilization and additional filling of the central volume through the IO route allowed placement of a subclavian central line. Authors concluded that a key to the resuscitation process was the rapid utilization of the IO.


A case study report in French describing compartment syndrome secondary to intraosseous infusion in a 57-year-old burn patient. IO access was established in the proximal tibia on second attempt; both attempts were made in the same limb though it was noted that the first attempt did not penetrate the cortex. Drug and fluid infusion was initiated; ten hours later the limb was found to appear ischemic. The IO catheter was removed and compartment release was performed. The author concluded that IO access remains an important mode of vascular access and that adherence to contraindications and careful clinical monitoring should decrease risk of complications.


An overview of available intraosseous vascular access devices, including the EZ-IO.


Case study of a 42-year-old woman with massive obstetric hemorrhage ultimately resulting in postpartum hysterectomy. Massive blood loss and inability to stop bleed prevented sufficient resuscitation via established PIV lines. IO access was established with the EZ-IO and used for fluid replacement and administration of cardic resuscitation drugs. Fluid administered through IO access was 75% of the total infusion volume.

Dolister M, Miller ST, Borron S, Truemper E, Shah MR. Intraosseous vascular access can be used safely and effectively, and at a lower cost than central venous catheters, for pediatric and adult patients in the hospital setting. Ann Emerg Med 2011;58(4S):S311

This abstract describes the interim results of an observational clinical trial evaluating use of the EZ-IO to establish venous access in patients that would typically receive a central line due to lack of other options. At interim analysis, 50 patients had been enrolled in the study. First attempt IO access success rate was 96%; mean time to IO access was 95.1 seconds. The authors concluded that IO access in place of or as a bridge to central venous catheters is safe, fast, and effective for adult and pediatric patients in the hospital setting with substantial cost savings potential. This research was sponsored by Vidacare Corporation.


The Emergency Nurse’s Association (ENA) published a series of Emergency Nursing Resources with emphasis on clinical or practice based issues. This issue focused on difficult IV access and provides a summary of the literature review, with graded recommendations and decision options for practice for IO access, ultrasound guidance, subcutaneous rehydration therapy and several other alternatives. IO access is graded as having a high level of evidence supporting use of IO access when difficult IV access is known or suspected for high success rates and rapid time to insertion.
This article describes an observational study to assess the safety and efficacy of the EZ-IO when using a management algorithm for difficult vascular access. Resuscitation 2011;82(1):126-9

This retrospective cohort study evaluated data from 450 California hospitals and emergency departments to determine the rate of IO access use and related complications in the pediatric population from 2005-2007. Results showed 291 children had IO access placed in 90 hospitals out of 6.6 million pediatric ED visits and 2.2 million pediatric admissions; no complications were identified. The most frequent diagnosis related to IO use was cardiac arrest (34%).

This abstract describes a study evaluating use of hydroxocobalamin as a treatment for hemorrhagic shock. Once the animal had a decrease of mean arterial pressure of 50% from baseline, the drug was infused over 7 minutes in 3 different dose groups; animals were observed for 90 minutes. Results showed the mean arterial pressure in the three groups rebounded to baseline at 105%, 90% and 78%, respectively. The authors concluded that IO administration of the drug significantly increased mean arterial blood pressure and systemic vascular resistance and that hydroxocobalamin may prove to be a pharmacologic adjunct for hemorrhagic shock.
This study compared the effectiveness of infusing ice cold saline via IO and IV to induce mild therapeutic hypothermia (temperature drop to 34°C) within a 30 minute timeframe, in a swine model of cardiac arrest. Five swine were evaluated in each the IV and IO groups. Goal temperature was reached in 4/5 animals in the IV group and 0/5 animals in the IO group in the allotted time frame; IV was superior in terms of rate of infusion, rate of temperature change, and time to achieve target temperature.


This abstract describes an evaluation performed in the goat model, using the EZ-IO, to determine the ability of IO access to accommodate a typical contrast dye infusion and withstand the power injection pressure. Bench testing was done to determine the max pressure deliverable through the EZ-IO using the power injector; various injection occlusion scenarios were established. Results showed the mean pressure through the humerus was 56.5psi; through the tibia was 163.5psi. There were 2 tibial extraosseous distal venous ruptures visible by fluoroscopy but not on gross examination. Under bench testing, for all tests, at pressures up to 750psi no failure or leakage was observed in the IO catheter. The EZ-IO extension tubing should not be used for power injection, particularly if the IO is in the tibia. This research was sponsored by Vidacare Corporation.


This article describes the changes in practice experienced when a 12-site statewide ambulance service changed from the manual to the semi-automatic IO device (EZ-IO). There was no statistically significant change in first-attempt success or the number of successes per attempt. However, the use of IO access more than tripled when changing from the manual to the semi-automatic device and PIV access attempts went from occurring in 35.5% of patients to 1.7% of patients.

Myers LA, Russi CS, Arteaga GM. The introduction of a semiautomated (EZ-IO) device in pediatric prehospital care replacing a manual intraosseous (IO) device improves the success rate for attempts at vascular access. Prehosp Emerg Care 2011;15(1):110

This abstract describes a 93 patient study presented at the 2011 National Association of EMS Physicians Annual Conference that examined the characteristics of pediatric patients receiving IO infusions and the primary EMS clinical impressions, success rates, and subsequent treatments delivered via manual IO vs. the powered EZ-IO device. Investigators concluded that for the pediatric cohort use of the powered device offered a marginally higher first-attempt success rate compared to the manual device; and that the rate of IO access utilization by EMS more than tripled after adoption of the powered device.


This article in Spanish describes the Spanish military medical staff’s experience with the use of intraosseous lines for fluid therapy in a combat zone from March 2007 to June 2008. Twenty-five patients had an IO placed with the Bone Injection Gun (BIG). Placement success rates were 76% for the 19 pre-hospital placements and 100% for the 6 in-hospital placements. There were no complications during insertion. Conclusion was intraosseous access can provide an alternative to venous access for treating trauma patients in combat zones.


This article in German discusses use of IO access and its multiple applications, focusing on the EZ-IO Infusion System.


This article describes a literature review study with the objective of establishing which intraosseous device is best for prehospital use. This short review searched Medline 1950-2010, CINAHL 1982-2010 and EMBASE 1980-2010 and identified two studies meeting their evidence search criteria, one study compared the BIG vs. manual; the second compared EZ-IO vs. FAST-1. The clinical bottom line asserted by the author was traditional manual IO devices have faster, better success rates in the pre-hospital setting; but that more randomized trials are needed to determine the best device.


This study compared time to placement, errors in placement and perceived ease of use for healthcare providers placing umbilical venous catheters (UVC) and intraosseous needles in a simulated delivery room, responding to persistent bradycardia. Results showed mean IO placement time was 46 seconds faster than UVC placement; there was no significant difference in the number of errors and the perceived ease of use between UVC and IO.

This article describes a pre-hospital clinical study comparing IO first-attempt success between humeral and tibial sites. Of 88 cardiac arrest patients analyzed, 58 and 30 IO access attempts were made in the tibia and humerus, respectively. Of those, there was a 90% first attempt success rate for the tibia, compared to 60% for the humerus. Of successful insertions, 6% of tibial insertions became displaced during transport, compared to 33% of humeral insertions. Investigators concluded (the obvious) that “proximal tibial IO needle placement was associated with a significantly higher frequency of first-attempt success and lower incidence of needle dislodgements...” compared to humeral placements.


The objective of this study was to determine the frequency of first-attempt success of humeral IO, tibial IO, and peripheral IV (PIV) insertions during out-of-hospital cardiac arrest. Patients were randomized to receive one of the 3 methods. There were 182 patients enrolled, 64 were assigned to tibial IO, 51 to humeral IO and 67 to PIV. Of all patients 130 (71%) were successful on first attempt with 17 (9%) needles dislodged. First attempt success within the treatment groups was 91% for tibial IO, 51% for humeral IO, and 43% for PIV.


This study conducted in Germany and Switzerland evaluated use of the EZ-IO in the prehospital setting over a 24 month period. The decision to use IO access was left to the discretion of the onsite clinician, a paramedic or an emergency physician. Results showed IO access was attempted in 77 patients, and was successful on first attempt in 75 patients. Significant pain with infusion was reported in the majority of responsive patients.


This document addresses pediatric vascular access and includes an overview of intraosseous vascular access. Indications, contraindications, supplies and equipment, technique, complications and maintenance are discussed.


This article discusses the use of IO access for neonatal and newborn resuscitation by the national park service and provides information as to how the decision was made to make IO access a standard of care for those patients.


This article in German concludes that the introduction of IO in pre-hospital pediatric emergency system has markedly reduced the number of critically ill or severely injured pediatric patients without vascular access or with less reliable alternative administration routes in the last 20 years.


In this pre-clinical study, IO and arterial blood samples were collected over a 6-hour timeframe from the tibia of anesthetized swine, analyzed using an iStat and compared. Results showed compliant values between IO and arterial blood for electrolytes, hemoglobin, pH, and pCO2. Lactate, BE, PO2 and SO2 were less compliant. There were high correlations between SO2 and PO2 although the levels in arterial blood were higher.


In this preclinical study, 30 swine in ventricular fibrillation received IO epinephrine, IV epinephrine, or placebo. Return of spontaneous circulation, 24-hour survival, and 24-hour survival with good neurological outcome was evaluated. Results showed ROSC to be nearly universal for the IV and IO groups with no differences between rates; 24-hour survival was substantially more likely in the IO group than the IV group; survival with good neurological outcome was more likely in the IO group than the IV group.
This article explores the use of epinephrine during cardiac arrest to evaluate the lack of demonstrated efficacy in human trials of out-of-hospital cardiac arrest as compared to the laboratory animal model. The author concluded that the value of epinephrine as an adjust to resuscitation of cardiac arrest depends on the dosage, timing of administration and the initiating factor the cardiac arrest, and suggests that IO administration of epinephrine may help address the issue of timing of administration.

This abstract, which was presented at the 2010 ACEP Research Forum, describes a study conducted by investigators from the Medical College of Georgia to determine the frequency of intraosseous vascular access use in adult emergency patients. They surveyed academic emergency departments across the country and, at their own facility, compared ease and speed of standard emergency vascular access methods—including intraosseous. They concluded that IO access is underutilized and generally not the second-line choice of vascular access in unstable adult patients in academic institutions. Their simulation showed IO placement was considerably faster than both central lines and ultrasound guided peripheral IV. They opined that IO should be considered more frequently in critical unstable adult emergency department patients.

This abstract describes a retrospective case-series analysis of pediatric IO recipients from 1998-2009. Seventy-two (72) patients were included in the study; IO access was established in the proximal tibia (n=61), medial tibia (n=8), distal tibia (n=1), sternum (n=1), and iliac crest (n=1). IO access devices used in the proximal tibia included the Cook Critical Care needle (n=4), the Jamshidi needle (n=2), the BIG (n=1), and an 18 gauge spinal needle (n=54). The authors concluded that a spinal needle can be used to provide IO vascular access in children.

Authors reviewed two complications (extravasation and compartment syndrome) associated with IO access in children with meningococcal disease. Authors concluded that IO systems need formal evaluation to assess safety and complication profiles.

Gillum L. All access pass: mastering the use of IO devices. JEMS 2010;35(6):30,32
This article discusses training methodology and applies the concept to the implementation of the EZ-IO in the Montgomery County Hospital District EMS, a participant in the EZ-IO beta test.

Controlled trial finding similar success rates for hand-held IO needles and Bone Injection Gun. Speed advantage for hand-held needles.

This report describes the case of a 62-year-old man who received emergency tibial IO infusion without complication in the pre-hospital setting and presented to the ED 6 months later complaining of shin pain. MRI and culture findings were diagnostic of subacute osteomyelitis with IO abscess. The patient had a history of multiple chronic health problems including diabetes type II, MGUS, and positive MRSA colonization dating back two years prior. The authors concluded that the occurrence of osteomyelitis with IO abscess may increase as a result of increased pre-hospital use of IO infusion in adult patients with multiple comorbidities.

This letter to the editor describes 2 cases in which IV administration of antivenom was not possible and was thereby administered via IO route, and in one case via the intramuscular route as well. In both cases the patients recovered.

An article evaluating various methods of obtaining vascular access in the management of 21st century battlefield trauma including, peripheral IV access, intraosseous access, venous cut-down, and central venous access. The authors conclude that IO access should be the first line vascular access in casualties with severe trauma to avoid delay initiating resuscitation in pre-hospital or hospital setting.
Intraosseous Vascular Access Bibliography


An article evaluating various methods of obtaining vascular access in the management of 21st century battlefield trauma including, peripheral IV access, intraosseous access, venous cut-down, and central venous access. The authors conclude that IO access should be the first line vascular access in casualties with severe trauma to avoid delay initiating resuscitation in pre-hospital or hospital setting.


This article in German describes the results of a survey of rescue assistants and physicians, in which they found that IO use was still a rarity in the Berlin emergency medical service and, therefore, presumably nationwide.


Authors describe a randomized, controlled trial comparing two different IO access devices in adults in the hospital setting. Twenty patients received the BIG and 20 received the EZ-IO. Success rate on first attempt was 80% for the BIG and 90% for the EZ-IO. Mean procedure time was 2.2 minutes for the BIG vs. 1.8 minutes for the EZ-IO. Differences in success rate and procedure time were not statistically significant, and there were no significant complications for any patients. Investigators concluded that IO access is a reliable and safe method for rapid vascular access for in-hospital adult patients under resuscitation.


In this letter to the editor, the author discusses the use of IO access concluding that a change in practice should be made in which immediate IO access should be established for initial emergency resuscitation and serve as a bridging technique when peripheral IV access has been unsuccessful 3 times over a maximum duration of 2 minutes.


The 2010 American Heart Association Guidelines for Cardiopulmonary Resuscitation and Emergency Cardiovascular Care. IO access is discussed as a preferred route when IV access cannot be established. The guidelines however do address the lack of clinical information regarding IO drug delivery during CPR but affirm it is reasonable for providers to establish IO access if IV access is not readily available.


2010 updated guidelines for resuscitation by the European Resuscitation Council. This update notes IO access as the preferred mode of vascular access for drug administration, over endotracheal administration, when IV access is unavailable. IO blood is also noted as useful for typing and evaluating laboratory values.

European Union


This article discusses use of IO access within the hospital setting in the emergent and non-emergent patient populations. The history of IO access, clinical situations in which IO access may be considered, devices, contraindications, and complications are discussed. Additionally, pain management, economics, education and training and risk management are explored. This article is co-published in Journal of Infusion Nursing, the Journal of Pediatric Nursing, and Critical Care Nurse and was produced by the Consortium on Intraosseous Vascular Access in Healthcare Practice.


A simulation study evaluating if use of a laryngeal mask airways (LMA) and intraosseous (IO) lines established using the EZ-IO leads to improved resuscitation in a simulated cardiac arrest when compared to standard endotracheal intubation and central line placement. Results showed mean time to airway, mean duration of airway attempt, and time to vascular access was shorter in the IO group than the CVL group. Time to defibrillation and percent hand off time was not significantly different between the groups.
Intraosseous Vascular Access Bibliography

Emergency Care


This letter to the editor is written in response to the case report by Landy titled, "Complication of intraosseous administration of systemic thrombolysis for a massive pulmonary embolism with cardiac arrest." The author suggests that the tissue necrosis described by Landy may have been due to the removal of the IO needle while there was still significant fibrinolytic activity at the needle insertion site. The author suggests a change in medical care after return of spontaneous circulation (ROSC) in patients following thrombolytic administration through IO access to convert the functioning IO line to a non-flowing saline lock. The EZ-IO was used to provide IO access in the case report by Landy.


This article provides an overview of pediatric trauma care in the pre-hospital setting by using a literature review to evaluate the risks and benefits of various aspects of care. Topics discussed include: pre-hospital care time, pre-hospital triage and transport, airway management, intravenous (IV) and intraosseous (IO) vascular access and infusions, cervical spine immobilization, traumatic brain injury, and pain assessment and management.


This article describes a longitudinal study of intraosseous vascular access in pre-hospital emergency medicine handled by helicopter emergency medical services. Of the 78 IO insertion attempts made on 70 patients, overall success rates were 50% using manual needles, 55% using the Bone Injection Gun, and 96% using the EZ-IO. Investigators concluded that newer IO techniques may enable faster and more reliable vascular access; and that all emergency services should be familiar with IO techniques.


This case study describes a 25 year-old woman who had a massive pulmonary thromboembolism and was administered thrombolysis via IO route (internal tibial malleolus) in the air-transfer pre-hospital setting. The patient recovered.

Vegunta RK. Chapter 8-Vascular access. Ashcraft's Pediatric Surgery 2010;5th ed:110-16

This article discusses various vascular access methods available for pediatric and neonate patients, including intraosseous access.


This retrospective study evaluated humeral IO placement success rates, using the EZ-IO, in the out of hospital cardiac arrest patient. Over a 9 month period, humeral placement was attempted in 247 patients. First attempt successful placement was 91%; successful placement within two attempts was 94%. The authors concluded that humeral IO is a reliable method of fluid and drug delivery in the out of hospital cardiac arrest population. This research was sponsored by Vidacare Corporation.


This article in Chinese, describes a study that evaluated the effects to the bone marrow following IO infusion of hypertonic saline-hydroxyethyl (HSH) in the dog model; using a normal saline group (NS) and a non-infusion group. The test subjects were put into shock and resuscitated. Results showed that at 48 hours post infusion and 1 week post infusion changes were seen in the bone marrow and peripheral blood in the HSH and NS groups as compared to the non-infusion group. At 4 weeks post infusion, the NS group and HSH group recovered to normal level. Bone marrow morphology changed slightly but no bone necrosis occurred. The author concluded that HSH in small amounts via IO is safe and effective as a fluid resuscitation measure for shock, and little change in bone marrow has been found after infusion.

YEAR: 2009


This study was designed to evaluate the effect of education on knowledge, attitudes and skill performance of IO access by Level 1 EMTs in Korea. After a two-hour program, the knowledge and attitude of IO access improved significantly.


Assessment of PALS training on EMS personnel. PALS-trained personnel had 100% success rate in IO placement (55% non-trained).

Barrett J. Adult Intraosseous infusion: "Good to the bone!". Response 2009;36(3):19-21

This article addresses adult IO infusion, primarily in the pre-hospital setting, with regard to the history of IO, anatomy and physiology, training considerations, clinical guidelines and contraindications, and financial considerations.
Intraosseous Vascular Access Bibliography

Emergency Care

Miller LJ, Philbeck TE, Montez DF, Spadaccini CJ. A new study of intraosseous blood for laboratory analysis. Arch Pathol Lab Med 2009;133:1628
This abstract for a presentation at the College of American Pathology 2009 meeting describes a volunteer study that examined the relationships between IO and venous blood samples when analyzed for complete blood count and chemistry profile. Researchers concluded that the IO space is a reliable source for blood used for CBC and chemistry profile. Results may be moderately reliable for carbon dioxide, but unreliable for WBC counts that appear to be elevated and platelet counts that appear lower.

This article describes a prospective, observational study involving a convenience sample of 25 medical students, physicians and nursing staff recruited evaluate the EZIO powered drill device on a bone model. Twenty-three (92%) of the 25 study subjects required only one attempt at placing the EZ-IO. Investigators concluded that the device was easy to use with high success rates of insertion with inexperienced participants.

This article describes a case in which IO access, using the EZ-IO, was attempted in a patient with osteogenesis imperfecta. In each of 3 attempts, the needle became loose immediately after IO insertion. The author acknowledged that during emergencies it is difficult to assess and consider every possible contraindication for every intervention; and that IO access using the EZ-IO is the author’s choice for emergency vascular access when peripheral access is difficult or has failed.

This article describes a prospective, observational study involving a convenience sample of 25 medical students, physicians and nursing staff recruited evaluate the EZIO powered drill device on a bone model. Twenty-three (92%) of the 25 study subjects required only one attempt at placing the EZ-IO. Investigators concluded that the device was easy to use with high success rates of insertion with inexperienced participants. (Note: This study was also described in an earlier article published in American Journal of Emergency Medicine) This study was sponsored by Vidacare Corporation.

In this 1,598 patient case series, investigators studied the effects of &quot;...serial standard of care changes...in the EMS system over time.&quot; They concluded that IO access is an essential component for a proven algorithm for the management of OOH-CA.

This article describes the first clinical study that focuses on the proximal humerus as an IO site. It is also the first article describing a comparison between IO access and peripheral IV (PIV) and central venous catheters (CVC). They found that IO catheter placement was significantly faster than PIV or CVC placement; and concluded that IO access is life-saving when PIV or CVC is difficult or impossible. This study was sponsored by Vidacare Corporation.

This abstract for a presentation at the 2009 ACEP Research Forum describes a volunteer study to determine the optimal Lidocaine dosing and sequencing for patients receiving fluids through the IO route and to determine if adequate fluid flow rates can be delivered through the proximal humerus IO site. Researchers concluded that for adequate IO infusion rates with minimal and tolerable pain, 40mg of preservative-free Lidocaine may be needed, followed by a rapid normal saline flush of 10ml. Additional dosing and flushing may be required. For humeral insertion, a longer IO needleset should be considered. This study was sponsored by Vidacare Corporation.

This article describes an observational study performed by the French military air surgical team in Chad. There were 11 patients with no insertion failures. For 7 patients, the insertion site was the proximal tibia and for the remainder the site was the proximal humerus. The authors concluded that the EZ-IO is a device that is simple, reliable and which gives satisfaction for the administration of drugs.

This abstract describes a small study designed to determine if IO line placement improves outcome in adult patients with out-of-hospital cardiac arrest. This 165 patient study did not demonstrate improved survival.

This article, in German, describes the technique of IO access, the introduction of two different IO devices (Cook and EZ-IO) and describes IO use in pediatric emergency care.


This letter to the editor describes the first case reported in the clinical literature in which therapeutic hypothermia was administered using the intraosseous route. The patient, a 2-year-old boy who was found submerged in a cesspool and had been asystolic for 5-10 minutes, survived without neurological complications.


This article, in Norwegian, describes IO access and modern IO devices, including the Bone Injection Gun, FAST1, and EZ-IO.


No abstract available.


Animal (goat) study to determine if IO administration of hydroxocobalamin for antidotal treatment for exposure to cyanide and other poison agents would be faster and require less fine motor coordination and sensitivity; and would result in similar hemodynamic changes compared to IV administration. Using the EZ-IO device, researchers concluded that hemodynamic effects of hydroxocobalamin given by the IO route in non-poisoned goats are mild and similar in magnitude to those of saline control animals.


Animal (goat) study to determine the capacity and time required for protected hazardous materials responders and receivers to accomplish vascular access and hydroxocobalamin administration for antidotal treatment for exposure to cyanide and other poison agents. Using the EZ-IO device, researchers concluded that the time required for IO administration of the drug was shorter than intravenous administration; and that IO placement is readily accomplished wearing all levels of chemical protective garments and equipment.


Study comparing manual intraosseous insertion with EZ-IO using adult human cadavers as a model. No significant difference in insertion time between 39 manual insertions and 45 EZ-IO insertions. Found a difference in the success rate (manual, 79.5% vs. EZ-IO 97.8%, p<0.01). The EZ-IO had fewer complications (manual, 15.4% vs. EZ-IO 0.0%, p<0.01) and scored higher on user friendliness (school grading system: manual, 1.9±0.7 vs. EZ-IO 1.2±0.4, p<0.01).


Large retrospective study of patients for whom emergency vascular access was obtained using the Vidacare EZ-IO intraosseous system. Insertion success was 92% and within 10 seconds for 84% of the one-attempt successful cases. Complication rate was low (4.8%), none were serious, and extravasation was the most frequent (0.8%). The device was rated easy to use 72% of the time, and researchers concluded that the powered IO device is safe and effective for achieving vascular access in the resuscitation and stabilization of emergency patients. This study was sponsored by Vidacare Corporation.

Horton MA, Beamer C. Powered intraosseous insertion provides safe and effective vascular access for pediatric emergency patients. Pediatr Emerg Care 2008;24:347-50

A retrospective clinical study was conducted to demonstrate the safety and effectiveness of the EZ-IO intraosseous access device for pediatric patients. For the 95 eligible patients in the study, successful insertion and infusion was achieved in 94% of the patients. Insertion time was 10 seconds or less in 77% of the one-attempt successful cases reporting time to insertion. There were 4 minor complications (4%), but none significant. The results of this study support the use of the EZ-IO for children in emergency situations. The complication rate suggests that the powered IO device is safe and effective for the resuscitation and stabilization of pediatric patients. This study was sponsored by Vidacare Corporation.
Interim report for quasi-controlled prospective study of emergency department patients for whom emergency vascular access using the Vidacare EZ-IO intraosseous (IO) system (n=6) inserted in the proximal humerus was compared to access using central or peripheral intravenous (IV) lines (n=60). Researchers concluded that proximal humerus IO insertion is significantly faster than central or peripheral intravenous (IV) line insertion. Complications and pain profiles were similar for IO and IV techniques. This study was sponsored by Vidacare Corporation.

3-year study of IO training and use in 28 hospital and ambulance services in Switzerland. Standardized training improved IO success rate to 100%.
Abstract only

This article describes an observational study in which two intraosseous devices were compared: the Pyng Medical F.A.S.T.1 and the Vidacare EZ-IO. For the 117 patients on which the F.A.S.T.1 was used, there was an 84% success; compared to a 97% success rate for the EZ-IO (n=71).

Two letters to the editor regarding use of IO blood for sampling in the emergency setting. One letter by S. Nicoll and S. Rochester states it should no longer be done and only arterial or femoral venous samples should be used during resuscitation. The second by R. Salter notes the importance of IO blood sampling in emergency situations when time cannot be delayed for central line access, stating it is key that the sample be properly labeled as IO blood.
UK

Prospective observational study of the use of the Bone Injection Gun in Israel from 2000 to 2004. Of the 189 patients enrolled in the study, successful insertion on first attempt was accomplished in 91% of cases.

This article describes a 25-patient clinical study that compared the pharmacokinetics of intraosseous vs. intravenous administration of morphine sulfate in adults. Results showed no differences between IO and IV administration of morphine sulfate for nearly all pharmacokinetic parameters. Investigators concluded that the results support the bioequivalence of IO and IV administration of morphine in adults.

This article describes thoracic trauma in the pediatric population. Includes a review of the assessment of pediatric patients. Circulation section of the article strongly recommends rapid intravascular volume expansion by the intraosseous route, and recommends the EZ-IO for ". . . quick and reliable vascular access during resuscitation . . . ."

This abstract for a presentation at the 2007 American College of Emergency Physicians Research Forum describes an observational study in which the EZ-IO was used to provide emergency vascular access for 95 pediatric patients. Successful insertion and infusion was achieved in 94% of the patients, and insertion time was within 10 seconds for 81% of the placements. There were four minor and no serious complications.

Data from the largest combat trauma database was analyzed to identify how new or improved devices, dressings or drugs have impacted prehospital casualty care, how guidelines and resuscitation strategy have changed, and discusses lessons learned and how concepts have crossed back into the civilian practice. Intraosseous access, particularly the sternal site, is identified as one of the advances for vascular access in combat medicine.
This article reviews and assesses the literature on the use of IO drug administration during cardiopulmonary resuscitation. It addresses the risks and benefits of using IO in adults and children. The article describes the FDA-cleared devices available for use including the Pyng F.A.S.T.1, Waisted Bone Injection Gun and the Vidacare EZ-IO.


Describes the experience of the UK Defence Medical Service using the EZ-Io for emergency vascular access in Afghanistan. They used the device for 26 patients, including 10 children. Of the 26 EZ-Io placements, 23 were made in the emergency department. There was a 97% insertion success rate with no infection. Significant infusion pain was felt by three patients.

de Caen A. Venous access in the critically ill child. Pediatr Emerg Care 2007;23:422-4

This review article states the availability of intraosseous (IO) needles for pediatric patients, outlines the limitations of traditional venous access, and discusses the various IO devices currently available, including the Vidacare EZ-Io®.


This article summarized the challenges and methods of providing vascular access for infants. It describes IO techniques and devices, including the Jamshidi, Cook, EZ-Io® and Bone Injection Gun (BIG) devices.


Article calls for EMS medical directors to consider and use the intraosseous route for adult patients requiring immediate vascular access. Provides evidence in support of position statement by the National Association of EMS Physicians on IO use.


Fowler RL. Prehospital intraosseous access: elemental to the field?. Journal of Emergency Medical Services 2007; doi:http://jems.com/print/9198

Discussion of the role intraosseous vascular access can play in the prehospital setting where vascular access is often difficult or impossible to establish. The EZ-Io is named as a new IO device along with descriptions of Jamshidi, Pyng Fast 1, and Big needles.


This article describes authors’ evaluation of provider performance using two IO devices; the Pyng Medical F.A.S.T.1™ and the Vidacare EZ-Io®. Of 89 insertions with each device, success rate for 72% for the F.A.S.T.1 and 87% for the EZ-Io, a significant difference (p=0.009). The time to fluid insertion for the EZ-Io was also faster (p=0.02). Authors noted that the EZ-Io is unique and much more useful than the F.A.S.T.1.


Article in Italian describing IO access and EZ-Io.


This abstract for a presentation at the 2007 American College of Emergency Physicians Research Forum describes an observational study done at Boston Medical Center in which the Vidacare EZ-Io was used to provide emergency vascular access for 50 critically-ill adult patients. Successful insertion was achieved in 92% of the patients; with 90% success on the first attempt. There was one immediate complication—a dislodgment during transport. Investigators concluded that the device is a safe and feasible device for adult patients requiring out-of-hospital vascular care.


This case study describes a 4-month-old boy that was found unresponsive. Resuscitation was started and continued through arrival to the ED; IO access at the proximal tibia was established using a 15 gauge aspiration needle as the only vascular access. Post mortem multislice CT examination showed gas in the hepatic veins, the right atrium, right ventricle, the upper pole of the right kidney and the cerebral vessels. Though air embolism was ruled out as the cause this death, it could have caused death in another case. The authors conclude that gas may have entered the body during resuscitation due to IO needle disconnections and that resuscitation with an inserted, disconnected IO needle should be avoided.


Overview of IO access. Includes historical aspects, current status, indications for use, advantages and disadvantages, IO kinetics, insertion sites, complications and contraindications and description of available IO devices, including EZ-Io®.

In this study, presented at the NAEMSP 2007 annual meeting, authors compared the success rate of conventional IO access with the EZ-IO during 245 cases in the prehospital setting. They concluded that using EZ-IO® results in a statistically significant increase in IO success rate, compared to conventional IO methods.

Abstract

Myers BJ, Lewis R. Induced cooling by EMS (ICE): year one in Raleigh/Wake County. JEMS 2007; 32: s13-5.

This article describes the experience of the Wake County (NC) EMS System in inducing hypothermia for patients with return of spontaneous circulation after cardiac arrest. Authors describe their use of the Vidacare EZ-IO for the administration of chilled saline; with 414 placements and an overall success rate of 94%.

Potyka JS, Gordon DJ. Stories behind the numbers: IO experiences in providers’ own words. JEMS 2007; 32: s30-1.

Qualitative study focuses on EMS caregivers’ experiences with Vidacare’s EZ-IO device and personal opinions. The study used a narrative approach to gain insight from EMS practitioners working with an IO access device under real field conditions.

Pye D. NY Paramedics get the EZ-IO. Journal of Emergency Medical Services 2007; doi: http://www.jems.com/print/5184

This article in JEMS discusses an EMS system in New York following their adoption of the EZ-IO, and the advantages.


Article in Dutch describing IO access and EZ-IO.


Study investigating time difference in obtaining IO vs. IV access while wearing personal protective equipment (PPE) in simulated HazMat scenarios. With provider in PPE and mannequin not in PPE, vascular access was faster with IO (14 seconds vs. 46 seconds, p&lt;0.001); also, fluid infusion time (28 seconds vs. 46 seconds, p&lt;0.001). With provider and mannequin in PPE, all the following favored IO: needle to skin time (13 seconds vs. 25 seconds, p&lt;0.001), vascular access time (17 seconds vs. 63 seconds, p&lt;0.001), and fluid infusion time (30 seconds vs. 66 seconds, p&lt;0.001). Investigators conclude that EZ-IO under HazMat conditions provides vascular access and fluid more quickly than IV access.


Article describes a controlled study in which the time difference between IV and IO access was compared while providers and simulated patients (mannequins) were wearing personal protective equipment (PPE). Twenty-two EMT-P providers measured the times to skin access, vascular access and fluid infusion in three scenarios: no PPE for providers or mannequins; providers only in PPE; and both providers and mannequins in PPE. In all scenarios, there was a statistically significant difference in vascular access and fluid infusion time, in favor of the EZ-IO. Investigators concluded that, overall, the EZ-IO provides vascular access and fluid more quickly than standard IV access, and that donning PPE does not hinder providers’ use of the EZ-IO.

Wayne MA. Intraosseous vascular access: devices, sites and rationale for IO use. JEMS 2007; 32: s23-5.

This article reviews intraosseous vascular access in general, and summarizes the various devices available. These include the Waismed B.I.G., the Vidacare EZ-IO, and Pyng F.A.S.T.1.


This article in German (with abstract in English) describes IO infusion in detail. It includes techniques, indications, complications, and recommendations. Also describes the various devices available, including Cook, Bone Injection Gun (BIG), First Access for Shock and Trauma (F.A.S.T.1), and the EZ-IO®.
Overview article of IO vascular access describes technique, efficacy in medication delivery, utility in pediatric emergencies, use in neonates, complications, and commonly-infused medications.

An abstract describing a prehospital study comparing peripheral IV to tibial IO access for placement success, time to access and time to drug delivery. The authors concluded that using IO access on the first attempt results in faster drug administration than if IO access were used as a rescue line after failed IV.

Evaluation of the Pyng Medical F.A.S.T.1 intraosseous device in simulated prehospital scenarios. Mean procedure time for initiation of fluid flow was 92 ± 32 seconds. Concludes that the F.A.S.T.1 is fast, accurate and easy to use.

In this study, presented at the NAEMSP 2006 annual meeting, investigators reported the results of a study that evaluated the performance of the EZ-IO® compared to an earlier evaluation of the Pyng F.A.S.T.1 system. There was a statistically significant higher success rate using the EZ-IO® compared to Pyng system, and investigators concluded that the EZ-IO® appears to be a superior device with regard to insertion success.

Prospective observational study evaluating EMT-B ability to provide care in out-of-hospital cardiac arrests. Found that EMT-Bs were able to place the EZ-IO with a 94% success rate. Median time to placement was 72 seconds.

Hoskins SL, Kramer GC, Stephens CT, Zachariah BS. Efficacy of epinephrine delivery via the intraosseous humeral head route during CPR. Circulation 2006;114:II_1204
Results from this study which sought to determine the efficacy of intraosseous drug delivery using the proximal humerus during CPR in swine showed that the humeral route generated higher mean arterial pressures than central venous or endotracheal delivery.

La May G, Friese G. Pediatric fluid resuscitation and airway management - a primer on volume replacement in pediatric patients. EMS 2006;May:65-72
An overview of managing pediatric fluid resuscitation and airway management in the pre-hospital setting.

An overview of intraosseous cannulation in the pediatric population. Anatomy, technique, contraindications, complications and laboratory investigations are all discussed.

Two case studies of neonates that successfully received IO infusion.

Article in French describes IO access and IO devices, including B.I.G., F.A.S.T.1 and EZ-IO®.
Intraosseous Vascular Access Bibliography
Emergency Care

Retrospective chart review demonstrating safe and effective IO placement on pediatric patients by EMT-Ps, ED physicians, and members of the transport team in the pediatric critical care transport environment.

Gillum L, Kovar J. Powered intraosseous access in the prehospital setting: MCHD EMS puts the EZ-Io to the test. JEMS 2005;30(10):s24-6.
Observational study of initial use of the EZ-Io® in 125 patients by EMS providers. Found 94% success rate for insertion and infusion into the IO space. No complications reported. This study was sponsored by Vidacare Corporation.

This animal study compared IO drug delivery in the tibia versus the sternum during CPR. Researchers concluded that during CPR IO infusions delivered via both sites were effective—although sternal delivery was faster; and that IO sternal access is comparable to IV access for drug delivery during CPR.

This study abstract discusses use of the EZ-Io to determine the pharmacokinetics (PK) and efficacy of tibial IO drug delivery during treatment of cardiac arrest in the swine model, as compared to IV access. Results showed that PK analysis of IO drug delivery via the tibial route showed a delay of 20-50 seconds compared to IV; however, physiologically significant levels of epinephrine were reached as MAP. This research was sponsored by Vidacare Corporation.

Nursing article discussing the utility of the sternum as a site for IO infusion. Includes clinical indications, insertions techniques, contraindications, potential complications, post-insertion care and considerations for discontinuing the sternal device.

Animal study compared the sternal and tibial routes for IO drug delivery during CPR. Investigators concluded that both the sternal and tibial routes can effectively deliver near equivalent doses during CPR in swine. http://www.aemj.org/cgi/content/abstract/12/5_suppl_1/67

Case report. Finds more positive outcomes with fluid restriction (permissive hypotension) in patients with uncontrolled hemorrhagic shock.

Miller LJ, Kramer GC, Bolleter S. Rescue access made easy: Intraosseous infusion, once limited to use in children, is now becoming a reliable access site for adults. JEMS 2005;30:56-18.
Overview of IO therapy. Includes &quot;10 Myths about Adult IO,&quot; and description of available IO devices, including EZ-Io® http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=PubMed&amp;list_uids=16382511&amp;dopt=Citation

Retrospective study over a 14-year period examining 129 IO insertions among 23,489 pediatric trauma patients. Patients receiving IO fluids and medications tended to be younger and sicker. Concludes that IO is an essential skill for anyone involved in pediatric trauma resuscitation.

YEAR: 2004

This article discusses different aspects of burn care in the EMS setting, noting IO access as possibly &quot;your best bet&quot; when fluid resuscitation is necessary in burn victims.

Review article describing how IO has replaced saphenous venous cutdowns in pediatric emergencies and decreased need for immediate central venous access.

Study compared the VidaPort (now EZ-Io®) and the Bone Injection Gun (B.I.G.). Of 32 cases for each device, insertion rates were 100% for the VidaPort and 88% for the B.I.G. Average insertion times were 16 seconds for the VidaPort and 21 seconds for the B.I.G.
Study evaluating the ability of physicians to establish IO access in patients while wearing full protective gear. Concludes that IO insertion of the BIG needle is rapid, but the protective gear increased insertion time 50%.

Review article asserting that IO administration of hypertonic saline dextran is consistent with the concept of permissive hypotension. Calls for innovative techniques in resuscitating patients from severe hemorrhage.

Case report of a patient in asystolic arrest successfully resuscitated with an IO line inserted through deeply burned skin without complication. After multiple failed IV attempts, IO access was the only viable method of vascular access.

Review article for a nursing audience outlining recent changes in emergency life support in the most recent Advanced Cardiac Life Support (ACLS) guidelines from the American Heart Association with specific emphasis on new technologies for vascular access and emergency airway management.

Results of a literature search to determine if a standard bone marrow needle can be used to establish IO access in a pediatric patient. Results showed only one article addressing the issue that indicated standard bone marrow aspiration needles can be used for IO infusion.

Donati F, Guay J. The substitute for the intravenous route. Anesthesiology 2001;95(4):1041
This letter is in response to an editorial on management of laryngospasms without previous intravenous access. The authors debate the use of intramuscular succinylcholine vs. intraosseous administration.

Orgiler Uranga PE, Navarro Arnedo JM, De Haro Marin S. [The intraosseal route. When the veins have disappeared]. Enferm Intensiva 2001;12(1):31-40. [Spanish]
Literature review on intraosseous administration of drugs during pediatric emergencies. Concludes that IO is a valid alternative route for infusion of drugs and other substances into the blood stream with a low complication rate.
*Article in Spanish*

Weiss M, Gerber A. The substitute for the intravenous route. Anesthesiology 2001;95(4):1040
In this letter to the editor responded to an editorial by Donati and Guay in which they suggested that every effort should be focused on a search for intravenous access including the femoral route. The authors suggest that the IO route is the safe alternative to unobtainable peripheral venous access.

Nursing article discussing the role of IO infusion when peripheral veins are collapsed. Describes advantages of IO, including ready availability, ability to establish vascular access without interrupting CPR.

Brief review of the discovery and evolution of IO access in emergency care.

Survey on current opinion and practice regarding IO among 332 Accident and Emergency Departments. Found that 75% of respondents were aware of IO use in adult resuscitation.
This article reports the first 50 uses of the Pyng F.A.S.T.1 sternal IO infusion system in adults. Six emergency departments and 5 EMS systems participated. Results showed the overall success rate for the system was 84%. Success rates were 74% for first-time users and 95% for experienced users. Mean time to vascular access was 77 seconds.

Overview of pediatric IO infusion targeted for an EMS/paramedic audience. Discusses anatomy of long bones, indications, advantages, contraindications, steps for insertion, fluid administration and ongoing assessment and documentation.

A retrospective chart review that evaluated use of IO access in pediatric patient resuscitation in a tertiary emergency department between 1989 and 1995. Results showed IO access was successfully established in 86% of patients. Median time to placement was 8 minutes; two complications of bone fracture were reported in one 10-day-old neonate patient.

Study comparing B.I.G. and Jamshidi IO needle in an EMS training program. 38 EMT trainees performed the insertion. Time to placement was 12 seconds for the B.I.G. and 17 seconds for the Jamshidi needle. There were no statistical differences in ease-of-use ratings between the devices.

YEAR: 1999
This article discusses the basic steps of performing rapid sequence intubation in children with a referenced case study and literature review. The authors stated that based upon the evidence, when emergency intubation is needed, IO access can be an acceptable route for RSI in the absence of peripheral venous access.

Review article describing IO vascular access in adult patients in critical prehospital situations. The technique is easy to teach and skills are maintained.

YEAR: 1998
A 3-year old male presented at the emergency department with rapidly progressing circulatory collapse clinically aligned with meningococcal septicemia. Attempts at peripheral and central venous access were unsuccessful. Attempts at tibial IO insertion were unsuccessful with a number of needles bending when cortical penetration was attempted. IO insertion was successfully achieved at the medial aspect of the calcaneum. IO infusion was continued for 6 hours and removed when no longer needed. The patient fully recovered and the calcaneal site healed without complication.

YEAR: 1997
Review article for trauma nursing audience describing advances in trauma care.

Case report of an 18-month-old boy with cardiopulmonary arrest secondary to penicillin anaphylaxis successfully resuscitated by IO administration of emergency medications.

Abstract only

Clinical study finding that prehospital IO did not improve outcome in pediatric patients with cardiac arrest. Cautions that the sample size was too small to reach a statistically significant conclusion.

Abstract only
Intraosseous Vascular Access Bibliography
Emergency Care

YEAR: 1996

Describes a miniature C-arm imaging device to accurately confirm proper needle placement in intraosseous infusions.

This abstract describes the restrospective study of a German rescue helicopter service and initial experience using intraosseous access in their system. Ten cases presented in which IO puncture of the proximal tibia was required. In all attempts access was established within 60 seconds without complication; in 2 cases general anesthesia was administered via IO access. Authors concluded that IO infusion is simple, fast, and a safe alternative for emergent access.

Discusses research directions for resuscitation from trauma-induced acute hemorrhagic shock, particularly uncontrolled hemorrhagic shock, with emphasis on fluid resuscitation.

YEAR: 1995

Case report finding IO a viable method of venous access in a child with burns.

Describes 2 cases of resuscitation of a scalded child by IO infusion following failed IV attempts. Reviews IO techniques.

Nursing article on pharmacologic management of cardiac arrest discussing administration routes for cardiac medications.

Article in French.
No abstract available

YEAR: 1994

Study of IO training for advanced life support providers. Providers were able to establish IO access in 13 of 15 (87%) of pediatric patients (age range 1-24 months) following completion of an 1-hour training course and supervised hands-on simulation. All procedures were performed in less than 10 minutes.

Comparison of flow rates for IO infusion through the clavicle and subclavian venous infusion. Found no significant differences between the two infusion routes.

Preclinical study in 86 injured dogs with hemostasis disorders. Plasma and platelet disorders normalized 3 hours after the onset of infusion therapy. The response was enhanced by IO infusion of isotonic saline.

Study demonstrating improved performance of pre-hospital endotracheal intubation and vascular access of younger children after introduction of an EMT-P PALS clinical course.
Describes frustration associated with difficult venous access. Recommends intraosseous infusion technique as a non-collapsible vein for parenteral infusions.

Seminal article describing alternatives to intravenous cannulation including intraosseous access, intratracheal drug administration, sublingual and intralingual injection, intra-penile administration, and intracardiac injection. Concludes that the intraosseous method is an effective alternative to intravenous access in emergency situations.

Discussion of the role of the trauma anesthesiologist/critical care specialist (TA/CCS) in field airway resuscitation, management and reversal of shock are covered in this chapter.

Preclinical study demonstrating IO infusion of a saturated salt-dextran solution restored cardiac output in a pig model of hemorrhage. Suggests that IO-administered concentrated salt-dextran solution is a viable alternative during harsh field conditions where conventional resuscitation techniques may be impractical.

A brief overview on establishing intraosseous vascular access in the neonatal patient population. Discusses insertion techniques, anatomy and physiology, absorption rates, indications and contraindications.

Retrospective analysis of prehospital IO infusion covering 165 attempts on 152 patients over a 5-year period, found a success rate of 73%, with success rates significantly higher in younger children (<2 years old). EMT-Ps maintained proficiency in the technique over time despite infrequent use.

Observational study finding 7 of 27 critically injured patients (ages 3mo-10y) successfully resuscitated using IO. Concluded that IO is a rapid, safe and simple method of obtaining short term vascular access in critically ill and injured children.

Case reports of 2 9-month-old infants with severe dehydration treated with IO infusions after failed IV attempts. IO lines were replaced shortly after venous access was obtained.

Evaluation of the chain of survival from cardiac arrest using standard measurements of performance.

Case reports of resuscitation of 2 pre-termed infants with medications administered via the intraosseous route. Also includes a short review of the history, physiology, technique, complications and contraindications of IO procedure.

A review of intraosseous infusion and the possible applications in pediatric emergency medicine.
Intraosseous Vascular Access Bibliography
Emergency Care

Descriptive comparison of the 4 available routes to provide drugs to adult patients during cardiopulmonary resuscitation.

YEAR: 1991

Discussion of case reports of IO infusion, as well as physiology of IO and technique for IO access. Concludes that IO infusion is simple and safe. The technique can be successfully performed under field conditions by paramedical personnel, even by untrained personnel.
Abstract only

Review article discussing aspects of intraosseous infusion, including indications, technique, and pharmacokinetic factors. Concludes that multiple drugs and fluids can be safely administered through the intraosseous route.

Comparison of IO administration in 3 simulated EMS settings: at the scene, in ambulance in steady traffic on curvy road, in ambulance at fast speed in stop and go traffic. Found that 12 EMS participants were successful in establishing IO infusions, with 84.8% of infusions achieved in less than one minute in all settings.

Review of indications and benefits of intraosseous infusion. Concludes IO access may be especially valuable for medical personnel who rarely care for critically ill children because the IO technique is easily mastered even with limited practice.

Case report of an 11-week old infant in cardiac arrest due to haemorrhage successfully treated using IO infusion. The child was discharged with no apparent neurological deficit.

Preclinical study in 39 puppies comparing IO treatment with Ringer’s lactate with antishock trousers and control group receiving no treatment. Concludes that emergency administration of IO fluids is safe and effective for the initial resuscitation of hypovolemic shock.

YEAR: 1990

Textbook chapter on IO.

Case report of a critically ill preterm neonate who received needed emergency fluids via IO infusion.
Hebrew/Abstract only

Review of the use of intraosseous infusion in children in the prehospital setting and in the emergency department. Outlines anatomy, indications and contraindications, technique, complications and role of intraosseous infusion in pediatrics.
Review

Case report of a 6-month-old infant in cardiac arrest successfully resuscitated with IO epinephrine.
Abstract

Case report of 2 severely burned children saved after IO was used to establish IV access.
Intraosseous Vascular Access Bibliography

Preclinical study comparing a sternal IO infusion device to IV fluids for resuscitation. Blood pressure and cardiac output were normalized at 10 minute post infusion in both groups. Advocates use of IO infusion as a way for pre-hospital rescuers to consistently incorporate fluid therapy in their scoop and run policies.

Nursing article describing intraosseous infusion techniques and benefits.

Preclinical study comparing the pharmacokinetics of 6 emergency medications in dogs. Found that IO administration resulted in similar physiologic effect and/or serum drug levels as central and peripheral venous administration.

Discusses current limited pre-hospital use of intraosseous infusion. Stresses need for a concerted effort to promote broad adoption.

This article describes two cases of IO administration of succinylcholine for emergency airway management in children that resulted in adequate intubating conditions within 45 seconds for both cases.

Vinsel PJ, Moore GP, O'Hair KC. Comparison of intraosseous versus intravenous loading of phenytoin in pigs and effect on bone marrow. American Journal of Emergency Medicine
A 15mg/kg dose of phenytoin was administered over 15 minutes to 6 pigs using the IV route and 6 pigs using the tibial IO route. Blood samples were taken every 5 minutes for 35 minutes to determine phenytoin levels. There was no statistical difference between the two groups. Bone cortex and marrow were microscopically examined and were normal after 5 weeks. Authors concluded the IO route is an effective alternative to the IV route for administering phenytoin without permanent damage to the marrow.

YEAR: 1989

Preclinical study in pigs and mathematical model using mean frequency of the ECG during ventricular fibrillation to predict downtime.

Study of 22 cardiac arrest patients arriving at the Emergency Department with no or insufficient intravenous access. Intraosseous needle placed and flow established in less than 1 minute in all patients. Observed flow rates of 5 to 12 mL/min with pressure bag attached. IO needle placed in the medial supramalleolous.

Study of IO infusion by paramedics on pediatric patients (&lt; 5 years of age) in cardiac arrest. Paramedics completed a training program in IO technique. Observed 85% success rate (10 of 12 IO attempts). Discusses training methods, limitations and implications for future use.

This article describes a pre-clinical study comparing bone marrow, venous blood, and arterial blood specimen results when used for blood electrolytes, blood chemistry, blood gases and hemoglobin; and a clinical evaluation of bone marrow and venous blood used for cultures.

Prospectively studying EMS personnel able to successfully establish IO access in 16 of 17 pediatric patients with cardiopulmonary arrest. Observed 13 successful infusions within 1 minute on first attempts at IO access. No significant complications.

Review article for a nursing audience presenting a brief historical overview of IO technique and insertion methods, with discussion of clinical applications and nursing management aspects.

7/15/2015
Observational study finding nearly 70% of aeromedical transport programs do not use IO infusion. Concludes IO to be grossly under-utilized. Calls for further consideration.

YEAR: 1988

Description of IO infusion technique, site selection, procedure, anatomy & physiology, historical perspectives, contemporary research, indications, contraindications, complications, and future direction.

Retrospective chart review of 33 pediatric patients finding 83% success in establishing IO infusion. IO and percutaneous peripheral catheterization were the quickest methods for vascular access. Observed no major and minimal delayed complications.

Retrospective chart review over a 1-year period finding IO reduced vascular access time in patients with cardiac arrest when standard techniques failed.

Preclinical study finding IO infusion of hypertonic glucose and dopamine to be as effective as IV administration.

Concludes intraosseous infusion to be a safe and viable technique in the pre-hospital setting, especially in the aeromedical area.

YEAR: 1987

A brief overview of intraosseous vascular access. The author concluded that IO vascular access is a firmly established practice based on scientific fact and clinical significance.

Preclinical study of IO flow rates during hypovolemia. Concludes that IO flow rates may be insufficient for definitive treatment of severe hypovolemic or hemorrhagic shock.

Several case reports illustrating the utility of IO in the emergency department. Includes discussion of IO administration of diazepam in succinylcholine.

YEAR: 1986

Evaluation of a sequential protocol comparing femoral vein catheterization, saphenous vein cutdown, and IO (in order) when conventional IV access was impossible in a pediatric patient population. Found that IV access was attained in 4.5 minutes when the protocol was followed, compared to 10 minutes when protocol was not followed. Suggests that IV access should always be attained in 5 minutes or less.

Discusses rediscovery of intraosseous infusion as a straightforward technique for an extremely difficult clinical problem. Suggests that many fluids and medications can be administered via the IO route.

Discusses IO route as a safe, proven, and technically easy method for administration of replacement fluids, blood products, and resuscitative drugs. Presents value, historical context, technique, and complications of the IO infusion.
Case report of child with status epilepticus. IO phenytoin resulted in seizure resolution and therapeutic serum levels of drug.

YEAR: 1985

Review of IO insertion techniques of insertion, clinical indications, contraindications, and complications.

YEAR: 1985

Preclinical study in pigs examining blood pH during CPR with sodium bicarbonate administered via different vascular access routes. Found that pH of blood obtained via central venous access and intraosseous access were significantly different from the peripheral group, and that all three groups were significantly different from the control. Pathology studies showed only minor damage to bone with IO sodium bicarbonate administration.

YEAR: 1985

Letter to the editor asserting that while the Turkel trephine technique may stabilize the IO needle better and minimize fluid leakage into the subcutaneous tissue, few physicians are familiar with the technique and it is more time-consuming than using a standard bone marrow needle or standard hypodermic needle.

YEAR: 1985

Case report of continuous IO infusion of dopamine hydrochloride and dobutamine hydrochloride in a 6 month old infant. Concludes that IO infusion is efficacious and complications rare.

YEAR: 1984

Seminal article on IO infusion by the "Father of IO." Drugs and fluids infused through the IO space enter the central circulation as rapidly as through IV routes. Unlike peripheral veins, the intramedullary blood vessels will not collapse in shock.

YEAR: 1984

Outlines problems with conventional vascular access in emergency medicine. Discusses possible resurgence of the "old" technique of intraosseous infusion.

YEAR: 1984

Article for military medicine audience concluding that the intraosseous route is more safe and effective than the intravenous route for several clinical indications, including burns and shock, circulatory collapse, uncooperative patients, patients in transit, shortage of physicians, especially under emergency conditions. States that IO infusion is an established alternative to intravenous infusion.

YEAR: 1983

Recommends IO infusion of fluids in cases of shock, burns, mass casualties, and also for long term parenteral nutrition whenever peripheral veins cannot or should not be used.

YEAR: 1977

Observational study of 15 patients needing emergency fluids and in whom IV's were difficult to establish. Patients received drugs and fluids via IO. Concludes that IO therapy is effective with no serious complications.

YEAR: 1954

Case report of death following pericardial rupture with hemorrhage, associated shock, and peripheral circulatory collapse.
Tocantins LM, O'Neill JF, Jones H. Infusion of blood and other fluids via the bone marrow: Application in pediatrics. JAMA 1941; 117(5):1229-34.
Describes emergency IO infusion of citrated blood and saline into the tibia or femur of 9 infants. IV access was impossible. Found no complications upon clinical or x-ray examination post-infusion.

Early study of 4 patients with acute failure of the peripheral circulation. IO infusion of blood, fluids, or drugs via the bone marrow resulted in a prompt recovery from the state of collapse. Recommends IO route when peripheral veins are not available and fluids are urgently needed.
Intraosseous Vascular Access Bibliography

Arrow® EZ-IO®

YEAR: 2015


This article presents a 5-case series describing use of IO vascular access by anesthesiologists in the perioperative and critical care settings. All insertions were made in the proximal tibia and there were no adverse events reported. The devices cited as being used were the EZ-IO and the Cook Surfast manual needle. A proposed perioperative vascular access algorithm incorporating IO access is presented. The authors address key topics around IO access including use of same drug dosing as IV administered drugs, frequent palpation and monitoring of the insertion site for extravasation, low complication rate and actual risks associated with fat emboli and bone injury, pain and anxiety management in the awake patient and clinician-perceived pain. Administration of blood products, ACLS drugs. Lactated Ringer’s solution and anesthetics are noted without complication. Use of IO aspirate for laboratory testing is noted, however use of the initial aspirate is indicated. Several patients in the case series were reported to find the discomfort of IO insertion preferable to multiple intravenous attempts. The authors concluded: IO lines can be placed quickly and safely in emergency situations or in elective surgical patients with difficult intravenous access; IO access can be useful in a wide variety of clinical settings; and is an important skill for anesthesiologist to learn.


Preclinical study to determine whether intraosseous pressure (IOP) could be consistently recorded and similarity of IOP to central venous and arterial pressure in a porcine hemorrhagic shock model. IOP tracings were tracked reliably from the proximal humerus, distal femur, and proximal tibia. Baseline IOP ranged from 16-18 mm Hg among the three sites, which was approximately 23% of arterial pressure. This study was sponsored by Vidacare LLC.


Case report of a prehospital misplacement of an IO catheter into the intra-articular space of the knee joint when access was attempted in the field. Upon ED arrival IO placement was noted to be high and intra-articular placement was confirmed by xray. A sterile NS lavage was done and patient recovered without complication. Authors note this as a previously unidentified complication of IO placement and advise xray confirmation of affected sites with follow-up of intra-articular placements for the septic arthritis. (Picture of site appears to be an EZ-IO).


Retrospective analysis of IO needle insertions performed in all HEMS missions during the first three years (2009-2011) using the EZ-IO® system. Overall success rate of EZ-IO procedures (N=348) was 99.6%, with a first attempt success rate of 85.9%; and high user satisfaction rate of 93%. IO access was mostly second line overall but first line in children <7, trauma and cardiac arrest. There was 1 failure and 4 needle insertion problems noted; no serious complications.

Germany


A cadaveric study evaluating intraosseous (IO) vascular access sites for attainable flow rates under 300 mmHg. The EZ-IO was used to establish IO access at the proximal humerus and proximal tibia sites; the FAST1 was used to establish sternal IO access. The total volume of fluid infused at the three IO access sites was 469 ± 190 mL for the sternum; 286 ± 218 mL for the humerus; and 154± 94 mL for the tibia. The mean flow rate infused at each site was as follows: 93.7 ± 37.9 mL/min for the sternum; 57.1 ± 43.5 mL/min for the humerus; and 30.7± 18.7 mL/min for the tibia. First attempt placement success was 100% for the sternum and proximal humerus and 81% for the tibia.


This preclinical study evaluated the occurrence of fat intravasation resulting from intraosseous (IO) flush and infusion in anesthetized swine. Intravasated fat was assessed using a lipophilic fluoroprobe (Nile red) and by vascular ultrasound imaging. Fat intravasation was observed during all IO infusion regimens, with subclinical pulmonary fat emboli persisting 24 hours post infusion. It was noted that initial flush was a significant factor in fat intravasation, low levels of intravasation occurred with infusions ≤300 mmHg, fat intravasation and bone marrow shear-strain increased with IO infusion rates, and intravasation was influenced by cannula insertion site.

Sweden


Preclinical study using a porcine model to determine whether there were differences in intraosseous (IO) and intravenous (IV) antibiotic (cefotaxime and gentamicin) concentrations during septic shock. Both methods of administration yielded comparable concentrations. Authors concluded in an emergency, IO administration of these antibiotics may be considered in severe infections when venous access is difficult.

7/15/2015

This article in French is a survey of residents and doctors in France that practice in ED, ICU and anesthesiologists units seeking their opinions and practice habits in regard to IO access. Only 29% had ever used an IO kit; with a correlation between years of experience in practice and use of IO access. 555 had received some IO access training; 90% of untrained doctors believed training was necessary. The powered system was the most utilized (EZ-IO).


Literature search for complications associated with IO access included 5759 patients with overall complication rate of 2.1 %. Two cases involving retained needle fragment discussed; one with a proximal tibial EZ-IO that required surgical removal. Authors concluded IO catheters are reliable tools for fluid and drug delivery to critically ill patients with low complication rates (which can be potentially serious but managed).


A prospective observational study that evaluated use of intraosseous vascular access for delivery of rapid sequence intubation (RSI) drugs. Data was collected between January and May 2012 at a combat hospital in Afghanistan. Thirty-four (34) patients underwent RSI with drug delivery via the IO route. Access was established in the proximal humerus and tibia using the EZ-IO and in the sternum using the FAST-1. All placements were successful on first attempt; first pass intubation success rate was 97%; a Cormack-Lehane (C-L) laryngoscopical grade view of 1 was reported 91%. Authors concluded that IO access is a safe and feasible route for delivery of anesthetic drugs for RSI.


Randomized comparative study of adult pigs infused intraosseously with either: 7.5% hypertonic solution (HTS), 3% HTS or normal 0.9% isotonic saline. The animals were observed daily for infection, necrosis and gait up to 5 days, then necropsy and histological analysis was performed for tissue necrosis. Observations included regular tissue morphology and normal gait scores over the 5 day observation period; and absence of gross tissue necrosis and microscopic ischemia post IO HTS infusion in this swine model. Authors concluded this study confirms the clinical safety of IO HTS infusion and its use as an alternative lifesaving treatment.


Preclinical study using a porcine model to determine whether there were differences in intraosseous (IO) and intravenous (IV) whole blood transfusion relative to hemolysis and transfusion time. IO transfusion does not significantly increase hemolysis (using free hemoglobin as outcome measure) or transfusion time compared with IV transfusion. Authors concluded transfusion of whole blood through an IO device is an effective transfusion method that may be used until other vascular access is obtained.


This article presented a general overview of IO use in pediatrics. The history, techniques, anatomy and physiology, complications and a short discussion of most devices on the market, including the EZ-IO, were discussed.


This letter to the editor describes a single case of a needle breaking off after a proximal tibial insertion of the EZ-IO into a volunteer (one of the letter’s authors) during a training session. “Divergent from manufacturer instructions the sterile steel stylet was put back into place to achieve better grip for a manual pull-out. Under steady pull in strict axial alignment and gentle clockwise turn, the needle broke away from the plastic connector”. The needle was extracted using combination pliers and there is no evidence of damage to the leg. Authors acknowledge this can be avoided by adherence to manufacturer’s directions for use.
**Intraosseous Vascular Access Bibliography**

**Arrow® EZ-IO®**


This was a prospective, randomized controlled clinical pilot study comparing the BIG and EZ-IO intraosseous (IO) vascular access devices in 52 adult patients admitted to an emergency department with difficult peripheral venous access. Twenty-six patients were randomized to each device; results were first attempt insertion success BIG 92.3%, EZ-IO 84.6% (P=0.688); procedure time: BIG 2.8 ± 1.2 seconds, EZ-IO 5.2 ± 2.2 seconds (P<0.001), significant; difficulty of use (with visual analogue scale): BIG 8.6 ± 6.4 mm, EZ-IO 25.4 ± 12.6 mm (P<0.001), significant. Authors concluded both EZ-IO and BIG are shown to be reliable and safe methods for insertion of intravascular access in emergency conditions. There were no adverse events or complications reported.

Turkey

Derick HJGM, Gerritse BM, Gans R, vander Meer NJM. A randomized trial comparing two intraosseous access devices in inhospital healthcare providers with a focus on retention of knowledge, skill, and self-efficacy. Eur J Trauma and Emerg Surg 2014;doi:10.1007/s00068-014-0385-8

This article describes a randomized trial comparing the retention knowledge, skill and self-efficacy among anesthesiologists and registered nurses of anesthesia with use of the EZ-IO and Bone Injection Gun (B.I.G.). Participants were randomized to be trained on one device and were tested at 0, 3, and 12 months post training. The authors concluded that training anesthesiologists on use of the EZ-IO with the educational tools provided by the manufacturer will ensure optimal performance for a period of one year.

The Netherlands


Text article that accompanies video featured in The New England Journal of Medicine on intraosseous access which provides a general overview of IO access and demonstration of IO insertion using the EZ-IO and one manual IO needle set.


A preclinical study comparing intraosseous (IO) and intravenous (IV) administration of Hextend in 27 swine for time of administration and hemodynamics. IO access was established in the proximal humerus using the EZ-IO. Results showed time for administration was not significant; there were no significant differences between IV and IO relative to hemodynamics. The author concluded that the IO route is an effective method of administering Hextend.

Poland


Manikin study conducted in Poland with 107 paramedic operators designed to investigate the success rate, time of insertion and perceived difficulty of intraosseous access devices during simulated resuscitation using the EZ-IO, Bone Injection Gun and Jamshidi needles. Results were first attempt success: B.I.G.: 91.59%; EZ-IO: 86.66%; Jamshidi: 47.66%; mean procedure time: B.I.G.: 2.0 min ± 0.7; EZ-IO: 3.1 min ± 0.9; Jamshidi: 4.2 min ± 1.0; and ease of use (1-very easy to 5-very hard): B.I.G.: 1.83; EZ-IO: 2.92; Jamshidi: 4.68.

Turkey


This retrospective study reported IO use over a 7-year period during combat operations in Afghanistan by the UK Defence Medical Services. The EZ-IO and FAST1 IO devices were available for use; IO use data was collected from the front line, during helicopter evacuation and at the combat hospital. A total of 1014 IO devices were inserted into 830 adult patients; various medications infused via IO access are listed. Across all cases there were no serious IO complications and 14 minor complications. The author concluded that in the pre-hospital setting in particular and in severely injured trauma patients, IO access should be considered a primary method of obtaining vascular access.

Germany


Case study of 36 year-old in septic shock with co-morbidities of IV drug abuse, endocarditis, tricuspid valve insufficiency and pulmonary embolism. Initially impossible to obtain PIV or CVC access; then unable to give desired fluids through 22 gauge PIV when finally placed. Proximal humerus IO access was established with the EZ-IO 45 mm needle set and the patient was resuscitated with 30 mL/kg fluids and multiple medications given in first hour. Conclusions included that CVCs are not always possible and volume treatment with an IO placed sooner rather than later, especially in children but also in adults, can be lifesaving. IO systems should be extensively available throughout the clinical setting. Article in German.
A preclinical study comparing the time to onset, time to onset peak, and time to recovery of peripheral intravenous and tibial intraosseous administration of Rocuronium. Study results demonstrated there was no statistical difference front the time of administration to complete neuromuscular blockade between the IO and IV administration of Rocuronium; and the recovery of neuromuscular function was significantly longer after IO administration, however it was not deemed clinically significant. The authors concluded that Rocuronium can effectively be used via the IO route without the need for dose adjustments.

This abstract describes an observational study evaluating use of the intraosseous drill (EZ-IO) in 20 patients assisted by EMS and receiving CPR within a 3 year period. The study includes 4 pediatric and 16 adult patients. The authors concluded that IO access is a reliable alternative to peripheral venous access and can be implemented fast and with high success rate of CPR in which drugs and fluids are given.

Retrospective study of the Israeli Defense Force (IDF) registry from January 1999 through October 2012 to identify all cases in which IO access was attempted. The Bone Injection Gun (B.I.G.) was the device used for IO access. A total 37 attempts were made in 30 patients. First attempt success was 53% with an overall success rate 49% when factoring subsequent attempts. Most frequent cause for failure related to providers skill level, and due to the device design allowing little room for error. This study prompted the IDF to seek an alternative for the B.I.G.

This report describes a study conducted by the Air Force Research Laboratory comparing intraosseous infusion rates between IO sites in a cadaveric model to determine if there is a site that is most effective for volume resuscitation. Using 16 cadavers procured within 72 hours of death, IO access was established in the proximal tibia and proximal humerus using the EZ-IO and in the sternum using the FAST1. Results showed the mean flow rate in the sternum was 1.6 times greater than the humerus and 3.1 times greater than the tibia. An abstract describing this report was presented by oral presentation at the 2014 annual scientific assembly for the Eastern Association for the Surgery of Trauma meeting.

This letter to the editor describes a cadaver study performed by 50 interns who had never performed IO insertion, to determine if there is a learning curve associated with use of the EZ-IO for establishing IO vascular access in the proximal tibia. Following training each intern performed 10 IO insertions and were timed. The results showed a difference between the first and the eighth attempts resulting in a decrease in time to insertion by half. The authors concluded that practice insertions are necessary to become comfortable with the device.
Intraosseous Vascular Access Bibliography

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This article explores use of IO vascular access in combat and tactical settings through a brief review of the literature describing this practice. A small feasibility study is discussed that evaluated the use of cadavers for training 26 U.S. Air Force Pararescuemen (PJs) on establishing IO access in the humeral head using the EZ-IO, both drill-assisted and manually inserted needles. First attempt placement success with the EZ-IO drill was achieved in 25 of 26 attempts; first attempt placement success using the manual occurred in 19 of 21 attempts. The authors concluded that the humeral head IO site is the most appropriate site within the tactical setting; and that use of a human cadaver model for training is an appropriate model.


A preclinical study comparing the recovery of fibrinogen in a porcine model when fibrinogen concentrate is administered via IV and IO access. The study results suggested intraosseous administration of fibrinogen concentrate results in a recovery of fibrinogen similar to that of intravenous administration.


This prospective study sought to evaluate intraosseous flush practices of emergency physicians. Using cadavers, 15 emergency physicians were asked to flush an IO catheter placed in the proximal tibia and proximal humerus IO insertion sites with 10 mL normal saline as they would in clinical practice; IO pressure measurements were recorded using an IO catheter inserted in the diaphysis of the target bones. Results showed the median IO pressure generated was 903 mmHg and the median flush duration was 5.2 seconds. Result showed significant interoperator variability with greater than 35-fold difference in flush forces. The authors concluded that it may be prudent practice for providers to extend the flush over several seconds to limit the maximal pressures.


Abstract presented at the Society of Cardiovascular Computed Tomography on preliminary findings of an observational study done after training ER physicians and techs on intraosseous (IO) catheter use and implementation of a policy for IO access use. Authors report high injection rates and excellent computed tomography angiography (CTA) scans safety with use of an IO for power injection of iodinated contrast media (ICM). Authors concluded cardiovascular imaging physicians, surgeons, ER physicians, and CT technologists should be familiar with the techniques of IO needle placement and use for power injection of ICM for CTA. The diagnosis and treatment of critically ill and unstable patients may be hastened by this technique.

YEAR: 2013


Case report of 54-year-old male obtunded patient requiring a CT angiogram to diagnosis a suspected massive pulmonary embolism. After several failed attempts to reestablish PIV access, 150mL of contrast were injected through the proximal tibia IO catheter placed by EMS. Excellent opacification of the pulmonary arteries was achieved and there were no immediate complications from the injection noted.


In a letter to the editor this study reports data collected (during a survey of one third of academic emergency medicine programs in the U.S.) regarding IO use in adults and comparing IO access with other vascular access techniques through simulation. Data suggest that IOs were used less than 5% of the time patients needed emergent access and a peripheral line was unobtainable. The EZ-IO was most often used IO device. Authors conclude IO use should be considered more frequently in critical, unstable patients. (This research was presented at the ACEP Research Forum in 2010).


This letter to the editor describes a prospective, observational, trial that evaluated use of the EZ-IO in critically ill and injured patients (adult and pediatric) in a multijurisdictionalprehospital setting; 9 EMS agencies were included. The 25mm needle set was the only needle size allowed for the study. One-hundred-eleven EZ-IO placements were performed by EMT-Intermediates and EMT-Paramedics with 96 successful placements (88.5%); the most common cause for failure reported by the author was thought to be patient obesity and inadequate needle length. Cardiac arrest patients made up 74.7% of the study population and the most common site accessed was the proximal tibia. Device operators rated the ease of use 7.87 using a 0 to 10 scale where 10=extremely easy.
Intraosseous Vascular Access Bibliography

**Arrow® EZ-IO®**


An observational clinical study evaluating use of the EZ-IO in patients requiring urgent vascular access that would have otherwise received a central venous catheter due to a lack of other options. One hundred five (105) patients were enrolled across five hospitals. The authors concluded that use of IO access in place of CVCs provides time savings, safety, ease of use, and is effective at significant cost savings; IO access may be used as a bridge to CVC placement under optimal conditions; and IO access may be used to replace use of CVCs all together in selective patients. This study was sponsored by Vidacare Corporation.


This article describes a mannequin and cadaver study that evaluated use of the EZ-IO sternal device and the Illinois needle to establish sternal IO vascular access by dental students. Results of the cadaver study showed two cases of perforation of the posterior sternal cortex when the Illinois needle was used and one EZ-IO insertion in the soft tissue without entering the IO space. The authors concluded use of the EZ-IO sternal device with the insertion site template and scalpel incision may be more efficient and less predisposed to complication than use of the Illinois needle.


A letter to the editor reporting a case study of skin necrosis after IO administration of norepinephrine following resuscitation of a 74 years old in septic shock. The EZ-IO was placed to the proximal tibia; approximately 45 minutes post- norepinephrine administration symptoms of necrosis were evident.

Authors cite 3 hypotheses for the cause of necrosis and consider that amines’ high level concentration could induce local toxicity in the bone matrix and artery spasm; suggesting it is necessary to define an upper limit of amines’ concentration that should be administered through IO vascular access.


A pre-clinical study that evaluated use of intraosseous (IO) pressure as an indicator of changes in fluid volume status during a hemorrhagic shock protocol. Central venous and arterial pressures were used as comparators. Results showed IO pressure decreased consistently during the controlled shock protocol. Authors concluded IO pressure appears to be equivalent to CVP as an indicator of fluid volume status. This study was sponsored by Vidacare Corporation.


A pre-clinical study that compared intraosseous (IO), central venous and arterial pressure tracings in a porcine model. Results showed that IO pressure was approximately 25% of arterial pressure. A sampling of IO blood gases revealed oxygenation levels of venous blood. This study was sponsored by Vidacare Corporation.


A case study describing intraosseous pressure monitoring, through tibial IO access, using a standard arterial pressure monitoring transducer during resuscitation of a 31-year-old male in cardiac arrest. Pressure readings were recorded for approximately 53 minutes and were compared to non-invasive blood pressure cuff monitoring at the same time points. IO systolic, diastolic and mean IO pressures were approximately 40% of arterial pressures. This is the first case report demonstrating IO space has a measureable blood pressure and it correlates with pressure obtained through conventional techniques.


General discussion on use of the intraosseous vascular access route for infusion of CT contrast, with attention to clinical considerations pertinent to nurses working in the imaging suite. Author also reviews general IO principles and IO devices.


This is a preclinical study comparing the EZ-IO and the Cook manual IO needle when used by 21 resident physicians to establish IO access in anesthetized swine. Results showed the drill-assisted needle was successfully placed 100% of attempts vs 76.2% successful placement with manual; time to placement and user preference also favored the EZ-IO. Technical issues reported included bending of the manual needle 33% of attempts.
Intraosseous Vascular Access Bibliography

Arrow® EZ-IO®


A questionnaire study in which Scandinavian emergency physicians, anesthesiologist and pediatricians reported complications they have experienced with IO vascular access based on recollection alone. Complications were reported related to establishing IO access and using established IO access. Out of 1,802 IO cases reported by 386 responders, the most frequently reported complications included difficulty with periosteum penetration and bone marrow aspiration when establishing IO access; and slow infusion and needle displacement with established IO access. Osteomyelitis and compartment syndrome were reported with an occurrence of 0.4% and 0.6%. Researchers concluded that potential complications following IO insertion should be addressed during training. Devices discussed included the EZ-IO, BIG, Cook-Surfast, and other unidentified IO devices.

Denmark


This article in German explores use of intraosseous access in a dental practice emergency. In a simulation study, dental students attempted to establish standard peripheral IV access and IO access using 3 different devices: EZ-IO, BIG, and manual IO. Results showed the manual was the fastest to insert, however, the EZ-IO had the highest first-attempt success rate as well as the lowest number of total attempts to IO access.

German


This article presents an overview of IO access focused on nurses' use of the technique. A list of available devices, history and support for use and possible complications are included.


This abstract describes a study in which 66 obstetric anesthetists, obstetricians and midwives were training on the EZ-IO and evaluated for successful application of the skill in a mannequin study. The participants also completed a survey following their insertion attempt regarding their perceived ease of use and likeliness to consider IO use in the future. Results showed first attempt success was 95.5%; respondents indicated they found the EZ-IO to be easier than establishing PIV access and 100% indicated they would consider IO use in the future.

UK


This abstract describes the results of an online survey taken by members of the Obstetric Anaesthetists’ Association, evaluating use of IO access in obstetric emergencies, and availability of IO equipment on UK labor wards. Results showed many members are trained on IO access, consider it a viable option during emergencies however have limited access to equipment.

UK

Kim S. Intraosseous access: an important clinical procedure for emergency physicians. Lifeline 2013;June:12-3

Article featured in June 2013 issue of California’s ACEP monthly newsletter. This article discusses general IO principles with examples of several short case reviews and highlights the EZ-IO.


Pre-clinical study comparing flow rates achieved after insertion with the EZ-IO in the proximal tibia, distal femur, and proximal humerus in a swine model. IO catheters were placed in each site and normal saline was infused for 10 minutes using a pressure bag at the highest achievable pressures greater than 300mmHg. The flow rates through the proximal humerus were statistically greater than that of the femur or proximal tibia. The femur flow rates were higher than the proximal tibia but similar. Post-mortem histopathologic evaluations done to assess for damage due to the high infusion pressures were consistent with IO catheter placement.
Intraosseous Vascular Access Bibliography

Arrow® EZ-IO®


In this pre-clinical study, investigators sought to determine if the pressure readings at the proximal tibia IO site served as a good indicator of proper IO placement when the foot of the limb was squeezed. Traditional methods used to determine correct IO placement, including needle stability, aspiration of blood, and easy infusion, were used as comparators. Results showed the increased pressure reading at the IO site successfully predicted correct IO placement in all cases; traditional methods did not consistently correctly identify proper IO needle placement.


This article provides an overview of various vascular access modalities in emergency medicine including peripheral IV, venous cut-down, central venous catheter, intraosseous access, umbilical vessel access, and arterial access. The anatomy and physiology, indications and contraindications, procedure steps and special considerations are outlined for each access methods discussed.

Lyon RM, Donald M. Intraosseous access in the prehospital setting-Ideal first-line option or best bailout?. Resuscitation 2013;84:405-406. http://dx.doi.org/10.1016/j.resuscitation.2013.01.027

Editorial reviewing a case series of EZ-IO use in the pre-hospital setting in Switzerland by Santos et al., combined with a literature review. The authors conclude IO access should probably be used selectively and training on its use improved, insertion sites should be compared and further investigation of use of the EZ-IO in major trauma patients, infusing blood components, use in infants, and application of training warrant further investigation.


This abstract describes a study in which the investigators sought to determine the approximate patient population in which the 25mm EZ-IO needle set was sufficient length to establish IO access in peripartum patients. Ultrasound was used to determine the tissue depth at four insertion sites. Twenty-six women were recruited with a median gestation of 34 weeks. In 88% of patients with a BMI<40 kg/m² the 25mm needle is sufficient to reach the bone marrow at both tibial sites. For the humeral site, IO placement may be more difficult for patients with a BMI>25 kg/m².


A clinical study evaluating the relationship between IO blood and peripheral venous blood lactate levels analyzed using the i-STAT point-of-care analyzer in healthy volunteers. Results showed IO blood lactate levels were comparable to venous blood lactate levels with a positive statistical correlation. This study was sponsored by Vidacare Corporation.

Oksan D, Ayfer K. Powered intraosseos device (EZ-IO) for critically ill patients. Indian Pediatrics 2013;50(7):689-91

A retrospective chart review evaluating use of the EZ-IO in 25 pediatric patients between July 2008 and August 2010 at a Turkish university affiliated hospital. All attempts were made in the proximal tibia and IO access was attempted following failed PIV access within 60 seconds. First attempt success was 80%; the most reported complication was simple extravasation (3 cases) and needle dislodgement (1)


This article in French gives an overview of intraosseous vascular access including the physiology of IO infusion, insertion sites, indications, and complications. Available IO devices on the market are described including, time to insertion, success rate and cost.


A case study describing use of the EZ-IO in Afghanistan by US military on 5 patients with traumatic injury including one pediatric patient. Access was obtained in the proximal tibia on first attempt and was used to administer crystalloids in all patients along with opioids, analgesics and antibiotics. All ultimately received central venous access and peripheral access was established in one patient. There were no IO complications.
Intraosseous Vascular Access Bibliography

Arrow® EZ-IO®


An observational study evaluating use of the EZ-IO by two ground and one air based physician staffed EMS and at a German surgical university hospital between January 1, 2008 and December 31, 2011. The EZ-IO was used to establish IO access 88 times in 87 patients; 83 insertions were performed in the EMS and 5 were performed in the hospital. The proximal tibia was the primary site used (97.7%) and the first attempt success rate was 94%. IO access was the first approach for vascular access in children compared to adults (38.9% vs. 86.2%). There were 5 failures attributed to missed insertions or extravasation and 2 for wrong needle length. There were no serious complications.


This randomized, controlled study compared tissue concentrations at the surgical site of regionally and systemically administered prophylactic vancomycin, in 30 patients undergoing total knee arthroscopy. The antibiotic was administered using three methods: 250mg through IO regional administration in the proximal tibia (IORA); 500mg through IORA; and 1g administered systemically through IV. Results showed the tissue concentration of vancomycin was greater in the 250mg IORA group than the systemic IV group, and the 500mg IORA group had higher concentrations than both groups.

YEAR: 2012


This article describes a questionnaire study that was given to UK Role One military clinicians deployed to Afghanistan to assess the level of experience and confidence rating with use of IO access, using the FAST-1 and EZ-IO, and IV access. Thirty-three responses were received; clinicians felt more confident with IV access over IO access; clinicians felt more confident with FAST-1 IO access than EZ-IO IO access.

UK


Preclinical study using a porcine model comparing the maximum concentration and time to maximum concentration of epinephrine administered via the tibial IO, sternal IO and IV routes during CPR. The IV route of administration of 1mg of epinephrine resulted in a serum concentration 5.87 and 2.86 times greater than the tibial route and sternal route respectively. The times to peak concentration was similar for IV and sternal IO groups but delayed for the tibial route. Authors conclude that due to limitations of their study the guidelines of administering 1mg of epinephrine via the IO route should not be changed; further studies using larger sample size, larger volume flush, arterial blood samples and the use of a more precise method of measuring serum epinephrine should be done.

Canada
This article discusses how IO access can be used to improve advanced life support therapy. The EZ-IO is described in this article; published comparative studies between other IO devices and peripheral IV access are cited, leading the author to conclude the EZ-IO is user friendly, and establishes intravascular access more quickly and more often on first attempt than other devices.

This pre-clinical study evaluated IO flow rates obtainable with infusion of lactated Ringer’s and hetastarch 6% through the proximal tibia and sternum IO insertion sites, using a swine model. The EZ-IO 25mm was used to facilitate tibial IO access; sternal access was established using a Jamshidi needle. Results showed that hetastarch flow rates were lower than lactated Ringer’s flow rates at both insertion sites; sternal infusion of hetastarch is likely to provide greater estimated intravascular volume expansion than lactated Ringer’s, despite the lower infusion rates; resuscitation using the IO rate is likely to benefit from pressure bag or high-pressure pump delivery. This study was sponsored by Vidacare Corporation.

This abstract presented at the 2nd World Congress on Vascular Access 2012 reports data collected on the knowledge gaps and barriers to IO vascular access use. Two focus group discussions were held at professional conferences (American College of Emergency Physicians and the Emergency Nurses Association) and facilitated by clinical researchers. Data was qualitatively evaluated and researchers identified several main areas of concern for clinicians in both implementation and knowledge gap areas. This study was sponsored by Vidacare Corporation.

This simulation study compared intraosseous (IO) vascular access, via EZ-IO, with peripheral venous (PIV) access for time to access, perceived ease of placement, rapidity, and safety, and which will be first choice in life threatening situation among 73 prehospital care providers with no prior experience with IO access. Results showed time to placement for IO access was significantly faster than that of PIV; the majority of device operators graded the device superior to PIV for ease of placement, rapidity and safety.

This abstract presented at the 2012 ACEP Research Forum discusses a swine pre-clinical study evaluating CT image opacification when contrast is delivered via IV and proximal humerus IO access. The EZ-IO was used to facilitate IO access. Results showed that under blinded radiology review the IV and IO images were judged adequately opacified to meet diagnostic criteria. Authors concluded that IO administration of contrast material may be a viable alternative if other vascular access is unavailable or if establishing other access will lead to a delay in diagnostic evaluation. This study was sponsored by Vidacare Corporation.

Pharmacokinetics of IO drug delivery was compared using the tibia or sternum, versus central venous delivery during CPR. Anesthetized swine with KCl arrest were used for this study, CPR was initiated 8 minutes post arrest. Using 2 study groups, dye was injected as a bolus with adrenaline through either the IO tibial and sternal needles or through the IO sternum and IV central venous needles. Results showed peak arterial blood concentrations were faster for sternal IO vs tibial IO administration. Tibial IO delivered 65% of the total dose delivered with sternal administration. Peak blood concentrations were similar for sternal IO and central venous administration. Sternal IO delivered 86% of the total dose delivered by central venous administration. The EZ-IO and Jamshidi were used to facilitate IO access. This research was sponsored by Vidacare Corporation.

Ibrahim M, Cairney K. Intraosseous (IO) infusion as a means of vascular access. British J of Resuscitation 2012;Autumn:23-6
This article provides an overview of intraosseous vascular access, including applicable patient population, IO access sites, pain management, IO education and compares IO access to central venous access.

This article describes a study evaluating a new manual needle insertion device, the Near Needle Holder, which uses hollow-bore needles to establish IO access. In a comparative study, healthcare professionals attempted IO insertion in the proximal tibia insertion site of a mannequin using the NHN and a standard Cook manual IO needle. Participants then completed a questionnaire regarding their experience. The most reported complication was the plunging of the needle into the medullary space from the decrease in resistance once the cortex was penetrated. Other IO devices on the market are mentioned, including the EZ-IO.
Intraosseous Vascular Access Bibliography

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This letter to the editor describes a case in which a 53-year-old male in ventricular fibrillation received IO access via the EZ-IO in the ED with suspected massive pulmonary embolism. The patient was successfully resuscitated. Necrosis of the anteromedial side of the leg, at the IO site, presented 48 hrs post IO use. After 18 weeks the patient underwent surgical grafting. The authors linked the necrosis to adrenaline extravasation and local ischaemia. While the authors conclude that thrombolysis or repeated high doses of adrenaline should be given via the IO route when needed, it is not without the risk of complication.


This clinical trial evaluated the time required to establish IO access versus central venous catheter (CVC) in adults undergoing resuscitation, who had failed peripheral IV access (PIV) attempts. IO and CVC placement were performed simultaneously; two IO devices, the EZ-IO and the BIG, were used to facilitate IO access in randomized format. Forty (40) patients were enrolled, first attempt success for IO was 85% vs 60% for CVC placement; median procedure time was 2 minutes for IO vs 8 minutes for CVC. The author concluded that though IO access is safe, reliable and rapid during resuscitation, it cannot replace CVC but should be considered as a valuable bridging technique.


This abstract presented at the 2012 NAEMSP scientific assembly described a randomized, cross-over study in which 8 swine were administered chilled saline via IV and IO routes to determine if the two routes were equivalent. The results suggested no clinical or statistical difference between IV and IO routes for infusion of chilled saline for therapeutic hypothermia. This study was sponsored by Vidacare Corporation.


This abstract presented at the 2012 ACEP Research Forum discusses a literature review of intraosseous access publications since 1985 providing an updated safety profile for IO access. The search resulted in 192 articles describing IO access with 6 cases of osteomyelitis and 6 cases of compartment syndrome secondary to extravasation reported. Of the 192 articles identified, 140 described the EZ-IO. This study was sponsored by Vidacare Corporation.


This abstract presented at the 2012 ACEP Research Forum describes a preclinical swine study evaluating the ability to induce therapeutic hypothermia by infusing chilled saline via IV and IO access. The EZ-IO was used to facilitate IO access. Results showed statistical equivalence between IV and IO routes when used to deliver chilled saline to induce therapeutic hypothermia. Results also showed that use of chilled saline and infusion tubing submerged in an ice water bath provides the most effective means of cooling. This study was sponsored by Vidacare Corporation.


This abstract presented at 2012 NAEMSP scientific assembly described a retrospective study that evaluated success rates and features of prehospital IO placement in adults following implementation of the EZ-IO, over a 2 year period. First attempt success rate in 281 patients was 89.7%; overall placement success was achieved for 91.8%.


A literature review of articles describing intraosseous vascular access devices used in the pre-hospital setting. Twenty articles met the inclusion criteria and described the manual devices, BIG, Fast-1 and the EZ-IO. The authors concluded that the literature suggests that semiautomatic IO devices may be more effective than manual devices.

Page D. Intraosseous intrigue: Studies examine success rates on pediatric, adult & obese patients. JEMS January 2012;32-3

In this article, the author discussed five recent studies on intraosseous access providing his opinion about the quality of each study.

An overview of IO vascular access including a review of currently available literature. The author discusses various IO devices available and their performance metrics, IO access sites, flow rates, advantages and disadvantages of IO access compared to conventional access methods, complications and recommendations on the use of the approach. The author concludes that while IO access may not be appropriate for all patients, it deserves a place in the modern provider's armamentarium.


This letter to the editor describes a case in which sternal IO access was established using a Jamshidi needle to administer iodinated contrast for a thoraco abdominal CT on a 61-year old male who presented to the ED with respiratory distress. Picture quality was deemed excellent by the radiologists. The authors conclude that the sternal IO route can be used with excellent picture quality but it should be used only in exceptional cases due to the potential risks of a high-power injection through the bone. EZ-IO is mentioned as an alternative IO device available.


An article discussing the technique and safety profile of intraosseous access using the EZ-IO device. Needle selection, contraindications, insertion sites and techniques, catheter stabilization and removal are all discussed along with the safety profile of the EZ-IO against other IO devices and central venous catheters. The authors concluded that IO access should be considered whenever immediate vascular access is required. This article was co-written by an employee of Vidacare Corporation.


This abstract presented at the 2nd World Congress on Vascular Access 2012 describes the results of an analysis of published IO complications since 1985. The safety profile of the EZ-IO is also discussed in this abstract. The authors conclude that new devices and techniques have resulted in an approved IO safety profile. This study was sponsored by Vidacare Corporation.


This article presents a general overview of intraosseous (IO) vascular access in the pediatric population through an IO literature review. Available IO devices were discussed.


This pre-clinical study sought to evaluate the various pressure levels obtained by 22 veterinary clinicians when administering a 10ml normal saline flush of an IO catheter. The EZ-IO was used to establish access in an isolated, cadaveric swine femur. The authors found the median peak intraosseous pressure was 615 mmHg with a range of 57 to 1,100 mmHg. Authors concluded that there is a great deal of variability between clinicians and their flush pressure and that a standardized flush protocol may be beneficial.


This article describes a retrospective study in which 50 consecutive MRI images were evaluated of the humerus for the purpose of determining the optimal needle length necessary for successful proximal humerus IO insertion. Results showed the cortical thickness was 4mm in all cases and that an IO needle length ranging between 40-50mm should be used via the anterior approach. The EZ-IO is specifically discussed in relation to the proximal humerus IO insertion site; and a 24 patient post mortem review of the EZ-IO placed in the proximal humerus is discussed.


An observational study evaluating use of the EZ-IO in a Swiss pre-hospital EMS system between January 1, 2009 and December 31, 2011 and comparing those results to the literature. Sixty IO insertions were performed on 58 patients; the proximal tibia was used in all attempts except 1 attempt made in the proximal humerus. Overall success rate was 90%; the 6 failures were attributed to impossibility to infuse, difficult needle insertion, and incorrect insertion site (tibial plateau). Some of the indications for IO access included cardiopulmonary arrest, major trauma, and shock; general anesthesia was successfully inducted in 7 patients. Drugs infused are listed. There were no serious complications.
Intraosseous Vascular Access Bibliography

Arrow® EZ-IO®


This prospective observational study compared flow rates between distal and proximal tibia IO access in adults, with each adult serving as their own control. The EZ-IO was used to facilitate IO access. IO infusion was performed with and without pressure. The authors concluded that infusion flow rates were significantly higher in the proximal tibia as compared to the distal tibia, and that flow rates are significantly higher with pressured infusion vs. non-pressured infusion. This study was sponsored by Vidacare Corporation.

Torres F, Galán MD, Alonso MD, Suarez R, Camacho C, Almagro V. Intraosseous access EZ-IO in a prehospital emergency service. Journal of Emergency Nursing 2012; http://dx.doi.org/10.1016/j.jen.2012.03.005

This observational pre-hospital study conducted in Madrid, Spain prospectively evaluated use of the EZ-IO Jan 2007- Dec 2009 as an alternative to peripheral IV access. During the study period, 107 patients underwent 114 EZ-IO insertions and all were successful on first attempt. IO access was established in the proximal tibia (49%), distal tibia (25.2%), radius (14.9%), and humerus (10.5%) and all lines were the first form of vascular access established in the patient. There were no adverse events or complications.


This poster presented at the 2012 International Conference of Emergency Medicine described a 4 month review of intraosseous access in UK military operations in Afghanistan. During the timeframe the EZ-IO was used to establish IO access in the proximal humerus and tibia sites; the FAST1 was used to establish sternal IO access. Of the 87 EZ-IO applications there were 12 functional issues and the placement success rate for both sites combined was 86.3%. In 24 FAST1 applications there were 4 functional issues and the placement success rate was 83.4%.


In this article the authors review the evidence supporting the use of IO access; determine the utilization IO access as described in the literature; and assess the level of specialty society support. Various IO devices are mentioned including the EZ-IO


doi:10.1016/j.ajem.2011.07.010

This study conducted by the San Antonio Fire Department evaluated the first-attempt success rate for humeral EZ-IO placement by paramedics in prehospital adult cardiac arrest patients. Humeral placement was attempted in 247 cardiac arrest patients; first attempt placement success rate was 91%. Authors concluded that humeral IO placement is a reliable method for vascular access in this patient population. This research was sponsored by Vidacare Corporation.


A literary search of electronic databases was performed to identify publications comparing IO access devices. Publications qualifying for study evaluation must have compared two or more semi-automatic IO devices or at least one semi-automatic device and a manual device. Reviews, editorials, surveys, and case reports were excluded. Ten comparative studies met the qualifications for inclusion and are briefly discussed. The studies evaluated suggested superiority of the batter powered IO driver over manual needles and other semi-automatic IO infusion devices.


A clinical study comparing Cefazolin concentrations found at the operation site following total knee arthroscopy when prophylactic antibiotics are administered systemically, through IV administration, and regionally, through IO injection directly at the site using the EZ-IO. Subcutaneous fat and bone samples were collected for evaluation from 22 subjects. Authors concluded that regional IO administration of prophylactic antibiotics can achieve tissues levels higher than with systemic administration.

YEAR: 2011


This article in German presents a case of a 67-year-old female patient with an arterial bleed and venous access difficulties in whom IO access was attempted unsuccessfully two times using two different IO systems. The author concluded that IO success is dependent upon IO anatomy and physiology knowledge as well as knowledge of the device being used.

This article describes an animal trial that assessed the ability of protected, experienced first responders and limited-experience first receivers to place IO lines for antidote administration using the Vidacare EZ-IO device. First responders placed IO lines successfully in 100% of cases, and first receivers placed IO lines successfully in 91% of the cases. Investigators concluded that IO lines may facilitate earlier administration of antidotes to hazardous material victims.


This article in Spanish describes an IO complication case in which a newborn infant developed tissue necrosis as a result of extravasation during IO infusion.


The case report describes a woman experiencing massive hemorrhaging following emergency caesarean delivery. Though the patient possessed a peripheral IV catheter, additional IV access was needed and gained through the proximal humerus IO space using an EZ-IO. This vascular stabilization and additional filling of the central volume through the IO route allowed placement of a subclavian central line. Authors concluded that a key to the resuscitation process was the rapid utilization of the IO.


A case study report in French describing compartment syndrome secondary to intraosseous infusion in a 57-year-old burn patient. IO access was established in the proximal tibia on second attempt; both attempts were made in the same limb though it was noted that the first attempt did not penetrate the cortex. Drug and fluid infusion was initiated; ten hours later the limb was found to appear ischemic. The IO catheter was removed and compartment release was performed. The author concluded that IO access remains an important mode of vascular access and that adherence to contraindications and careful clinical monitoring should decrease risk of complications.


This article presented a general overview of IO use in pediatrics. The history, techniques, anatomy and physiology, complications and a short discussion of most devices on the market, including the EZ-IO, were discussed.


An overview of available intraosseous vascular access devices, including the EZ-IO.


Case study of a 42 year-old woman with massive obstetric hemorrhage ultimately resulting in postpartum hysterectomy. Massive blood loss and inability to stop bleed prevented sufficient resuscitation via established PIV lines. IO access was established with the EZ-IO and used for fluid replacement and administration of cardiac resuscitation drugs. Fluid administered through IO access was 75% of the total infusion volume.

Dolister M, Miller ST, Borron S, Truemper E, Shah MR. Intraosseous vascular access can be used safely and effectively, and at a lower cost than central venous catheters, for pediatric and adult patients in the hospital setting. Ann Emerg Med 2011;58(4S):S311

This abstract describes the interim results of an observational clinical trial evaluating use of the EZ-IO to establish venous access in patients that would typically receive a central line due to lack of other options. At interim analysis, 50 patients had been enrolled in the study. First attempt IO access success rate was 96%; mean time to IO access was 95.1 seconds. The authors concluded that IO access in place of or as a bridge to central venous catheters is safe, fast, and effective for adult and Pediatric patients in the hospital setting with substantial cost savings potential. This research was sponsored by Vidacare Corporation.
This article describes an observational study to assess the safety and efficacy of the EZ-IO when using a management algorithm for difficult vascular access in an out-of-hospital setting. Over a one-year period, the device was used in 30 cardiac arrest and 9 other cases. Overall success rate was 97% and first attempt success was 84%. There was one complication—transient local inflammation. Investigators concluded that the device is suitable as a first-line option for difficult vascular access in the out-of-hospital setting.

General overview of PALS updates. Various IO devices were specifically mentioned in the vascular access section, including the EZ-IO.

This article describes a military study in which post-mortem preautopsy multidetector CT was used to assess placement of tibial IO needles in battlefield trauma deaths where IO was used as part of the medical intervention. Results showed 58 of 61 (95%) tibial IO needles were correctly placed. In this study, the device used for IO placement was not recorded, but may have been the manual device or EZ-IO as the Army has access to both.

This article summarizes the case-based observations made by the Armed Forces Medical Examiner System on soldiers killed in action/died of wounds who had evidence of sternal intraosseous access. The Pyng Fast-1 is noted in the article as the sternal IO device most widely distributed by the department of defense (DOD); the EZ-IO is listed as another device that may be seen in emergency care facilities within the DOD. Of 98 cases, 78 (80%) showed proper placement; 20% were unsuccessful. It should be noted that the article incorrectly states that the EZ-IO using the powered driver is indicated for sternal placement.

Howarth D. Adult intraosseous access: experiences in a remote emergency department. Australian Family Physician 2011;40(7):510-1
In this article, the author makes a supporting case for remote emergency departments to stock adult intraosseous kits by referencing two adult septic shock cases in which IO access was used for rapid IV fluid replacement as well as IV antibiotics and inotrope support.

This manuscript describes two studies conducted to assess the function and longevity of EZ-IO catheter when placed in the goat model. The authors concluded that the EZ-IO catheter can be left in place for more than 24 hours in animals and can be used in many different veterinary settings when IV access is not immediately available. They also concluded that the EZ-IO system is useful in larger or adult bones.

Khan LAK, Anakwe RE, Murray A, Godwin Y. A severe complication following intraosseous infusion used during resuscitation of a child. Inj Extra 2011;doi:10.1016/j.injury.2011.05.015
This article describes the case of an 11-year-old boy who suffered compartment syndrome of the lower leg following use of the EZ-IO for resuscitation and 24 hours of intraosseous infusion of adrenaline, calcium and potassium. The author concluded that further work is needed to develop recommendations for maximum duration, dose, volume and rates for intraosseous infusion.

This article reports a case in which IO access was used to deliver intravenous contrast agent in an adult blunt trauma patient. After placement in the proximal humerus, contrast agent was administered via the IO route, and clinicians found the CT scans of the thorax, abdomen, and pelvis to be adequate for diagnostic purposes and subjectively equivalent to those of studies using central venous access. There were no complications and the authors concluded that IO catheterization appeared to be an effective alternative to traditional venous access for administering contrast agents for CT evaluation in adult blunt trauma patients.

This abstract describes a swine study presented at the 2011 National Association of EMS Physicians Annual Conference that examined infusion rates through 3 anatomical sites via the powered EZ-IO device. Investigators concluded that the infusion rate was greater via the humerus compared to the tibia and femur.
Intraosseous Vascular Access Bibliography

Arrow® EZ-IO®


This study compared the effectiveness of infusing ice cold saline via IO and IV to induce mild therapeutic hypothermia (temperature drop to 34°C) within a 30 minute timeframe, in a swine model of cardiac arrest. Five swine were evaluated in each of the IV and IO groups. Goal temperature was reached in 4/5 animals in the IV group and 0/5 animals in the IO group in the allotted time frame; IV was superior in terms of rate of infusion, rate of temperature change, and time to achieve target temperature.


This study evaluated the use of telesimulation by Canadian pediatricians to teach a relatively new IO insertion technique (EZ-IO System) to physicians in Africa. Self-assessment questionnaires were completed before and after training, multiple-choice tests were given and a demonstration of competency was done within 3 training sessions. Twenty-two physicians participated; the sessions improved physicians’ knowledge, self-reported confidence, and comfort level in inserting the IO needle. The author concluded that telesimulation offers potential for teaching other procedural skills over distances.


This abstract describes an evaluation performed in the goat model, using the EZ-IO, to determine the ability of IO access to accommodate a typical contrast dye infusion and withstand the power injection pressure. Bench testing was done to determine the max pressure deliverable through the EZ-IO using the power injector; various injection occlusion scenarios were established. Results showed the mean pressure through the humerus was 56.5psi; through the tibia was 163.5psi. There were 2 tibial extraosseous distal venous ruptures visible by fluoroscopy but not on gross examination. Under bench testing, for all tests, at pressures up to 750psi no failure or leakage was observed in the IO catheter. The EZ-IO extension tubing should not be used for power injection, particularly if the IO is in the tibia. This research was sponsored by Vidacare Corporation.

Miller LJ, Philbeck TE, Puga TA, Montez DF, Escobar GP. A pre-clinical study to determine the time to bone sealing and healing following intraosseous vascular access. Ann Emerg Med 2011;58(4S):S240

The objectives of this study were to evaluate the amount of time necessary following IO insertion and infusion for the bone to heal such that a second IO catheter can be placed in the same bone without the risk of extravasation from the first hole; and to determine the length of time required to show radiological evidence of closure. Four anesthetized goats were used for the study. Twenty-four hours post insertion, extravasation was observed in 2 of 4 tibial sites with no extravasation in 4 humeral sites. Forty-eight hours post insertion, no extravasation was observed in tibial or humeral sites. Authors concluded that IO infusion should not be attempted in the same bone as a previous IO insertion within 48 hours of removal of the first IO catheter. Radiological examination showed evidence of bone healing as early as 6 days post IO placement. This research was sponsored by Vidacare Corporation.


This article describes a 93 patient study presented at the 2011 National Association of EMS Physicians Annual Conference that examined the characteristics of pediatric patients receiving IO infusions and the primary EMS clinical impressions, success rates, and subsequent treatments delivered via manual IO vs. the powered EZ-IO device. Investigators concluded that for the pediatric cohort use of the powered device offered a marginally higher first-attempt success rate compared to the manual device; and that the rate of IO access utilization by EMS more than tripled after adoption of the powered device.

Myers LA, Russi CS, Arteaga GM. The introduction of a semiautomated (EZ-IO) device in pediatric prehospital care replacing a manual intraosseous (IO) device improves the success rate for attempts at vascular access. Prehosp Emerg Care 2011;15(1):110

This abstract describes a 93 patient study presented at the 2011 National Association of EMS Physicians Annual Conference that examined the characteristics of pediatric patients receiving IO infusions and the primary EMS clinical impressions, success rates, and subsequent treatments delivered via manual IO vs. the powered EZ-IO device. Investigators concluded that for the pediatric cohort use of the powered device offered a marginally higher first-attempt success rate compared to the manual device; and that the rate of IO access utilization by EMS more than tripled after adoption of the powered device.


This article provides an overview of intraosseous vascular access for pediatrics and discusses general indications, contraindications, complications, and intraosseous devices.


This article in German discusses use of IO access and its multiple applications, focusing on the EZ-IO Infusion System.
Intraosseous Vascular Access Bibliography

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This article describes a literature review study with the objective of establishing which intraosseous device is best for prehospital use. This short review searched Medline 1950-2010, CINAHL 1982-2010 and EMBASE 1980-2010 and identified two studies meeting their evidence search criteria, one study compared the BIG vs. manual; the second compared EZ-IO vs. FAST-1. The clinical bottom line asserted by the author was that traditional manual IO devices have faster, better success rates in the pre-hospital setting; but that more randomized trials are needed to determine the best device.

This article describes a pre-hospital clinical study comparing IO first-attempt success between humeral and tibial sites. Of 88 cardiac arrest patients analyzed, 58 and 30 IO access attempts were made in the tibia and humerus, respectively. Of those, there was a 90% first attempt success rate for the tibia, compared to 60% for the humerus. Of successful insertions, 6% of tibial insertions became displaced during transport, compared to 33% of humeral insertions. Investigators concluded (the obvious) that proximal tibial IO needle placement was associated with a significantly higher frequency of first-attempt success and lower incidence of needle dislodgements... compared to humeral placements.

The objective of this study was to determine the frequency of first-attempt success of humeral IO, tibial IO, and peripheral IV (PIV) insertions during out-of-hospital cardiac arrest. Patients were randomized to receive one of the 3 methods. There were 182 patients enrolled, 64 were assigned to tibial IO, 51 to humeral IO and 67 to PIV. Of all patients 130 (71%) were successful on first attempt with 17 (9%) needles dislodged. First attempt success within the treatment groups was 91% for tibial IO, 51% for humeral IO, and 43% for PIV.

This article describes a case in which systemic fibrinolysis was administered through the intraosseous route in a patient with ST-segment elevation myocardial infarction. Fibrinolytics and antiarrhythmic drugs were administered though the IO line, resulting in resolution of coronary ischemia and electrical instability, without complications. Authors concluded that intraosseous cannulation represents a novel route for administration of systemic fibrinolysis in cases of difficult peripheral venous access in the out-of-hospital setting.

This study conducted in Germany and Switzerland evaluated use of the EZ-IO in the prehospital setting over a 24 month period. The decision to use IO access was left to the discretion of the onsite clinician, a paramedic or an emergency physician. Results showed IO access was attempted in 77 patients, and was successful on first attempt in 75 patients. Significant pain with infusion was reported in the majority of responsive patients.

This document addresses pediatric vascular access and includes an overview of intraosseous vascular access. Indications, contraindications, supplies and equipment, technique, complications and maintenance are discussed.

Sheehan C, sodhi V, Esler M. Intraosseous needles on the delivery suite. Intraosseous access for neonatal and newborn resuscitation in the national park service (NPS).
This article discusses how a group of obstetricians and anesthesiologists prepared for what they expected to be a difficult delivery with limited venous access. The EZ-IO was brought into the delivery suite as a back-up option if they were unable to achieve venous access in an emergency situation. The authors did note their concern with the pain associated with IO infusion. Ultimately, the IO device was not needed for the delivery in question, but it has been added to their resuscitation kit within the delivery suite.

This article describes IO access in terms of efficacy, indications/contraindications for use, and the IO procedure and comparison of devices to make a case for IO use in oral and maxillofacial surgical practice. In discussing IO devices citing published data, the author identified the EZ-IO device as the most accurate, efficacious, and precise system when trying to achieve IO access.
This article in German concludes that the introduction of IO in pre-hospital pediatric emergency system has markedly reduced the number of critically ill or severely injured pediatric patients without vascular access or with less reliable alternative administration routes in the last 20 years.

This article describes two cases of leg amputation after intraosseous infusion in a 5-month-old girl and a 17-month-old boy. The author concluded that fluid extravasation, exacerbated by tibial fracture and needle dislodgement during transportation, caused limb ischemia in these two patients, and that adherence to the principles of careful needle placement, splinting/securing the catheter and limb, limited length of infusion and repeated monitoring of the limb will help to avoid this devastating complication.

This article in Danish discusses use of the IO route for second line vascular access when peripheral IV access is difficult or impossible.

This article is a response to the Taylor and Clarke 2011 report of two amputations required following development of compartment syndrome after IO infusion. The author notes that complications are possible with all methods of establishing IO access including manual, spring loaded and power driven needles and that it is not accurate to directly relate the adverse events to the power driven device only.

YEAR: 2010

This abstract, which was presented at the 2010 ACEP Research Forum, describes a study conducted by investigators from the Medical College of Georgia to determine the frequency of intraosseous vascular access use in adult emergency patients. They surveyed academic emergency departments across the country and, at their own facility, compared ease and speed of standard emergency vascular access methods—including intraosseous. They concluded that IO access is underutilized and generally not the second-line choice of vascular access in unstable adult patients in academic institutions. Their simulation showed IO placement was considerably faster than both central lines and ultrasound guided peripheral IV. They opined that IO should be considered more frequently in critical unstable adult emergency department patients.

This veterinary study evaluated 3 IO access devices, impact driven, automatic rotary, and manual, to compare the placement feasibility and amount of bone trauma induced when used in adult feline cadavers. Seventy-two IO insertion locations were used, the 3 devices were equally randomized to the insertion site. The rotary device was found to have shorter time to insertion and better ease of insertion. No statistically significant differences between number of bone fragments, defect diameter, or success rate were found between devices.

This article reviews intraosseous vascular access and its increased use in adult resuscitation. The IO route is described, including indications, contraindications, insertion sites and devices.

Gillum L. All access pass: mastering the use of IO devices. JEMS 2010;35(6):30,32
This article discusses training methodology and applies the concept to the implementation of the EZ-IO in the Montgomery County Hospital District EMS, a participant in the EZ-IO beta test.

An article evaluating various methods of obtaining vascular access in the management of 21st century battlefield trauma including, peripheral IV access, intraosseous access, venous cut-down, and central venous access. The authors conclude that IO access should be the first line vascular access in casualties with severe trauma to avoid delay initiating resuscitation in pre-hospital or hospital setting.
Intraosseous Vascular Access Bibliography

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This article in German describes the results of a survey of rescue assistants and physicians, in which they found that IO use was still a rarity in the Berlin emergency medical service and, therefore, presumably nationwide.


Authors describe an early observational study (N=120) comparing intraosseous access in the humerus and the tibia, using the EZ-IO. Investigators concluded that the humerus is an acceptable IO site, which may be preferable under certain clinical conditions. This research was sponsored by Vidacare Corporation.


In an abstract presented at the 2010 ACEP Research Forum, investigators describe a swine study designed to compare IO infusion rates using the Belmont FMS 2000 rapid infusion device and a pressure bag through the proximal tibia and proximal humerus. Investigators concluded that infusion rates were highest using the pressure bag via the proximal humerus.


Training study with nurses and physicians comparing EZ-IO to IV lines under Hazmat conditions. IO procedure significantly shorter.


Authors describe a randomized, controlled trial comparing two different IO access devices in adults in the hospital setting. Twenty patients received the BIG and 20 received the EZ-IO. Success rate on first attempt was 80% for the BIG and 90% for the EZ-IO. Mean procedure time was 2.2 minutes for the BIG vs. 1.8 minutes for the EZ-IO. Differences in success rate and procedure time were not statistically significant, and there were no significant complications for any patients. Investigators concluded that IO access is a reliable and safe method for rapid vascular access for in-hospital adult patients under resuscitation.


This article provides an overview of intraosseous vascular access and discusses general indications, contraindications, complications, and intraosseous devices.


In this study, using a swine model, investigators concluded that mild therapeutic hypothermia can be effectively induced after successful resuscitation of prolonged ventricular fibrillation through infusion of chilled saline via the IO catheter.


This abstract, presented at the 2010 ACEP Research Forum, describes study designed to determine the relative precision of intraosseous needle placement using only tactile feedback. The study also assessed the ability to access simulated osteoporotic bone without damage using the 3 methods. Investigators concluded that, using tactile feedback only, rotary power may allow precise IO catheter placement with greater success and confidence than manual or hammer-assisted devices. Powered insertion may facilitate penetration into fragile bone without damage. This research was sponsored by Vidacare Corporation.
This abstract, presented at the 2010 ACEP Research Forum, describes a study designed to determine infusion flow rates through the proximal humerus and proximal tibia. Investigators found that, at all infusion pressure levels, the humerus provided substantially greater flow rates than the tibia. They concluded that, for most situations, adequate IO infusion rates can be achieved using the tibial site, but the proximal humerus site should be strongly considered when greater infusion flow rates are required. This research was sponsored by Vidacare Corporation.

This abstract presented at the 2010 ACEP Research Forum describes a study designed to compare Lidocaine’s effect on pain during fluid infusion through the tibial and humeral IO routes. Authors concluded that, for adequate IO infusion rates with minimal and tolerable pain, 40mg of preservative-free Lidocaine may be needed; followed by a rapid normal saline syringe flush of at least 10mL and another 20mg of Lidocaine. Additional dosing and flushing may be required. For less overall pain due to IO infusion, and greater infusion flow rates, the proximal humerus should be strongly considered, using a longer IO needleset. This research was sponsored by Vidacare Corporation.

Authors describe a 10 subject volunteer study that compared intraosseous (IO) blood samples to venous blood samples for complete blood count (CBC) and chemistry profile testing. They concluded that IO blood may serve as a reliable alternate for hemoglobin and hematocrit levels, as well as for most analytes in a basic blood chemistry profile. Exceptions are CO₂ levels, platelets, and WBC. This research was sponsored by Vidacare Corporation.

In this abstract of a study presented at the 2010 National Association of EMS Physicians Meeting, researchers describe a study in which sternal and tibial IO devices were evaluated with and without chemical protective equipment. Researchers concluded that the use of the protective equipment did not affect the success rate or time to placement for the two IO devices.

This article describes an online questionnaire study in which the Heads of Department of 20 EDs in Denmark were asked about IO infusion within their institution. Nineteen responses were received; 14 hospitals (74%) reported having IO devices available with the median number of IO procedures performed as 5. In 9 departments training had not been provided and 8 departments didn’t have IO guidelines. The favored device was the EZ-IO found in 18 of the EDs, 2 had EZ-IO and Cook Surfast and 1 had the BIG.

Authors report an observational study of 14 children in whom semi-elective IO infusion was performed under anesthesia after peripheral IV had failed. IO infusion was successful for all 14 patients, using the EZ-IO system for 8 patients and the Cook system for 6 patients.

Philbeck TE, Miller LJ, Montez D, Puga T. Hurts so good; easing IO pain and pressure. JEMS 2010;35(9):58-69
This article describes two studies designed to compare Lidocaine’s effect on pain during fluid infusion through the tibial and humeral IO routes and to determine infusion flow rates. Authors concluded that, for adequate IO infusion rates with minimal and tolerable pain, 40mg of preservative-free Lidocaine may be needed; followed by a rapid normal saline syringe flush of at least 10mL and another 20mg of Lidocaine. Additional dosing and flushing may be required. For less overall pain due to IO infusion, and greater infusion flow rates, the proximal humerus should be strongly considered, using a longer IO needleset. This research was sponsored by Vidacare Corporation.

A simulation study evaluating if use of a laryngeal mask airways (LMA) and intraosseous (IO) lines established using the EZ-IO leads to improved resuscitation in a simulated cardiac arrest when compared to standard endotracheal intubation and central line placement. Results showed mean time to airway, mean duration of airway attempt, and time to vascular access was shorter in the IO group than the CVL group. Time to defibrillation and percent hand off time was not significantly different between the groups.
Intraosseous Vascular Access Bibliography

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This abstract describes an animal study, presented at the 2010 ACEP Research Forum, that examined shear and pressure changes within the medullary space during intraosseous infusion. Results suggest that resistance to flow depends on cannula placement site, IO pressure rises rapidly with infusion rates, and medullary compression and axial shear are present at high infusion rates.


This letter to the editor is written in response to the case report by Landy titled, “Complication of intraosseous administration of systemic thrombolysis for a massive pulmonary embolism with cardiac arrest.” The author suggests that the tissue necrosis described by Landy may have been due to the removal of the IO needle while there was still significant fibrinolytic activity at the needle insertion site. The author suggests a change in medical care after return of spontaneous circulation (ROSC) in patients following thrombolytic administration through IO access to convert the functioning IO line to a non-flowing saline lock. The EZ-IO was used to provide IO access in the case report by Landy.


This article describes a longitudinal study of intraosseous vascular access in pre-hospital emergency medicine handled by helicopter emergency medical services. Of the 78 IO insertion attempts made on 70 patients, overall success rates were 50% using manual needles, 55% using the Bone Injection Gun, and 96% using the EZ-IO. Investigators concluded that newer IO techniques may enable faster and more reliable vascular access; and that all emergency services should be familiar with IO techniques.

Tobias JD, Ross AK. Intraosseous infusions: A review for the anesthesiologist with a focus on pediatric use. Anesthesia & Analgesia 2010;110(2):391-401

The authors describe literature that support the use of IO access for administering anesthesia in the ICU, perioperative and operating room, including a study in which IO access was used successfully for providing intraoperative anesthesia for 106 of 109 patients. Among their conclusions, the authors reported that, even though rarely reported in anesthesia literature, IO access is a technique anyone providing care to children should consider when the patient has difficult IV access. They also concluded that IO access should be a part of an algorithm that includes numbers of attempts at peripheral access, feasibility of central access and the need for continued postoperative access; and that considering that IO access may be occasionally used in the perioperative setting in both emergent and nonemergent scenarios, it may be beneficial to have appropriate IO needles in the OR.

Vegunta RK. Chapter 8-Vascular access. Ashcraft’s Pediatric Surgery 2010;5th ed:110-16

This document discusses various vascular access methods available for pediatric and neonate patients, including intraosseous access.

Vizcarra C, Clum S. Intraosseous route as alternative access for infusion therapy. Journal of Infusion Nursing 2010;33(3):162-74

This article provides an overview of IO anatomy and physiology, IO access indications, care, and management; describes therapies administered via IO access; and discusses the expanding use of IO access into areas within hospitals during nonemergent clinical situations. It also includes a table addressing indications for IO access in the hospital, as well as a table addressing the general insertion procedure for IO access.


This retrospective study evaluated humeral IO placement success rates, using the EZ-IO, in the out of hospital cardiac arrest patient. Over a 9 month period, humeral placement was attempted in 247 patients. First attempt successful placement was 91%; successful placement within two attempts was 94%. The authors concluded that humeral IO is a reliable method of fluid and drug delivery in the out of hospital cardiac arrest population. This research was sponsored by Vidacare Corporation.

YEAR: 2009


This study was designed to evaluate the effect of education on knowledge, attitudes and skill performance of IO access by Level 1 EMTs in Korea. After a two-hour program, the knowledge and attitude of IO access improved significantly.
In a goat study, researchers assessed the hemodynamics of hydroxocobalamin (OHCo) and normal saline (NS) by the IO route and concluded that the effects of OHCo given by the IO route in non-CN-poisoned goats are mild and well tolerated.

This letter to the editor discussed the experience of one ground emergency rescue service in Germany and their trial implementation of the EZ-IO, as compared to the David et al evaluation of the BIG by emergency physicians in which the rate of failure was 55%. Over a one year evaluation of the EZ-IO in the field, it was used in 20 patients, of which 19 were successfully placed (95%). The success of the field evaluation and a human cadaver study resulted in the addition of the EZ-IO to the receiving University Hospital emergency department.

Case report of IO infusion in 79-year old woman with hematemia after intestinal surgery.

This article provides a general overview of intraosseous access and its use in emergency situations. A description of available IO access devices is provided.

Overall success rate for the 99 operators was 97%, and mean insertion time was 6 seconds. All operators rated the device faster and easier than using a central line, and 99% expressed willingness to use the device for cardiac arrest patients.

This article describes IO use in general, and the EZ-IO in particular. The author describes its use by the emergency staff at her hospital and how they became advocates for IO access in both emergent adult and pediatric patients. She found that its use improves the quality of our care by providing vascular access to our most critical patients.

This abstract for a presentation at the 2009 ACEP Research Forum describes a swine study designed to determine the feasibility of inducing therapeutic hypothermia (TH) after resuscitation by giving an IO infusion of iced saline. Researchers concluded that rapid, large volume IO infusion of iced saline is as effective for lowering core body temperature after resuscitation as central access and peripheral IV. This research was sponsored by Vidacare Corporation.
This abstract describes a retrospective study to determine the time from EMS dispatch to IV or IO drug delivery, time savings to drug delivery if vascular access preceded intubation, the internal validity of that point estimate using matched cases in which IV/IO was performed first, and the theoretical increase in rate of return to spontaneous circulation. Investigators concluded that time from dispatch to IV/IO delivery could be reduced by 4 minutes if vascular access preceded intubation and could, potentially double ROSC.

This abstract for a presentation at the 2009 ACEP Research Forum describes a swine study that evaluated crystalloid fluid flow through an IO needle following nitroglycerin infusion in a swine model. Investigators concluded there was not a significant increase in flow rate after administration of IO nitroglycerin.

This abstract for a presentation at the 2009 ACEP Research Forum describes a volunteer study that examined the relationships between IO and venous blood samples when analyzed for complete blood count and chemistry profile. Researchers concluded that the IO space is a reliable source for blood used for CBC and chemistry profile. Results may be moderately reliable for carbon dioxide, but unreliable for WBC counts that appear to be elevated and platelet counts that appear lower. This study was sponsored by Vidacare Corporation.

Miller LJ, Philbeck TE, Montez DF, Spadaccini CJ. A new study of intraosseous blood for laboratory analysis. Arch Pathol Lab Med 2009;133:1628
This abstract for a presentation at the College of American Pathology 2009 meeting describes a volunteer study that examined the relationships between IO and venous blood samples when analyzed for complete blood count and chemistry profile. Researchers concluded that the IO space is a reliable source for blood used for CBC and chemistry profile. Results may be moderately reliable for carbon dioxide, but unreliable for WBC counts that appear to be elevated and platelet counts that appear lower.

This article describes a prospective, observational study involving a convenience sample of 25 medical students, physicians and nursing staff recruited evaluate the EZIO powered drill device on a bone model. Twenty-three (92%) of the 25 study subjects required only one attempt at placing the EZ-IO. Investigators concluded that the device was easy to use with high success rates of insertion with inexperienced participants.

This article describes a case in which IO access, using the EZ-IO, was attempted in a patient with osteogenesis imperfecta. In each of 3 attempts, the needle became loose immediately after IO insertion. The author acknowledged that during emergencies it is difficult to assess and consider every possible contraindication for every intervention; and that IO access using the EZ-IO is the author’s choice for emergency vascular access when peripheral access is difficult or has failed.

Ong ME, Chan YH, Oh HH, Ngo AS. An observational prospective study comparing tibial and humeral intraosseous access using the EZ-I0. Am J Emerg Med 2009; 27: 8-15
Comparison of tibial and humeral IO use in 24 adults. Both sites suitable for IO infusion. This study was sponsored by Vidacare Corporation.

This article describes a prospective, observational study involving a convenience sample of 25 medical students, physicians and nursing staff recruited evaluate the EZIO powered drill device on a bone model. Twenty-three (92%) of the 25 study subjects required only one attempt at placing the EZ-IO. Investigators concluded that the device was easy to use with high success rates of insertion with inexperienced participants. (Note: This study was also described in an earlier article published in American Journal of Emergency Medicine) This study was sponsored by Vidacare Corporation.

In this 1,598 patient case series, investigators studied the effects of quot;serial standard of care changes...in the EMS system over time.&quot; They concluded that IO access is an essential component for a proven algorithm for the management of OOH-CA.

This article describes the first clinical study that focuses on the proximal humerus as an IO site. It is also the first article describing a comparison between IO access and peripheral IV (PIV) and central venous catheters (CVC). They found that IO catheter placement was significantly faster than PIV or CVC placement, and concluded that IO access is life-saving when PIV or CVC is difficult or impossible. This study was sponsored by Vidacare Corporation.


This abstract for a presentation at the 2009 ACEP Research Forum describes a volunteer study to determine the optimal Lidocaine dosing and sequencing for patients receiving fluids through the IO route and to determine if adequate fluid flow rates can be delivered through the proximal humerus IO site. Researchers concluded that for adequate IO infusion rates with minimal and tolerable pain, 40mg of preservative-free Lidocaine may be needed, followed by a rapid normal saline flush of 10ml. Additional dosing and flushing may be required. For humeral insertion, a longer IO needleset should be considered. This study was sponsored by Vidacare Corporation.


This article describes an observational study performed by the French military air surgical team in Chad. There were 11 patients with no insertion failures. For 7 patients, the insertion site was the proximal tibia and for the remainder the site was the proximal humerus. The authors concluded that the EZ-IO is a device that is simple, reliable and which gives satisfaction for the administration of drugs.


This case study describes injuries sustained in Iraq by an American soldier, and the concurrent use of 4 IO devices to resuscitate and stabilize him.


This abstract describes a small study designed to determine if IO line placement improves outcome in adult patients with out-of-hospital cardiac arrest. This 165 patient study did not demonstrate improved survival.


Authors of this article describe a pilot study designed to compare the success rate for insertion and ease-of-use of the Bone Injection Gun (BIG) spring-loaded device and the EZ-IO battery-powered device on a turkey bone model. Investigators concluded that the EZ-IO demonstrated higher success rates than the BIG (28/29 vs. 19/29, p=0.016), and the EZ-IO was the preferred device.


This article, in German, describes the technique of IO access, the introduction of two different IO devices (Cook and EZ-IO) and describes IO use in pediatric emergency care.


This review article in German describes intraosseous vascular access, and includes descriptions of the Waissmed Bone Injection Gun, Vidacare EZ-IO, Jamshidi and Cook Medical IO devices.


This letter to the editor describes the first case reported in the clinical literature in which therapeutic hypothermia was administered using the intraosseous route. The patient, a 2-year-old boy who was found submerged in a cesspool and had been asystolic for 5-10 minutes, survived without neurological complications.
Intraosseous Vascular Access Bibliography
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Von Hoff DD, Kuhn JG, Burris HA, Miller LJ. La perfusion intraosseuse est-elle equivalente a la perfusion intraveineuse?. Urgence Pratique 2009;36:36-40
This French version of an article previously published in American Journal of Emergency Medicine describes a 25-patient clinical study that compared the pharmacokinetics of intraosseous using the Vidaport (a predecessor of the Vidacare EZ-IO) vs. intravenous administration of morphine sulfate in adults. Results showed no differences between IO and IV administration of morphine for nearly all pharmacokinetic parameters, including maximum plasma concentration, time to maximum plasma concentration, and area under plasma concentration-time curve. There was a significant difference in the volume of distribution in the central compartment, which investigators attributed to a minor deposition effect near the IO port or in the bone marrow. Investigators concluded that the results support the bioequivalence of IO and IV administration of morphine in adults.

This article, in Norwegian, describes IO access and modern IO devices, including the Bone Injection Gun, FAST1, and EZ-IO.

This swine study was designed to determine if intraosseous infusion is suitable to delivery recombinant human factor VIIa (rFVIIa) during hemorrhagic shock. Investigators concluded that administration of rFVIIa via IO infusion is a safe route for delivery and is likely to produce blood levels required to improve hemostasis during shock.

YEAR: 2008

This article discusses the importance of proper technique, attention to detail, and serial monitoring of limb involved when using IO vascular access to avoid potential compartment syndrome and other complications. The author reports the case of a 2-year-old boy who suffered compartment syndrome of the lower limb following use of IO infusion for resuscitation. Early detection of and response to changes in the affected limb resulted in the patient’s successful recovery

Animal (goat) study to determine if IO administration of hydroxocobalamin for antidotal treatment for exposure to cyanide and other poison agents would be faster and require less fine motor coordination and sensitivity; and would result in similar hemodynamic changes compared to IV administration. Using the EZ-IO device, researchers concluded that hemodynamic effects of hydroxocobalamin given by the IO route in non-poisoned goats are mild and similar in magnitude to those of saline control animals.

Animal (goat) study to determine the capacity and time required for protected hazardous materials responders and receivers to accomplish vascular access and hydroxocobalamin administration for antidotal treatment for exposure to cyanide and other poison agents. Using the EZ-IO device, researchers concluded that the time required for IO administration of the drug was shorter than intravenous administration; and that IO placement is readily accomplished wearing all levels of chemical protective garments and equipment.

Study comparing manual intraosseous insertion with EZ-IO using adult human cadavers as a model. No significant difference in insertion time between 39 manual insertions and 45 EZ-IO insertions. Found a difference in the success rate (manual, 79.5% vs. EZ-IO 97.8%, p&lt;0.01). The EZ-IO had fewer complications (manual, 15.4% vs. EZ-IO 0.0%, p&lt;0.01) and scored higher on user friendliness (school grading system: manual, 1.9±0.7 vs. EZ-IO 1.2±0.4, p&lt;0.01).

Describes common drugs used in pediatric resuscitation and evidence supporting their use. Also describes routes of administration including intravenous, intraosseous, and intratracheal. Describes IO systems including Bone Injection Gun, FAST-1, and EZ-IO.

This article describes IO infusion devices - including Jamshidi, Cook, WaisMed, and VidaCare devices - and placement sites. It also addresses assessment and care of the infant receiving fluids and medications through the IO route.

Large retrospective study of patients for whom emergency vascular access was obtained using the Vidacare EZ-IO intraosseous system. Insertion success was 92% and within 10 seconds for 84% of the one-attempt successful cases. Complication rate was low (4.8%), none were serious, and extravasation was the most frequent (0.8%). The device was rated easy to use 72% of the time, and researchers concluded that the powered IO device is safe and effective for achieving vascular access in the resuscitation and stabilization of emergency patients. This study was sponsored by Vidacare Corporation.

Horton MA, Beamer C. Powered intraosseous insertion provides safe and effective vascular access for pediatric emergency patients. Pediatr Emerg Care 2008;24:347-50

A retrospective clinical study was conducted to demonstrate the safety and effectiveness of the EZ-IO intraosseous access device for pediatric patients. For the 95 eligible patients in the study, successful insertion and infusion was achieved in 94% of the patients. Insertion time was 10 seconds or less in 77% of the one-attempt successful cases reporting time to insertion. There were 4 minor complications (4%), but none significant. The results of this study support the use of the EZ-IO for children in emergency situations. The complication rate suggests that the powered IO device is safe and effective for the resuscitation and stabilization of pediatric patients. This study was sponsored by Vidacare Corporation.


Article describing IO access.


Interim report for quasi-controlled prospective study of emergency department patients for whom emergency vascular access using the Vidacare EZ-IO intraosseous (IO) system (n=6) inserted in the proximal humerus was compared to access using central or peripheral intravenous (IV) lines (n=60). Researchers concluded that proximal humerus IO insertion is significantly faster than central or peripheral intravenous (IV) line insertion. Complications and pain profiles were similar for IO and IV techniques. This study was sponsored by Vidacare Corporation.


This article describes an observational study in which two intraosseous devices were compared: the Pyng Medical F.A.S.T.1 and the Vidacare EZ-IO. For the 117 patients on which the F.A.S.T.1 was used, there was an 84% success; compared to a 97% success rate for the EZ-IO (n=71).


This article describes a 25-patient clinical study that compared the pharmacokinetics of intraosseous vs. intravenous administration of morphine sulfate in adults. Results showed no differences between IO and IV administration of morphine sulfate for nearly all pharmacokinetic parameters. Investigators concluded that the results support the bioequivalence of IO and IV administration of morphine in adults.


This article describes thoracic trauma in the pediatric population. Includes a review of the assessment of pediatric patients. Circulation section of the article strongly recommends rapid intravascular volume expansion by the intraosseous route, and recommends the EZ-IO for "...quick and reliable vascular access during resuscitation ...".

YEAR:


This abstract for a presentation at the 2007 American College of Emergency Physicians Research Forum describes an observational study in which the EZ-IO was used to provide emergency vascular access for 95 pediatric patients. Successful insertion and infusion was achieved in 94% of the patients, and insertion time was within 10 seconds for 81% of the placements. There were four minor and no serious complications.
This article reviews and assesses the literature on the use of IO drug administration during cardiopulmonary resuscitation. It addresses the risks and benefits of using IO in adults and children. The article describes the FDA-cleared devices available for use including the Pyng F.A.S.T.1, Waismed Bone Injection Gun and the Vidacare EZ-IO.

Describes the experience of the UK Defence Medical Service using the EZ-IO for emergency vascular access in Afghanistan. They used the device for 26 patients, including 10 children. Of the 26 EZ-IO placements, 23 were made in the emergency department. There was a 97% insertion success rate with no infection. Significant infusion pain was felt by three patients.

de Caen A. Venous access in the critically ill child. Pediatr Emerg Care 2007;23:422-4
This review article states the availability of intraosseous (IO) needles for pediatric patients, outlines the limitations of traditional venous access, and discusses the various IO devices currently available, including the Vidacare EZ-IO®.

This article summarized the challenges and methods of providing vascular access for infants. It describes IO techniques and devices, including the Jamshidi, Cook, EZ-IO® and Bone Injection Gun (BIG) devices.

Article calls for EMS medical directors to consider and use the intraosseous route for adult patients requiring immediate vascular access. Provides evidence in support of position statement by the National Association of EMS Physicians on IO use.

Fowler RL. Prehospital intraosseous access: elemental to the field??. Journal of Emergency Medical Services 2007;
doi:http://jems.com/print/9198
Discussion of the role intraosseous vascular access can play in the prehospital setting where vascular access is often difficult or impossible to establish. The EZ-IO is named as a new IO device along with descriptions of Jamshidi, Pyng Fast 1, and BIG needles.

This article describes authors’ evaluation of provider performance using two IO devices; the Pyng Medical F.A.S.T.1™ and the Vidacare EZ-IO®. Of 89 insertions with each device, success rate for 72% for the F.A.S.T.1 and 87% for the EZ-IO, a significant difference (p=0.009). The time to fluid insertion for the EZ-IO was also faster (p=0.02). Authors noted that the EZ-IO is unique and much more useful than the F.A.S.T.1.

Article in Italian describing IO access and EZ-IO

This abstract for a presentation at the 2007 American College of Emergency Physicians Research Forum describes an observational study done at Boston Medical Center in which the Vidacare EZ-IO was used to provide emergency vascular access for 50 critically-ill adult patients. Successful insertion was achieved in 92% of the patients; with 90% success on the first attempt. There was one immediate complication—a dislodgement during transport. Investigators concluded that the device is a safe and feasible device for adult patients requiring out-of-hospital vascular care.

Results from this, study which sought to compare drug delivery time using the proximal humerus IO route to delivery time using the sternal IO route, suggest that IO proximal humerus is comparable to IO sternal for prompt drug delivery during CPR.
Overview of IO access. Includes historical aspects, current status, indications for use, advantages and disadvantages, IO kinetics, insertion sites, complications and contraindications and description of available IO devices, including EZ-IO®.

In this study, presented at the NAEMSP 2007 annual meeting, authors compared the success rate of conventional IO access with the EZ-IO during 245 cases in the prehospital setting. They concluded that using EZ-IO® results in a statistically significant increase in IO success rate, compared to conventional IO methods.

Abstract

Myers BJ, Lewis R. Induced cooling by EMS (ICE): year one in Raleigh/Wake County. JEMS 2007; 32: s13-5.
This article describes the experience of the Wake County (NC) EMS System in inducing hypothermia for patients with return of spontaneous circulation after cardiac arrest. Authors describe their use of the Vidacare EZ-IO for the administration of chilled saline; with 414 placements and an overall success rate of 94%.

Potyka JS, Gordon DJ. Stories behind the numbers: IO experiences in providers’ own words. JEMS 2007; 32: s30-1.
Qualitative study focuses on EMS caregivers’ experiences with Vidacare’s EZ-IO device and personal opinions. The study used a narrative approach to gain insight from EMS practitioners working with an IO access device under real field conditions.

Pye D. NY Paramedics get the EZ-IO. Journal of Emergency Medical Services 2007; doi: http://www.jems.com/print/5184
This article in JEMS discusses an EMS system in New York following their adoption of the EZ-IO, and the advantages.

Article in Dutch describing IO access and EZ-IO.

The article describes a prospective observational study conducted by several EMS agencies in Portland, OR to determine the safety, efficacy and benefits of using the Vidacare EZ-IO in the prehospital environment. The IO device was successfully placed in 95% of the 280 cases. In 98% of the cases, placement was made within six seconds.

Study investigating time difference in obtaining IO vs. IV access while wearing personal protective equipment (PPE) in simulated HazMat scenarios. With provider in PPE and mannequin not in PPE, vascular access was faster with IO (14 seconds vs. 46 seconds, p&lt;0.001); also, fluid infusion time (28 seconds vs. 46 seconds, p&amp;lt;0.001). With provider and mannequin in PPE, all the following favored IO: needle to skin time (13 seconds vs. 25 seconds, p&amp;lt;0.001), vascular access time (17 seconds vs. 63 seconds, p&amp;lt;0.001), and fluid infusion time (30 seconds vs. 66 seconds, p&amp;lt;0.001). Investigators conclude that EZ-IO under HazMat conditions provides vascular access and fluid more quickly than IV access.

Article describes a controlled study in which the time difference between IV and IO access was compared while providers and simulated patients (mannequins) were wearing personal protective equipment (PPE). Twenty-two EMT-P providers measured the times to skin access, vascular access and fluid infusion in three scenarios: no PPE for providers or mannequins; providers only in PPE; and both providers and mannequins in PPE. In all scenarios, there was a statistically significant difference in vascular access and fluid infusion time, in favor of the EZ-IO. Investigators concluded that, overall, the EZ-IO provides vascular access and fluid more quickly than standard IV access, and that donning PPE does not hinder providers’ use of the EZ-IO.
Wayne MA. Intraosseous vascular access: devices, sites and rationale for IO use. JEMS 2007; 32: s23-5.
This article reviews intraosseous vascular access in general, and summarizes the various devices available. These include the Waismed B.I.G., the Vidacare EZ-IO, and Pyng F.A.S.T.1.

This article in German (with abstract in English) describes IO infusion in detail. It includes techniques, indications, complications, and recommendations. Also describes the various devices available, including Cook, Bone Injection Gun (BIG), First Access for Shock and Trauma (F.A.S.T.1), and the EZ-IO®.

In this study, presented at the NAEMSP 2006 annual meeting, investigators reported the results of a study that evaluated the performance of the EZ-IO® compared to an earlier evaluation of the Pyng F.A.S.T.1 system. There was a statistically significant higher success rate using the EZ-IO® compared to Pyng system, and investigators concluded that the EZ-IO® appears to be a superior device with regard to insertion success.

Prospective observational study evaluating EMT-B ability to provide care in out-of-hospital cardiac arrests. Found that EMT-Bs were able to place the EZ-IO with a 94% success rate. Median time to placement was 72 seconds.

Hoskins SL, Kramer GC, Stephens CT, Zachariah BS. Efficacy of epinephrine delivery via the intraosseous humeral head route during CPR. Circulation 2006;114:II_1204
Results from this study which sought to determine the efficacy of intraosseous drug delivery using the proximal humerus during CPR in swine showed that the humeral route generated higher mean arterial pressures than central venous or endotracheal delivery.

Article in French describes IO access and IO devices, including B.I.G., F.A.S.T.1 and EZ-IO®.

The author provides an overview of intraosseous vascular access discussing evolution of the practice, equipment, treatment options and contraindications.

Observational study evaluating use of the EZ-IO®. Found 97% success rate for insertion and infusion into the IO space by paramedics, nurses, physicians and other EMS personnel in using the device for emergency vascular access. No serious complications reported. This study was sponsored by Vidacare Corporation.

Article describes intraosseous access for adults and pediatrics. Describes and discusses IO devices available including Jamshidi, Bone Injection Gun, F.A.S.T.1, and EZ-IO®.

Observational study of initial use of the EZ-IO® in 125 patients by EMS providers. Found 94% success rate for insertion and infusion into the IO space. No complications reported. This study was sponsored by Vidacare Corporation.
Intraosseous Vascular Access Bibliography

Heightman AJ. The rebirth of adult IO: a first-hand account of recent advances in intraosseous infusion for adults, drawn from a scientific workshop and practical lab experience. JEMS 2005;30(10):s4-7.

Editorial article highlighting recent advances in intraosseous (IO) infusion and IO devices based on the author’s experience at a scientific seminar hosted by Vidacare. Makes recommendations on the efficiency and safety of the devices.


This animal study compared IO drug delivery in the tibia versus the sternum during CPR. Researchers concluded that during CPR IO infusions delivered via both sites were effective—although sternal delivery was faster; and that IO sternum access is comparable to IV access for drug delivery during CPR.


This study abstract discusses use of the EZ-IO to determine the pharmacokinetics (PK) and efficacy of tibial IO drug delivery during treatment of cardiac arrest in the swine model, as compared to IV access. Results showed that PK analysis of IO drug delivery via the tibial route showed a delay of 20-50 seconds compared to IV; however, physiologically significant levels of epinephrine were reached as MAP. This research was sponsored by Vidacare Corporation.


Animal study compared the sternal and tibial routes for IO drug delivery during CPR. Investigators concluded that both the sternal and tibial routes can effectively deliver near equivalent doses during CPR in swine. http://www.aemj.org/cgi/content/abstract/12/5_suppl_1/67

Miller LJ, Kramer GC, Bolleter S. Rescue access made easy: Intraosseous infusion, once limited to use in children, is now becoming a reliable access site for adults. JEMS 2005;30:s8-18.

Intraosseous Vascular Access Bibliography
Guidelines

YEAR: 2014

Cheung WJ, Rosenberg H, Vaillancourt C. Barriers and facilitators to intraosseous access in adult resuscitations when peripheral intravenous access is not achievable. Acad Emerg Med 2014;21:250-6. doi:10.111/acem.12329
This survey study sought to identify the barriers and facilitators to use of intraosseous vascular access for adult resuscitations when peripheral IV (PIV) access is not available, among physicians from various clinical care settings in 3 teaching hospitals in Ottawa, Ontario. Completed survey responses were received from 205 physicians; results suggest that to increase IO use educational interventions need to address their attitudinal, normative, and control beliefs. Specific beliefs that act as barriers are described.

Egypt

This discussion of pediatric sepsis focuses on the “global setting” making note of inherent differences in policies, diagnostics, causes and management approach between regions. A review of basic assessment, treatment, follow-up and prevention strategies applicable regardless of resources is offered. Goal directed therapy within the first 5 minutes includes establishment of IV/IO access.

This retrospective study reported IO use over a 7-year period during combat operations in Afghanistan by the UK Defence Medical Services. The EZ-IO and FAST1 IO devices were available for use; IO use data was collected from the front line, during helicopter evacuation and at the combat hospital. A total of 1014 IO devices were inserted into 830 adult patients; various medications infused via IO access are listed. Across all cases there were no serious IO complications and 14 minor complications. The author concluded that in the pre-hospital setting in particular and in severely injured trauma patients, IO access should be considered a primary method of obtaining vascular access.

Neuhaus D. Intraosseous Infusion in elective and emergency pediatric anesthesia: when should we use it?. Curr Opin Anaesthesiol 2014;27(3):282-7. DOI: 10.1097/ACO.0000000000000069
General review of IO access, with particular attention to perioperative setting and includes published guidelines of the German Scientific Working Group for Pediatric Anesthesia for use of intraosseous access. The author recommends that for children with known difficult venous access physicians discuss the possibility of IO access preoperatively with the family.

This report describes a study conducted by the Air Force Research Laboratory comparing intraosseous infusion rates between IO sites in a cadaveric model to determine if there is a site that is most effective for volume resuscitation. Using 16 cadavers procured within 72 hours of death, IO access was established in the proximal tibia and proximal humerus using the EZ-IO and in the sternum using the FAST1. Results showed the mean flow rate in the sternum was 1.6 times greater than the humerus and 3.1 times greater than the tibia. An abstract describing this report was presented by oral presentation at the 2014 annual scientific assembly for the Eastern Association for the Surgery of Trauma meeting.

This letter to the editor describes a cadaver study performed by 50 interns who had never performed IO insertion, to determine if there is a learning curve associated with use of the EZ-IO for establishing IO vascular access in the proximal tibia. Following training each intern performed 10 IO insertions and were timed. The results showed a difference between the first and the eighth attempts resulting in a decrease in time to insertion by half. The authors concluded that practice insertions are necessary to become comfortable with the device.

Turkey
Intraosseous Vascular Access Bibliography
Guidelines

This article explores use of IO vascular access in combat and tactical settings through a brief review of the literature describing this practice. A small feasibility study is discussed that evaluated the use of cadavers for training 26 U.S. Air Force Pararescuemen (PJs) on establishing IO access in the humeral head using the EZ-IO, both drill-assisted and manually inserted needles. First attempt placement success with the EZ-IO drill was achieved in 25 of 26 attempts; first attempt placement success using the manual occurred in 19 of 21 attempts. The authors concluded that the humeral head IO site is the most appropriate site within the tactical setting; and that use of a human cadaver model for training is an appropriate model.

YEAR: 2013

Reprint article of policy statement originally published 2009, endorsed by multiple professional societies providing guidelines for care of children in the emergency department. A recommendation for IO equipment in adult and pediatric sizes is included.

Cleugh FM, Maconochie IK. Management of the multiply injured child. Paediatrics and Child Health 2013;23(5):194-9
General overview of care of a child with multiple trauma. IO vascular access is mentioned as a treatment option after 90 seconds or 3 failed PIV attempts. The B.I.G. is cited as an option along with the manual needles.

This article presents an overview of IO access focused on nurses’ use of the technique. A list of available devices, history and support for use and possible complications are included.

This article provides an overview of various vascular access modalities in emergency medicine including peripheral IV, venous cut-down, central venous catheter, intraosseous access, umbilical vessel access, and arterial access. The anatomy and physiology, indications and contraindications, procedure steps and special considerations are outlined for each access methods discussed.

Lyon RM, Donald M. Intraosseous access in the prehospital setting-Ideal first-line option or best bailout?. Resuscitation 2013;84:405-406. http://dx.doi.org/10.1016/j.resuscitation.2013.01.027
Editorial reviewing a case series of EZ-IO use in the pre-hospital setting in Switzerland by Santos et al., combined with a literature review. The authors conclude IO access should probably be used selectively and training on its use improved, insertion sites should be compared and further investigation of use of the EZ-IO in major trauma patients, infusing blood components, use in infants, and application of training warrant further investigations.

This article in Spanish provides an overview of intraosseous vascular access.
Article in Spanish

This abstract describes a study in which the investigators sought to determine the approximate patient population in which the 25mm EZ-IO needle set was sufficient length to establish IO access in peripartum patients. Ultrasound was used to determine the tissue depth at four insertion sites. Twenty-six women were recruited with a median gestation of 34 weeks. In 88% of patients with a BMI<40 kg/m² the 25mm needle is sufficient to reach the bone marrow at both tibial sites. For the humeral site, IO placement may be more difficult for patients with a BMI>25 kg/m².
UK

This article in French gives an overview of intraosseous vascular access including the physiology of IO infusion, insertion sites, indications, and complications. Available IO devices on the market are described including, time to insertion, success rate and cost.
French
Intraosseous Vascular Access Bibliography


An overview of pediatric emergency medicine and critical procedures. One of the key points noted: intraosseous vascular access can be used in all ages.


This article reviews the clinical effects of both high-quality chest compressions and the effects that interruptions during chest compressions have clinically on patient outcomes. The authors indicate intraosseous vascular access should be heavily considered as the first or at least second-line method used to help prevent prolonged compression interruptions for the purpose of establishing vascular access. The authors note that when using the EZ-IO this method of access is fast, effective, can handle all resuscitation fluids, and can minimize no flow time when used properly.

YEAR: 2012


Manuscript of a literature review and critical analysis done to develop the Emergency Nurse’s Association (ENA) December 2011 Emergency Nursing Resource (ENR) which focused on the clinical issue of difficult IV access. Graded recommendations and decision options are provided for alternatives to IV access, including IO.


PALS 2012 guidelines on pharmacotherapy and toxicological emergencies.


This article describes a questionnaire study in which members of selected Scandinavian medical societies were surveyed to identify reasons for not using IO access during resuscitation when IV access is difficult. There were 759 evaluable responses from doctors, nurses, and ambulance staff. Of the respondents, 178 (23.5%) had experienced at least one situation where there was an indication for IO but it was not attempted. The most common reason for not using IO was unavailability of equipment (n=86) and lack of training. The author concluded that increased training in IO use and greater availability of IO equipment for front-line staff should be implemented.

Ibrahim M, Cairney K. Intraosseous (IO) infusion as a means of vascular access. British J of Resuscitation 2012;Autumn:23-6

This article provides an overview of intraosseous vascular access, including applicable patient population, IO access sites, pain management, IO education and compares IO access to central venous access.


An overview of pre-hospital trauma care. Endotracheal intubation, use of tourniquets, identification of shock, and clinical research in the pre-hospital setting are specifically addressed. Intraosseous vascular access is generally mentioned in relation to resuscitation.


This article describes the validation testing of a newly developed performance assessment scale for evaluating the intraosseous manual insertion process in the proximal tibia during simulated procedures. The authors concluded that the scale was a reliable tool to assess the overall IO insertion procedure and that with modifications this scale may be used with other IO devices and in the clinical setting.


An overview of IO vascular access including a review of currently available literature. The author discusses various IO devices available and their performance metrics, IO access sites, flow rates, advantages and disadvantages of IO access compared to conventional access methods, complications and recommendations on use of the approach. The author concludes that while IO access may not be appropriate for all patients, it deserves a place in the modern provider’s armamentarium.

Ribiero de Sa RA, Melo CL, Dantas RB, Delfim LVV. Vascular access through the intraosseous route in pediatric emergencies. Revista Brasileira de Terapia Intensiva 2012;24(4):407-14

The authors evaluated use of IO access in pediatric emergencies through a literature review. The objective was to describe the techniques, professional responsibilities, and care related to obtaining IO access.

Brazil
**Intraosseous Vascular Access Bibliography**

**Guidelines**


This article presents a general overview of intraosseous (IO) vascular access in the pediatric population through an IO literature review. Available IO devices were discussed.


In this article the authors review the evidence supporting the use of IO access; determine the utilization IO access as described in the literature; and assess the level of specialty society support. Various IO devices are mentioned including the EZ-IO.

http://dx.doi.org/10.1016/j.ajem.2012.09.018

A critical care literature review article that addressed cardiac arrest, trauma, ultrasound, pediatrics, and boarding. Intraosseous vascular access is noted as a method for obtaining vascular access.

**YEAR: 2011**


Case study of a 42 year-old woman with massive obstetric hemorrhage ultimately resulting in postpartum hysterectomy. Massive blood loss and inability to stop bleed prevented sufficient resuscitation via established PIV lines. IO access was established with the EZ-IO and used for fluid replacement and administration of cardiac resuscitation drugs. Fluid administered through IO access was 75% of the total infusion volume.


The Emergency Nurse's Association (ENA) published a series of Emergency Nursing Resources with emphasis on clinical or practice based issues. This issue focused on difficult IV access and provides a summary of the literature review, with graded recommendations and decision options for practice for IO access, ultrasound guidance, subcutaneous rehydration therapy and several other alternatives. IO access is graded as having a high level of evidence supporting use of IO access when difficult IV access is known or suspected for high success rates and rapid time to insertion.


General overview of PALS updates. Various IO devices were specifically mentioned in the vascular access section, including the EZ-IO.

Hallas P, Folkestad L, Brabrand M. How many training modalities are needed to obtain procedural confidence in intraosseous access? A questionnaire study. European Journal of Emergency Medicine 2011;00(00):1-3. doi:10.1097/MEJ.0b013e328349edcf

An online questionnaire was distributed to members of emergency medicine, pediatric and anesthesiology societies in Scandinavia regarding the amount of training they have received on IO vascular access and evaluate their level of confidence. A total of 322 responses were received and categorized as confident or not confident. The author concluded that confidence with IO increases with the number of learning modalities, and that hands-on experience as a single training modality seems as effective as having a combination of two non-hands-on modalities.


In this abstract the authors attempted to establish a relationship in obese patients (BMI >30) between BMI, ability to palpate the tibial tubercle, and tissue depth at the IO insertion sites. Results showed that in obese patients, IO placement with a 25mm catheter is feasible at the proximal and distal tibial sites if the tibial tubercle is palpable and that insertion into the proximal humerus in this population is not recommended.

Khan LAK, Anakwe RE, Murray A, Godwin Y. A severe complication following intraosseous infusion used during resuscitation of a child. Inj Extra 2011; doi:10.1016/j.injury.2011.05.015

This article describes the case of an 11-year-old boy who suffered compartment syndrome of the lower leg following use of the EZ-IO for resuscitation and 24 hours of intraosseous infusion of adrenaline, calcium and potassium. The author concluded that further work is needed to develop recommendations for maximum duration, dose, volume and rates for intraosseous infusion.
Intraosseous Vascular Access Bibliography


This study evaluated the use of telesimulation by Canadian pediatricians to teach a relatively new IO insertion technique (EZ-IO System) to physicians in Africa. Self-assessment questionnaires were completed before and after training, multiple-choice tests were given and a demonstration of competency was done within 3 training sessions. Twenty-two physicians participated; the sessions improved physicians' knowledge, self-reported confidence, and comfort level in inserting the IO needle. The author concluded that telesimulation offers potential for teaching other procedural skills over distances.

Miller LJ, Philbeck TE, Puga TA, Montez DF, Escobar GP. A pre-clinical study to determine the time to bone sealing and healing following intraosseous vascular access. Ann Emerg Med 2011;58(4S):S240

The objectives of this study were to evaluate the amount of time necessary following IO insertion and infusion for the bone to heal such that a second IO catheter can be placed in the same bone without the risk of extravasation from the first hole; and to determine the length of time required to show radiological evidence of closure. Four anesthetized goats were used for the study. Twenty-four hours post insertion, extravasation was observed in 2 of 4 tibial sites with no extravasation in 4 humeral sites. Forty-eight hours post insertion, no extravasation was observed in tibial or humeral sites. Authors concluded that IO infusion should not be attempted in the same bone as a previous IO insertion within 48 hours of removal of the first IO catheter. Radiological examination showed evidence of bone healing as early as 6 days post IO placement. This research was sponsored by Vidacare Corporation.


This article provides an overview of intraosseous vascular access for pediatrics and discusses general indications, contraindications, complications, and intraosseous devices.


This document addresses pediatric vascular access and includes an overview of intraosseous vascular access. Indications, contraindications, supplies and equipment, technique, complications and maintenance are discussed.


This article describes two cases of leg amputation after intraosseous infusion in a 5-month-old girl and a 17-month-old boy. The author concluded that fluid extravasation, exacerbated by tibial fracture and needle dislodgement during transportation, caused limb ischemia in these two patients, and that adherence to the principles of careful needle placement, splinting/Securing the catheter and limb, limited length of infusion and repeated monitoring of the limb will help avoid this devastating complication.

YEAR: 2010


This paper describes the process of establishing a nurse-led central venous catheter insertion service in a university affiliated hospital using a process evaluation method. Introduction discusses CVC adverse events rate and mortality.


This article reviews intraosseous vascular access and its increased use in adult resuscitation. The IO route is described, including indications, contraindications, insertion sites and devices.

Gillum L. All access pass: mastering the use of IO devices. JEMS 2010;35(6):30,32

This article discusses training methodology and applies the concept to the implementation of the EZ-IO in the Montgomery County Hospital District EMS, a participant in the EZ-IO beta test.


This article provides an overview of intraosseous vascular access and discusses general indications, contraindications, complications, and intraosseous devices.
Intraosseous Vascular Access Bibliography

Guidelines


This abstract presented at the 2010 ACEP Research Forum describes a study designed to compare Lidocaine’s effect on pain during fluid infusion through the tibial and humeral IO routes. Authors concluded that, for adequate IO infusion rates with minimal and tolerable pain, 40mg of preservative-free Lidocaine may be needed; followed by a rapid normal saline syringe flush of at least 10mL and another 20mg of Lidocaine. Additional dosing and flushing may be required. For less overall pain due to IO infusion, and greater infusion flow rates, the proximal humerus should be strongly considered, using a longer IO needleset. This research was sponsored by Vidacare Corporation.


The 2010 American Heart Association Guidelines for Cardiopulmonary Resuscitation and Emergency Cardiovascular Care. IO access is discussed as a preferred route when IV access cannot be established. The guidelines however do address the lack of clinical information regarding IO drug delivery during CPR but affirm it is reasonable for providers to establish IO access if IV access is not readily available.


2010 updated guidelines for resuscitation by the European Resuscitation Council. This update notes IO access as the preferred mode of vascular access for drug administration, over endotracheal administration, when IV access is unavailable. IO blood is also noted as useful for typing and evaluating laboratory values.

European Union


This article discusses use of IO access within the hospital setting in the emergent and non-emergent patient populations. The history of IO access, clinical situations in which IO access may be considered, devices, contraindications, and complications are discussed. Additionally, pain management, economics, education and training and risk management are explored. This article is co-published in Journal of Infusion Nursing, the Journal of Pediatric Nursing, and Critical Care Nurse and was produced by the Consortium on Intraosseous Vascular Access in Healthcare Practice.


This article provides an overview of pediatric trauma care in the pre-hospital setting by using a literature review to evaluate the risks and benefits of various aspects of care. Topics discussed include: pre-hospital care time, pre-hospital triage and transport, airway management, intravenous (IV) and intraosseous (IO) vascular access and infusions, cervical spine immobilization, traumatic brain injury, and pain assessment and management.

Vegunta RK. Chapter 8-Vascular access. Ashcraft's Pediatric Surgery 2010;5th ed:110-16

This document discusses various vascular access methods available for pediatric and neonate patients, including intraosseous access.

Vizcarra C, Clum S. Intraosseous route as alternative access for infusion therapy. Journal of Infusion Nursing 2010;33(3):162-74

This article provides an overview of IO anatomy and physiology, IO access indications, care, and management; describes therapies administered via IO access; and discusses the expanding use of IO access into areas within hospitals during nonemergency clinical situations. It also includes a table addressing indications for IO access in the hospital, as well as a table addressing the general insertion procedure for IO access.

YEAR: 2009

Barrett J. Adult Intraosseous infusion: "Good to the bone!". Response 2009;36(3):19-21

This article addresses adult IO infusion, primarily in the pre-hospital setting, with regard to the history of IO, anatomy and physiology, training considerations, clinical guidelines and contraindications, and financial considerations.


Instructional program on IO.
Guidelines for prehospital fluid resuscitation addressing when vascular access should be attempted and how; and if fluids should be administered, which should be given and at what rate.

Report from task force from Infusion Nurses Society advocating role for properly trained nurses in IO use.

This article discusses the importance of proper technique, attention to detail, and serial monitoring of limb involved when using IO vascular access to avoid potential compartment syndrome and other complications. The author reports the case of a 2-year-old boy who suffered compartment syndrome of the lower limb following use of IO infusion for resuscitation. Early detection of and response to changes in the affected limb resulted in the patient’s successful recovery

Infusion Nurses Society’s guidelines and standards for using IO devices.

Horton MA, Beamer C. Powered intraosseous insertion provides safe and effective vascular access for pediatric emergency patients. Pediatr Emerg Care 2008;24:347-50
A retrospective clinical study was conducted to demonstrate the safety and effectiveness of the EZ-IO intraosseous access device for pediatric patients. For the 95 eligible patients in the study, successful insertion and infusion was achieved in 94% of the patients. Insertion time was 10 seconds or less in 77% of the one-attempt successful cases reporting time to insertion. There were 4 minor complications (4%), but none significant. The results of this study support the use of the EZ-IO for children in emergency situations. The complication rate suggests that the powered IO device is safe and effective for the resuscitation and stabilization of pediatric patients. This study was sponsored by VidaCare Corporation.

3-year study of IO training and use in 28 hospital and ambulance services in Switzerland. Standardized training improved IO success rate to 100%.
Abstract only

Data from the largest combat trauma database was analyzed to identify how new or improved devices, dressings or drugs have impacted prehospital casualty care, how guidelines and resuscitation strategy have changed, and discusses lessons learned and how concepts have crossed back into the civilian practice. Intraosseous access, particularly the sternal site, is identified as one of the advances for vascular access in combat medicine.

Article calls for EMS medical directors to consider and use the intraosseous route for adult patients requiring immediate vascular access. Provides evidence in support of position statement by the National Association of EMS Physicians on IO use.

King Edward Memorial/Princess Margaret Hospitals. Venous and arterial access and line management. King Edward Memorial/Princess Margaret Hospitals NCCU Clinical Guidelines Section: 5 2006; 1-3.
Includes section on “Insertion of Intraosseous Needles and Care.” Provides guidelines including Key Points, Equipment, Complications, Procedure, and Documentation.
La May G, Friese G. Pediatric fluid resuscitation and airway management - a primer on volume replacement in pediatric patients. EMS 2006;May:65-72
An overview of managing pediatric fluid resuscitation and airway management in the pre-hospital setting.

YEAR: 2005

AHA guidelines for cardiac arrest recommending IO as first line alternative to IV access in adult cardiac arrest patients. Affirms that IO is a safe and effective way to access the central vascular system. Maintains that IO access is similar to central line access and results in fewer complications.
http://circ.ahajournals.org/cgi/content/full/112/24_suppl/IV-58

YEAR: 2005

European Resuscitation guidelines for cardiac arrest in special circumstances, e.g. life-threatening electrolyte disorders, poisoning, drowning, etc.

YEAR: 2002

Review article for a nursing audience outlining recent changes in emergency life support in the most recent Advanced Cardiac Life Support (ACLS) guidelines from the American Heart Association with specific emphasis on new technologies for vascular access and emergency airway management.

YEAR: 2001

Review article on resuscitation in pediatrics outlining American Heart Association’s 1992 changes in guidelines on automatic external defibrillators, vagal maneuvers for treatment of supraventricular tachycardia, validity of capillary refill to assess shock, IO vascular access, and ethical issues.

YEAR: 1996

Critical care article advocating use of vasopressin when standard or high dose epinephrine fails in a salvageable patient.

YEAR: 1996

Wietlisbach M, Schupfer G. [Venous access and methods of drug application in ACLS (Advanced Cardiac Life Support)]. Ther Umsch 1996; 53: 630-3. [German]
Article in German
Abstract only

YEAR: 1992

Evaluation of the chain of survival from cardiac arrest using standard measurements of performance.

YEAR: 1988

Guidelines for IO in pediatric patients.

YEAR: 1986

Letter to the editor discussing guidelines for IO in "Standards and Guidelines for Cardiopulmonary Resuscitation and Emergency Cardiac Care," and in the chapter on " Intravenous and Intra-arterial Techniques" for the Pediatric Advanced Life Support (PALS) textbook being completed by the Working Group on Pediatric Resuscitation of the American Heart Association.
This preclinical study compared CBCs and routine blood chemistries drawn from IO and IV blood. The authors concluded that IO blood chemistries reflected venous blood chemistries and may be used if venous blood cannot be obtained; CBC cannot be reliably obtained from IO blood.

YEAR: 1985

Review of IO insertion techniques of insertion, clinical indications, contraindications, and complications.

This article presents a 5-case series describing use of IO vascular access by anesthesiologists in the perioperative and critical care settings. All insertions were made in the proximal tibia and there were no adverse events reported. The devices cited as being used were the EZ-IO and the Cook Surfast manual needle. A proposed perioperative vascular access algorithm incorporating IO access is presented. The authors address key topics around IO access including use of same drug dosing as IV administered drugs, frequent palpation and monitoring of the insertion site for extravasation, low complication rate and actual risks associated with fat emboli and bone injury, pain and anxiety management in the awake patient and clinician-perceived pain. Administration of blood products, ACLS drugs, Lactated Ringer’s solution and anesthetics are noted without complication. Use of IO aspirate for laboratory testing is noted, however use of the initial aspirate is indicated. Several patients in the case series were reported to find the discomfort of IO insertion preferable to multiple intravenous attempts. The authors concluded: IO lines can be placed quickly and safely in emergency situations or in elective surgical patients with difficult intravenous access; IO access can be useful in a wide variety of clinical settings; and is an important skill for anesthesiologist to learn.


A cadaveric study evaluating intraosseous (IO) vascular access insertion sites for attainable flow rates under 300 mmHg. The EZ-IO was used to establish IO access at the proximal humerus and proximal tibia sites; the FAST1 was used to establish sternal IO access. The total volume of fluid infused at the three IO access sites was 469 ± 190 mL for the sternum; 286 ± 218 mL for the humerus; and 154 ± 94 mL for the tibia. The mean flow rate infused at each site was as follows: 93.7 ± 37.9 mL/min for the sternum; 57.1 ± 43.5 mL/min for the humerus; and 30.7 ± 18.7 mL/min for the tibia. First attempt placement success was 100% for the sternum and proximal humerus and 81% for the tibia.

Vascular access in resuscitation: Is there a role for the intraosseous route?. Anesthesiology 2014;120(4):1015-31

Literature review through August 1, 2013 with primary aim to determine whether there is a role for intraosseous vascular access in the resuscitation of critically ill patients. Secondary aims were to investigate the evidence regarding clinical use, drug administration, and complications of IO access. The authors concluded that IO access can be achieved quickly and accurately in emergency situations and there is clearly a role for it in resuscitation of ill patients; anesthesiologists should become familiar with IO access.


A prospective observational study that evaluated use of intraosseous vascular access for delivery of rapid sequence intubation (RSI) drugs. Data was collected between January and May 2012 at a combat hospital in Afghanistan. Thirty-four (34) patients underwent RSI with drug delivery via the IO route. Access was established in the proximal humerus and tibia using the EZ-IO and in the sternum using the FAST-1. All placements were successful on first attempt; first pass intubation success rate was 97%; a Cormack-Lehane (C-L) laryngoscopical grade view of 1 was reported 91%. Authors concluded that IO access is a safe and feasible route for delivery of anesthetic drugs for RSI.


This was a prospective, randomized controlled clinical pilot study comparing the BIG and EZ-IO intraosseous (IO) vascular access devices in 52 adult patients admitted to an emergency department with difficult peripheral venous access. Twenty-six patients were randomized to each device; results were first attempt insertion success BIG 92.3%, EZ-IO 84.6% (P=0.688); procedure time: BIG 2.8 ± 1.2 seconds, EZ-IO 5.2 ± 2.2 seconds (P<0.001), significant; difficulty of use (with visual analogue scale): BIG 8.6 ± 6.4 mm, EZ-IO 25.4 ± 12.6 mm (P<0.001), significant. Authors concluded both EZ-IO and BIG are shown to be reliable and safe methods for insertion of intravascular access in emergency conditions. There were no adverse events or complications reported.

Comparison of two intraosseous devices in adult patients in the emergency setting: a pilot study. Eur J Trauma and Emerg Surg 2014;doi:10.1007/s00068-014-0385-8

This article describes a randomized trial comparing the retention knowledge, skill and self-efficacy among anesthesiologists and registered nurses of anesthesia with use of the EZ-IO and Bone Injection Gun (B.I.G.). Participants were randomized to be trained on one device and were tested at 0.3, and 12 months post training. The authors concluded that training anesthesiologists on use of the EZ-IO with the educational tools provided by the manufacturer will ensure optimal performance for a period of one year.

Turkey
Intraosseous Vascular Access Bibliography

Infusion Devices


Text article that accompanies video featured in The New England Journal of Medicine on intraosseous access which provides a general overview of IO access and demonstration of IO insertion using the EZ-IO and one manual IO needle set.


Manikin study conducted in Poland with 107 paramedic operators designed to investigate the success rate, time of insertion and perceived difficulty of intraosseous access devices during simulated resuscitation using the EZ-IO, Bone Injection Gun and Jamshidi needles. Results were first attempt success: B.I.G.: 91.59%; EZ-IO: 82.66%; Jamshidi: 47.66%; mean procedure time: B.I.G.: 2.0 min ± 0.7; EZ-IO: 3.1 min ± 0.9; Jamshidi: 4.2 min ± 1.0; and ease of use (1-very easy to 5-very hard): B.I.G.: 1.83; EZ-IO: 2.92; Jamshidi: 4.68.


This retrospective study reported IO use over a 7-year period during combat operations in Afghanistan by the UK Defence Medical Services. The EZ-IO and FAST1 IO devices were available for use; IO use data was collected from the front line, during helicopter evacuation and at the combat hospital. A total of 1014 IO devices were inserted into 830 adult patients; various medications infused via IO access are listed. Across all cases there were no serious IO complications and 14 minor complications. The author concluded that in the pre-hospital setting in particular and in severely injured trauma patients, IO access should be considered a primary method of obtaining vascular access.


Retrospective study of the Israeli Defense Force (IDF) registry from January 1999 through October 2012 to identify all cases in which IO access was attempted. The Bone Injection Gun (B.I.G.) was the device used for IO access. A total 37 attempts were made in 30 patients. First attempt success was 53% with an overall success rate 49% when factoring subsequent attempts. Most frequent cause for failure related to providers skill level, and due to the device design allowing little room for error. This study prompted the IDF to seek an alternative for the B.I.G.


This report describes a study conducted by the Air Force Research Laboratory comparing intraosseous infusion rates between IO sites in a cadaveric model to determine if there is a site that is most effective for volume resuscitation. Using 16 cadavers procured within 72 hours of death, IO access was established in the proximal tibia and proximal humerus using the EZ-IO and in the sternum using the FAST1. Results showed the mean flow rate in the sternum was 1.6 times greater than the humerus and 3.1 times greater than the tibia. An abstract describing this report was presented by oral presentation at the 2014 annual scientific assembly for the Eastern Association for the Surgery of Trauma meeting.

YEAR: 2013


In a letter to the editor this study reports data collected (during a survey of one third of academic emergency medicine programs in the U.S.) regarding IO use in adults and comparing IO access with other vascular access techniques through simulation. Data suggest that IOs were used less than 5% of the time patients needed emergent access and a peripheral line was unobtainable. The EZ-IO was most often used IO device. Authors conclude IO use should be considered more frequently in critical, unstable patients. (This research was presented at the ACEP Research Forum in 2010).


This article describes a case study of a 31-month old infant that suffered hypovolemic shock due to severe epistaxis. After several failed peripheral and central line attempts an 18g needle was inserted intraosseously through the proximal tibia. The child received 300 mL of Ringer’s Lactate in one hour then 200 mL of blood via the IO route by syringe boluses resulting in improvement. Cloxacillin was also administered IO as prophylaxis for infection. Authors conclude an IO blood transfusion should be the immediate intervention in similar life-threatening interventions.

Zambia
Iraq pediatric anesthesiologist when peripheral and central venous access has failed or is difficult. The authors concluded that although it is not the first-line method for anesthesia, IO access should be considered by...pancuronium, atracurium, halothane, neostigmine, atropine, blood products, fluids and hydrocortisone through the IO line without...with a handmade IV extension set were used to establish IO access. The authors reported administering ketamine, succinylcholine,...failed during anesthesia administration for emergency surgery. Due to unavailability of modern IO devices, a standard 18-gauge IV needle...This 30 pediatric patient case series describes use of IO access in the perioperative setting when peripheral and central venous access failed during anesthesia...and other unidentified IO devices

Denmark
Intraosseous Vascular Access Bibliography

Infusion Devices


This article in German explores use of intraosseous access in a dental practice emergency. In a simulation study, dental students attempted to establish standard peripheral IV access and IO access using 3 different devices: EZ-IO, BIG, and manual IO. Results showed the manual was the fastest to insert, however, the EZ-IO had the highest first-attempt success rate as well as the lowest number of total attempts to IO access.


This article presents an overview of IO access focused on nurses' use of the technique. A list of available devices, history and support for use and possible complications are included.


This abstract describes the results of an online survey taken by members of the Obstetric Anaesthetists' Association, evaluating use of IO access in obstetric emergencies, and availability of IO equipment on UK labor wards. Results showed many members are trained on IO access, consider it a viable option during emergencies however have limited access to equipment.


This article provides an overview of various vascular access modalities in emergency medicine including peripheral IV, venous cut-down, central venous catheter, intraosseous access, umbilical vessel access, and arterial access. The anatomy and physiology, indications and contraindications, procedure steps and special considerations are outlined for each access methods discussed.


A 45-year-old woman in hemorrhagic shock with multiple injuries to the limbs, secondary to a war wound, received sternal IO access using the Jamshidi trocar (not specifically intended for sternal use). After initiating a blood transfusion through the IO line a contrast CT scan revealed sternal perforation and hemomediastinum, secondary to the transfusion, as well as drainage into the left pleural cavity. The catheter was removed, right thoracic drainage was performed, and the patient was released from ICU 48 hours later. The authors conclude this case report demonstrates the difficulty in selecting emergency insertion sites and the necessity of choosing an appropriate IO catheter.


This article in French gives an overview of intraosseous vascular access including the physiology of IO infusion, insertion sites, indications, and complications. Available IO devices on the market are described including, time to insertion, success rate and cost.

YEAR: 2012


This article describes a questionnaire study that was given to UK Role One military clinicians deployed to Afghanistan to assess the level of experience and confidence rating with use of IO access, using the FAST-1 and EZ-IO, and IV access. Thirty-three responses were received; clinicians felt more confident with IV access over IO access; clinicians felt more confident with FAST-1 IO access than EZ-IO IO access.

UK


This article discusses how IO access can be used to improve advanced life support therapy. The EZ-IO is described in this article; published comparative studies between other IO devices and peripheral IV access are cited, leading the author to conclude the EZ-IO is user friendly, and establishes intravascular access more quickly and more often on first attempt than other devices.
Intraosseous Vascular Access Bibliography
Infusion Devices


This pre-clinical study evaluated IO flow rates obtainable with infusion of lactated Ringer’s and hetastarch 6% through the proximal tibia and sternum IO insertion sites, using a swine model. The EZ-IO 25mm was used to facilitate tibial IO access; sternal access was established using a Jamshidi needle. Results showed that hetastarch flow rates were lower than lactated Ringer’s flow rates at both insertion sites; sternal infusion of hetastarch is likely to provide greater estimated intravascular volume expansion than lactated Ringer’s, despite the lower infusion rates; resuscitation using the IO rate is likely to benefit from pressure bag or high-pressure pump delivery. This study was sponsored by Vidacare Corporation.


This study conducted in Japan retrospectively evaluated IV successful placement performed by emergency life saving technicians (ELST) in cardiopulmonary arrest patients in the prehospital setting over a 3 year period. ELSTs were then trained on IO placement with the BIG and evaluated the rate of successful placement in leg models for adult, pediatric and infant patients. The results of the study showed that obtaining IO access in mannequin models with BIG had a success rate of 93%, 94%, and 84% in adult, pediatric and infant models respectively.


This article describes a study evaluating a new manual needle insertion device, the Near Needle Holder, which uses hollow-bore needles to establish IO access. In a comparative study, healthcare professionals attempted IO insertion in the proximal tibia insertion site of a mannequin using the NNH and a standard Cook manual IO needle. Participants then completed a questionnaire regarding their experience. The most reported complication was the plunging of the needle into the medullary space from the decrease in resistance once the cortex was penetrated. Other IO devices on the market are mentioned, including the EZ-IO.


This simulation study evaluated the ability of 2 person EMS crews to manage a pediatric emergency and sought to determine root causes of errors made. Participating EMS crews used the BIG for IO access. The authors concluded that cognitive, procedural, affective, teamwork errors and error-producing conditions were identified as root causes for the errors made in the simulation. Authors also concluded that simulation followed by facilitated debriefing is an effective tool for identifying underlying causes of active and latent errors.


This clinical trial evaluated the time required to establish IO access versus central venous catheter (CVC) in adults undergoing resuscitation, who had failed peripheral IV access (PIV) attempts. IO and CVC placement were performed simultaneously; two IO devices, the EZ-IO and the BIG, were used to facilitate IO placement in randomized format. Forty (40) patients were enrolled, first attempt success for IO was 85% vs 60% for CVC placement; median procedure time was 2 minutes for IO vs 8 minutes for CVC. The author concluded that though IO access is safe, reliable and rapid during resuscitation, it cannot replace CVC but should be considered as a valuable bridging technique.


This abstract presented at the 2012 ACEP Research Forum discusses a literature review of intraosseous access publications since 1985 providing an updated safety profile for IO access. The search resulted in 192 articles describing IO access with 6 cases of osteomyelitis and 6 cases of compartment syndrome secondary to extravasation reported. Of the 192 articles identified, 140 described the EZ-IO. This study was sponsored by Vidacare Corporation.


This article highlights the FAST Combat™ IO device with improvements and as a replacement for the FAST1®. Anticipated FDA clearance: Spring 2013.


A literature review of articles describing intraosseous vascular access devices used in the pre-hospital setting. Twenty articles met the inclusion criteria and described the manual devices, BIG, Fast-1 and the EZ-IO. The authors concluded that the literature suggests that semiautomatic IO devices may be more effective than manual devices.
Intraosseous Vascular Access Bibliography

Infusion Devices

This article describes the validation testing of a newly developed performance assessment scale for evaluating the intraosseous manual insertion process in the proximal tibia during simulated procedures. The authors concluded that the scale was a reliable tool to assess the overall IO insertion procedure and that with modifications this scale may be used with other IO devices and in the clinical setting.

Page D. Intraosseous intrigue: Studies examine success rates on pediatric, adult & obese patients. JEMS January 2012;32-3
In this article, the author discussed five recent studies on intraosseous access providing his opinion about the quality of each study.

An overview of IO vascular access including a review of currently available literature. The author discusses various IO devices available and their performance metrics, IO access sites, flow rates, advantages and disadvantages of IO access compared to conventional access methods, complications and recommendations on use of the approach. The author concludes that while IO access may not be appropriate for all patients, it deserves a place in the modern provider’s armamentarium.

This letter to the editor describes a case in which sternal IO access was established using a Jamshidi needle to administer iodinated contrast for a thoraco abdominal CT on a 61-year old male who presented to the ED with respiratory distress. Picture quality was deemed excellent by the radiologists. The authors conclude that the sternal IO route can be used with excellent picture quality but it should be used only in exceptional cases due to the potential risks of a high-power injection through the bone. EZ-IO is mentioned as an alternative IO device available.

An article discussing the technique and safety profile of intraosseous access using the EZ-IO device. Needle selection, contraindications, insertion sites and techniques, catheter stabilization and removal are all discussed along with the safety profile of the EZ-IO against other IO devices and central venous catheters. The authors concluded that IO access should be considered whenever immediate vascular access is required. This article was co-written by an employee of Vidacare Corporation.

This article presents a general overview of intraosseous (IO) vascular access in the pediatric population through an IO literature review. Available IO devices were discussed.

The objective of this study was to retrospectively evaluate the relationship between out-of-hospital IV access and mortality among non-injured, non-cardiac arrest patients transported by 4 advanced life support agencies between January 1, 2002 and December 31, 2006. A total of 56,332 patients were included in the study. The author concludes that efforts to establish IV access in the out-of-hospital setting is associated with reduction in hospital mortality among non-injured, non-cardiac arrest patients.

This study conducted by the Norwegian Navy evaluated the ability of 25 soldiers to perform buddy transfusion by starting phlebotomy, establishing sternal IO access using the FAST1, and infusing 1 unit of whole blood. Physical performance was evaluated pre and post blood donation and lactate levels were recorded. The authors concluded that physical and combat performances are preserved within limits post whole blood donation and that soldiers are able to learn the phlebotomy and sternal reinfusion with only a short lecture on the procedure.

This poster presented at the 2012 International Conference of Emergency Medicine described a 4 month review of intraosseous access in UK military operations in Afghanistan. During the timeframe the EZ-IO was used to establish IO access in the proximal humerus and tibia sites; the FAST1 was used to establish sternal IO access. Of the 87 EZ-IO applications there were 12 functional issues and the placement success rate for both sites combined was 86.3%. In 24 FAST1 applications there were 4 functional issues and the placement success rate was 93.4%.

In this article the authors review the evidence supporting the use of IO access; determine the utilization IO access as described in the literature; and assess the level of specialty society support. Various IO devices are mentioned including the EZ-IO.


A literary search of electronic databases was performed to identify publications comparing IO access devices. Publications qualifying for study evaluation must have compared two or more automatic IO devices or at least one automatic device and a manual device. Reviews, editorials, surveys, and case reports were excluded. Ten comparative studies met the qualifications for inclusion and are briefly discussed. The studies evaluated suggested superiority of the batter powered IO driver over manual needles and other automatic IO infusion devices.


A comparative study evaluating the effectiveness of IO access in relation to IV access for infusion of anesthetics (ketamine, midazolam, and fentanyl) and fluids during hemodynamic studies in 21 infants with congenital heart disease. IO access was established in the proximal tibia (n=11). Results showed, time to access was significantly shorter with IO access (3.6 vs 9.6 minutes); anesthetic onset was shorter with IV access (56.3 vs 71.3 seconds); and no significant difference between groups for hydration volume and anesthesia recovery time. The authors concluded that due to its easy manipulation and efficiency, hydration and anesthesia by IO access was satisfactory without necessity of other infusion access.

Brazil


This article describes an animal trial that assessed the ability of protected, experienced first responders and limited-experience first receivers to place IO lines for antidote administration using the Vidacare EZ-IO device. First responders placed IO lines successfully in 100% of cases, and first receivers placed IO lines successfully in 91% of the cases. Investigators concluded that IO lines may facilitate earlier administration of antidotes to hazardous material victims.

Byars DV, Tsuchitani SN, Erwin E, Anglemyer B, Eastman J. Evaluation of success rate and access time for an adult sternal intraosseous device deployed in the prehospital setting. Prehosp Disaster Med 2011;26(2):127-9

A prospective study evaluating use of the FAST-1 sternal IO device in critically ill or injured patients in cardiac arrest in the pre-hospital setting. In one year, 41 insertion attempts were performed using the FAST-1. Thirty (73%) of attempts were successful and the mean time to placement was 67 seconds from time of opening the packaging to ability to aspirate/infuse without infiltration. Of the 11 insertion failures, 7 were due to failure of the device to deploy; 2 infiltrations after insertion; 1 inability to aspirate; and 1 failure of the catheter to deploy though the needles were inserted.


This article presented a general overview of IO use in pediatrics. The history, techniques, anatomy and physiology, complications and a short discussion of most devices on the market, including the EZ-IO, were discussed.

UK


An overview of available intraosseous vascular access devices, including the EZ-IO.
Intraosseous Vascular Access Bibliography

Infusion Devices


The Emergency Nurse’s Association (ENA) published a series of Emergency Nursing Resources with emphasis on clinical or practice based issues. This issue focused on difficult IV access and provides a summary of the literature review, with graded recommendations and decision options for practice for IO access, ultrasound guidance, subcutaneous rehydration therapy and several other alternatives. IO access is graded as having a high level of evidence supporting use of IO access when difficult IV access is known or suspected for high success rates and rapid time to insertion.


General overview of PALS updates. Various IO devices were specifically mentioned in the vascular access section, including the EZ-IO.


This article summarizes the case-based observations made by the Armed Forces Medical Examiner System on soldiers killed in action/died of wounds who had evidence of sternal intraosseous access. The Pyng Fast-1 is noted in the article as the sternal IO device most widely distributed by the department of defense (DOD); the EZ-IO is listed as another device that may be seen in emergency care facilities within the DOD. Of 98 cases, 78 (80%) showed proper placement; 20% were unsuccessful. It should be noted that the article incorrectly states that the EZ-IO using the powered driver is indicated for sternal placement.


In this abstract the authors attempted to establish a relationship in obese patients (BMI >30) between BMI, ability to palpate the tibial tubercle, and tissue depth at the IO insertion sites. Results showed that in obese patients, IO placement with a 25mm catheter is feasible at the proximal and distal tibial sites if the tibial tubercle is palpable and that insertion into the proximal humerus in this population is not recommended.

Abstract only


This study compared the effectiveness of infusing ice cold saline via IO and IV to induce mild therapeutic hypothermia (temperature drop to 34°C) within a 30 minute timeframe, in a swine model of cardiac arrest. Five swine were evaluated in each the IV and IO groups. Goal temperature was reached in 4/5 animals in the IV group and 0/5 animals in the IO group in the allotted time frame; IV was superior in terms of rate of infusion, rate of temperature change, and time to achieve target temperature.


This article describes the changes in practice experienced when a 12-site statewide ambulance service changed from the manual to the semi-automatic IO device (EZ-IO). There was no statistically significant change in first-attempt success or the number of successes per attempt. However, the use of IO access more than tripled when changing from the manual to the semi-automatic device and PIV access attempts before IO access went from occurring in 35.5% of patients to 1.7% of patients.

Myers LA, Russi CS, Arteaga GM. The introduction of a semiautomated (EZ-IO) device in pediatric prehospital care replacing a manual intraosseous (IO) device improves the success rate for attempts at vascular access. Prehosp Emerg Care 2011;15(1):110

This abstract describes a 93 patient study presented at the 2011 National Association of EMS Physicians Annual Conference that examined the characteristics of pediatric patients receiving IO infusions and the primary EMS clinical impressions, success rates, and subsequent treatments delivered via manual IO vs. the powered EZ-IO device. Investigators concluded that for the pediatric cohort use of the powered device offered a marginally higher first-attempt success rate compared to the manual device; and that the rate of IO access utilization by EMS more than tripled after adoption of the powered device.


This article provides an overview of intraosseous vascular access for pediatrics and discusses general indications, contraindications, complications, and intraosseous devices.
Intraosseous vascular access bibliography


This article in Spanish describes the Spanish military medical staff's experience with the use of intraosseous lines for fluid therapy in a combat zone from March 2007 to June 2008. Twenty-five patients had an IO placed with the Bone Injection Gun (BIG). Placement success rates were 76% for the 19 pre-hospital placements and 100% for the 6 in-hospital placements. There were no complications during insertion. Conclusion was intraosseous access can provide an alternative to venous access for treating trauma patients in combat zones.


This article describes a literature review study with the objective of establishing which intraosseous device is best for prehospital use. This short review searched Medline 1950-2010, CINAHL 1982-2010 and EMBASE 1980-2010 and identified two studies meeting their evidence search criteria, one study compared the BIG vs. manual; the second compared EZ-IO vs. FAST-1. The clinical bottom line asserted by the author was traditional manual IO devices have faster, better success rates in the pre-hospital setting; but that more randomized trials are needed to determine the best device.


This study compared time to placement, errors in placement and perceived ease of use for healthcare providers placing umbilical venous catheters (UVC) and intraosseous needles in a simulated delivery room, responding to persistent bradycardia. Results showed mean IO placement time was 46 seconds faster than UVC placement; there was no significant difference in the number of errors and the perceived ease of use between UVC and IO.


The objective of this study was to determine the frequency of first-attempt success of humeral IO, tibial IO, and peripheral IV (PIV) insertions during out-of-hospital cardiac arrest. Patients were randomized to receive one of the 3 methods. There were 182 patients enrolled, 64 were assigned to tibial IO, 51 to humeral IO and 67 to PIV. Of all patients 130 (71%) were successful on first attempt with 17 (9%) needles dislodged. First attempt success within the treatment groups was 91% for tibial IO, 51% for humeral IO, and 43% for PIV.


This article describes a case in which systemic fibrinolysis was administered through the intraosseous route in a patient with ST-segment elevation myocardial infarction. Fibrinolytics and antiarrhythmic drugs were administered though the IO line, resulting in resolution of coronary ischemia and electrical instability, without complications. Authors concluded that intraosseous cannulation represents a novel route for administration of systemic fibrinolysis in cases of difficult peripheral venous access in the out-of-hospital setting.


This document addresses pediatric vascular access and includes an overview of intraosseous vascular access. Indications, contraindications, supplies and equipment, technique, complications and maintenance are discussed.


This article describes IO access in terms of efficacy, indications/contraindications for use, and the IO procedure and comparison of devices to make a case for IO use in oral and maxillofacial surgical practice. In discussing IO devices citing published data, the author identified the EZ-IO device as the most accurate, efficacious, and precise system when trying to achieve IO access.


This article is a response to the Taylor and Clarke 2011 report of two amputations required following development of compartment syndrome after IO infusion. The author notes that complications are possible with all methods of establishing IO access including manual, spring loaded and power driven needles and that it is not accurate to directly relate the adverse events to the power driven device only.
Intraosseous Vascular Access Bibliography

Infusion Devices

YEAR: 2010

This paper describes the process of establishing a nurse-led central venous catheter insertion service in a university affiliated hospital using a process evaluation method. Introduction discusses CVC adverse events rate and mortality.

This veterinary study evaluated 3 IO access devices, impact driven, automatic rotary, and manual, to compare the placement feasibility and amount of bone trauma induced when used in adult feline cadavers. Seventy-two IO insertion locations were used, the 3 devices were equally randomized to the insertion site. The rotary device was found to have shorter time to insertion and better ease of insertion. No statistically significant differences between number of bone fragments, defect diameter, or success rate were found between devices.

This abstract describes a retrospective case-series analysis of pediatric IO recipients from 1998-2009. Seventy-two (72) patients were included in the study; IO access was established in the proximal tibia (n=61), medial tibia (n=8), distal tibia (n=1), sternum (n=1), and iliac crest (n=1). IO access devices used in the proximal tibia included the Cook Critical Care needle (n=4), the Jamshidi needle (n=2), the BIG (n=1), and an 18 gauge spinal needle (n=54). The authors concluded that a spinal needle can be used to provide IO vascular access in children.

Authors reviewed two complications (extravasation and compartment syndrome) associated with IO access in children with meningococcal disease. Authors concluded that IO systems need formal evaluation to assess safety and complication profiles.

This case report describes a complication of use of a sternal IO device (FAST-1, Pyng Medical Corporation, Richmond, Canada) in a 21-year-old soldier who suffered multiple soft tissue fragmentation injuries, in which the needle tip broke in situ. The author concluded the complication resulted from the IO needle being placed when the patient was lying in a lateral position with the skin over the manubrium displaced from the midline.

This article reviews intraosseous vascular access and its increased use in adult resuscitation. The IO route is described, including indications, contraindications, insertion sites and devices.

Controlled trial finding similar success rates for hand-held IO needles and Bone Injection Gun. Speed advantage for hand-held needles.

An article evaluating various methods of obtaining vascular access in the management of 21st century battlefield trauma including, peripheral IV access, intraosseous access, venous cut-down, and central venous access. The authors conclude that IO access should be the first line vascular access in casualties with severe trauma to avoid delay initiating resuscitation in pre-hospital or hospital setting.

An article evaluating various methods of obtaining vascular access in the management of 21st century battlefield trauma including, peripheral IV access, intraosseous access, venous cut-down, and central venous access. The authors conclude that IO access should be the first line vascular access in casualties with severe trauma to avoid delay initiating resuscitation in pre-hospital or hospital setting.

In an abstract presented at the 2010 ACEP Research Forum, investigators describe a swine study designed to compare IO infusion rates using the Belmont FMS 2000 rapid infusion device and a pressure bag through the proximal tibia and proximal humerus. Investigators concluded that infusion rates were highest using the pressure bag via the proximal humerus.

7/15/2015
Training study with nurses and physicians comparing EZ-IO to IV lines under Hazmat conditions. IO procedure significantly shorter.

This article describes the vascular access options available to physicians caring for children, including details about each method, placement technique, indication, and complications.

Authors describe a randomized, controlled trial comparing two different IO access devices in adults in the hospital setting. Twenty patients received the BIG and 20 received the EZ-IO. Success rate on first attempt was 80% for the BIG and 90% for the EZ-IO. Mean procedure time was 2.2 minutes for the BIG vs. 1.8 minutes for the EZ-IO. Differences in success rate and procedure time were not statistically significant, and there were no significant complications for any patients. Investigators concluded that IO access is a reliable and safe method for rapid vascular access for in-hospital adult patients under resuscitation.

A retrospective chart review in an urban emergency department (ED) was performed to identify central venous catheters placed in the ED and determine the bloodstream infection and duration of catheterization within a one year period. A total of 656 patients (3,622 catheter-days) with CVCs placed in the ED were identified, with 7 bloodstream infections. The mean duration of catheterization was 5.5 days. Within the infected CVC group, the mean duration of catheterization was 8.6 days

This article provides an overview of intraosseous vascular access and discusses general indications, contraindications, complications, and intraosseous devices.

In this letter to the editor, the author discusses the use of IO access concluding that a change in practice should be made in which immediate IO access should be established for initial emergency resuscitation and serve as a bridging technique when peripheral IV access has been unsuccessful 3 times over a maximum duration of 2 minutes.

In this abstract of a study presented at the 2010 National Association of EMS Physicians Meeting, researchers describe a study in which sternal and tibial IO devices were evaluated with and without chemical protective equipment. Researchers concluded that the use of the protective equipment did not affect the success rate or time to placement for the two IO devices.

Authors report an observational study of 14 children in whom semi-elective IO infusion was performed under anesthesia after peripheral IV had failed. IO infusion was successful for all 14 patients, using the EZ-IO system for 8 patients and the Cook system for 6 patients.

This article discusses vascular access procedures in critically ill obese patients. Anatomic considerations, general procedural considerations such as location of the procedure and patient positioning, catheter insertion technique, ultrasound guided insertion, intraosseous insertion, and other various considerations are evaluated.
Intraosseous Vascular Access Bibliography
Infusion Devices

This article describes a longitudinal study of intraosseous vascular access in pre-hospital emergency medicine handled by helicopter emergency medical services. Of the 78 IO insertion attempts made on 70 patients, overall success rates were 50% using manual needles, 55% using the Bone Injection Gun, and 96% using the EZ-IO. Investigators concluded that newer IO techniques may enable faster and more reliable vascular access; and that all emergency services should be familiar with IO techniques.

Vegunta RK. Chapter 8-Vascular access. Ashcraft's Pediatric Surgery 2010;5th ed:110-16
This document discusses various vascular access methods available for pediatric and neonate patients, including intraosseous access.

YEAR: 2009

This letter to the editor discussed the experience of one ground emergency rescue service in Germany and their trial implementation of the EZ-IO, as compared to the David et al evaluation of the BIG by emergency physicians in which the rate of failure was 55%. Over a one year evaluation of the EZ-IO in the field, it was used in 20 patients, of which 19 were successfully placed (95%). The success of the field evaluation and a human cadaver study resulted in the addition of the EZ-IO to the receiving University Hospital emergency department.

No abstract available.

This article provides a general overview of intraosseous access and its use in emergency situations. A description of available IO access devices is provided.

Prospective study of 246 EMS providers at 14 EMS agencies. Reports successful IO placement in 95% of cases (18 of 19).

Dutch study of IO use with the Bone Injection Gun by helicopter EMS teams. Reports 71% success rate for pediatric patients and 73% success rate for adults.
Abstract only

This article describes a study conducted at an urban Level I trauma center in Munich, Germany. Ten consecutive patients for whom PIV was difficult or impossible were simultaneously given a central line and an EZ-IO. Procedure times were measured and defined as the time the device package was taken off the shelf until the first drug or solution was administered. First attempt success rate was 90% for EZ-IO and 60% for CVC. The mean procedure times were 2.3 minutes for EZ-IO and 9.9 minutes for CVC, a clinically and statistically significant difference. Investigators concluded, because CVC was "...slower and less efficacious..." IO may improve the safety of patients requiring resuscitation in the ED.

This article describes a cadaver study to determine skill acquisition and performance by use of the EZ-IO system by novices. Overall success rate for the 99 operators was 97%, and mean insertion time was 6 seconds. All operators rated the device faster and easier than using a central line, and 99% expressed willingness to use the device for cardiac arrest patients.
This abstract for a presentation at the 2009 ACEP Research Forum describes a swine study designed to determine the feasibility of inducing therapeutic hypothermia (TH) after resuscitation by giving an IO infusion of iced saline. Researchers concluded that rapid, large volume IO infusion of iced saline is as effective for lowering core body temperature after resuscitation as central access and peripheral IV. This research was sponsored by Vidacare Corporation.

This article describes a prospective, observational study involving a convenience sample of 25 medical students, physicians and nursing staff recruited to evaluate the EZIO powered drill device on a bone model. Twenty-three (92%) of the 25 study subjects required only one attempt at placing the EZ-IO. Investigators concluded that the device was easy to use with high success rates of insertion with inexperienced participants.

This article describes a case in which IO access, using the EZ-IO, was attempted in a patient with osteogenesis imperfecta. In each of 3 attempts, the needle became loose immediately after IO insertion. The author acknowledged that during emergencies it is difficult to assess and consider every possible contraindication for every intervention; and that IO access using the EZ-IO is the author’s choice for emergency vascular access when peripheral access is difficult or has failed.

Ong ME, Chan YH, Oh HH, Ngo AS. An observational prospective study comparing tibial and humeral intraosseous access using the EZ-IO. Am J Emerg Med 2009; 27: 8-15
Comparison of tibial and humeral IO use in 24 adults. Both sites suitable for IO infusion. This study was sponsored by Vidacare Corporation.

This article describes a prospective, observational study involving a convenience sample of 25 medical students, physicians and nursing staff recruited to evaluate the EZIO powered drill device on a bone model. Twenty-three (92%) of the 25 study subjects required only one attempt at placing the EZ-IO. Investigators concluded that the device was easy to use with high success rates of insertion with inexperienced participants. (Note: This study was also described in an earlier article published in American Journal of Emergency Medicine) This study was sponsored by Vidacare Corporation.

This abstract describes a small study designed to determine if IO line placement improves outcome in adult patients with out-of-hospital cardiac arrest. This 165 patient study did not demonstrate improved survival.

Authors of this article describe a pilot study designed to compare the success rate for insertion and ease-of-use of the Bone Injection Gun (BIG) spring-loaded device and the EZ-IO battery-powered device on a turkey bone model. Investigators concluded that the EZ-IO demonstrated higher success rates than the BIG (28/29 vs. 19/29, p=0.016), and the EZ-IO was the preferred device.

This article, in German, describes the technique of IO access, the introduction of two different IO devices (Cook and EZ-IO) and describes IO use in pediatric emergency care.

This review article in German describes intraosseous vascular access, and includes descriptions of the Waismed Bone Injection Gun, Vidacare EZ-IO, Jamshidi and Cook Medical IO devices.
Intraosseous Vascular Access Bibliography
Infusion Devices

Von Hoff DD, Kuhn JG, Burris HA, Miller LJ. La perfusion intraosseuse est-elle equivalente a la perfusion intraveineuse?. Urgence Pratique 2009;36:36-40
This French version of an article previously published in American Journal of Emergency Medicine describes a 25-patient clinical study that compared the pharmacokinetics of intraosseous using the Vidaport (a predecessor of the Vidacare EZ-IO) vs. intravenous administration of morphine sulfate in adults. Results showed no differences between IO and IV administration of morphine for nearly all pharmacokinetic parameters, including maximum plasma concentration, time to maximum plasma concentration, and area under plasma concentration-time curve. There was a significant difference in the volume of distribution in the central compartment, which investigators attributed to a minor deposition effect near the IO port or in the bone marrow. Investigators concluded that the results support the bioequivalence of IO and IV administration of morphine in adults.

This article, in Norwegian, describes IO access and modern IO devices, including the Bone Injection Gun, FAST1, and EZ-IO.

YEAR: 2008

Review of IO infusion methods and devices. Devices described include Jamshidi, Cook, FAST 1, BIG, and EZ-IO.

Animal (goat) study to determine if IO administration of hydroxocobalimin for antidotal treatment for exposure to cyanide and other poison agents would be faster and require less fine motor coordination and sensitivity; and would result in similar hemodynamic changes compared to IV administration. Using the EZ-IO device, researchers concluded that hemodynamic effects of hydroxocobalimin given by the IO route in non-poisoned goats are mild and similar in magnitude to those of saline control animals.

Overview of intraosseous vascular access in infants; includes indications, contraindications, complications, equipment (Sur-Fast and Jamshidi), and procedure. Also, small section on IO for adults; describes the FAST-1, Bone Injection Gun, and EZ-IO.

Study comparing manual intraosseous insertion with EZ-IO using adult human cadavers as a model. No significant difference in insertion time between 39 manual insertions and 45 EZ-IO insertions. Found a difference in the success rate (manual, 79.5% vs. EZ-IO 97.8%, p<0.01). The EZ-IO had fewer complications (manual, 15.4% vs. EZ-IO 0.0%, p<0.01) and scored higher on user friendliness (school grading system: manual, 1.9±0.7 vs. EZ-IO 1.2±0.4, p<0.01).

Describes common drugs used in pediatric resuscitation and evidence supporting their use. Also describes routes of administration including intravenous, intraosseous, and intratracheal. Describes IO systems including Bone Injection Gun, FAST-1, and EZ-IO.

Large retrospective study of patients for whom emergency vascular access was obtained using the Vidacare EZ-IO intraosseous system. Insertion success was 92% and within 10 seconds for 84% of the one-attempt successful cases. Complication rate was low (4.8%), none serious, and extravasation was the most frequent (0.8%). The device was rated easy to use 72% of the time, and researchers concluded that the powered IO device is safe and effective for achieving vascular access in the resuscitation and stabilization of emergency patients. This study was sponsored by Vidacare Corporation.

Horton MA, Beamer C. Powered intraosseous insertion provides safe and effective vascular access for pediatric emergency patients. Pediatr Emerg Care 2008;24:347-50
A retrospective clinical study was conducted to demonstrate the safety and effectiveness of the EZ-IO intraosseous access device for pediatric patients. For the 95 eligible patients in the study, successful insertion and infusion was achieved in 94% of the patients. Insertion time was 10 seconds or less in 77% of the one-attempt successful cases reporting time to insertion. There were 4 minor complications (4%), but none significant. The results of this study support the use of the EZ-IO for children in emergency situations. The complication rate suggests that the powered IO device is safe and effective for the resuscitation and stabilization of pediatric patients. This study was sponsored by Vidacare Corporation.
Intraosseous Vascular Access Bibliography

Infusion Devices

Moloff A. IO objectives. JEMS 2008; 33: 22.
This is a letter to the editor challenging a recent publication in JEMS describing clinical studies involving various IO devices.

Interim report for quasi-controlled prospective study of emergency department patients for whom emergency vascular access using the Vidacare EZ-IO intraosseous (IO) system (n=6) inserted in the proximal humerus was compared to access using central or peripheral intravenous (IV) lines (n=60). Researchers concluded that proximal humerus IO insertion is significantly faster than central or peripheral intravenous (IV) line insertion. Complications and pain profiles were similar for IO and IV techniques. This study was sponsored by Vidacare Corporation.

This article describes an observational study in which two intraosseous devices were compared: the Pyng Medical F.A.S.T.1 and the Vidacare EZ-IO. For the 117 patients on which the F.A.S.T.1 was used, there was an 84% success; compared to a 97% success rate for the EZ-IO (n=71).

This article reviews and assesses the literature on the use of IO drug administration during cardiopulmonary resuscitation. It addresses the risks and benefits of using IO in adults and children. The article describes the FDA-cleared devices available for use including the Pyng F.A.S.T.1, Waism Med Bone Injection Gun and the Vidacare EZ-IO.

Describes the experience of the UK Defence Medical Service using the EZ-IO for emergency vascular access in Afghanistan. They used the device for 26 patients, including 10 children. Of the 26 EZ-IO placements, 23 were made in the emergency department. There was a 97% insertion success rate with no infection. Significant infusion pain was felt by three patients.

de Caen A. Venous access in the critically ill child. Pediatr Emerg Care 2007;23:422-4
This review article states the availability of intraosseous (IO) needles for pediatric patients, outlines the limitations of traditional venous access, and discusses the various IO devices currently available, including the Vidacare EZ-IO®.

This article summarized the challenges and methods of providing vascular access for infants. It describes IO techniques and devices, including the Jamshidi, Cook, EZ-IO® and Bone Injection Gun (BIG) devices.

Article calls for EMS medical directors to consider and use the intraosseous route for adult patients requiring immediate vascular access. Provides evidence in support of position statement by the National Association of EMS Physicians on IO use.
Fowler RL. Prehospital intraosseous access: elemental to the field?. Journal of Emergency Medical Services 2007; doi:http://jems.com/print/9198

Discussion of the role intraosseous vascular access can play in the prehospital setting where vascular access is often difficult or impossible to establish. The EZ-IO is named as a new IO device along with descriptions of Jamshidi, Pyng Fast 1, and BIG needles.


This article describes authors' evaluation of provider performance using two IO devices; the Pyng Medical F.A.S.T.1™ and the Vidacare EZ-IO®. Of 89 insertions with each device, success rate for 72% for the F.A.S.T.1 and 87% for the EZ-IO, a significant difference (p=0.009). The time to fluid insertion for the EZ-IO was also faster (p=0.02). Authors noted that the EZ-IO is unique and much more useful than the F.A.S.T.1.


Article in Italian describing IO access and EZ-IO


Overview of IO access. Includes historical aspects, current status, indications for use, advantages and disadvantages, IO kinetics, insertion sites, complications and contraindications and description of available IO devices, including EZ-IO®.


Article in Dutch describing IO access and EZ-IO

Wayne MA. Intraosseous vascular access: devices, sites and rationale for IO use. JEMS 2007; 32: s23-5.

This article reviews intraosseous vascular access in general, and summarizes the various devices available. These include the Waismed B.I.G., the Vidacare EZ-IO, and Pyng F.A.S.T.1.


This article in German (with abstract in English) describes IO infusion in detail. It includes techniques, indications, complications, and recommendations. Also describes the various devices available, including Cook, Bone Injection Gun (BIG), First Access for Shock and Trauma (F.A.S.T.1), and the EZ-IO®.

YEAR: 2006


An abstract describing a prehospital study comparing peripheral IV to tibial IO access for placement success, time to access and time to drug delivery. The authors concluded that using IO access on the first attempt results in faster drug administration than if IO access were used as a rescue line after failed IV.


Evaluation of the Pyng Medical F.A.S.T.1 intraosseous device in simulated prehospital scenarios. Mean procedure time for initiation of fluid flow was 92 ± 32 seconds. Concludes that the F.A.S.T.1 is fast, accurate and easy to use.


In this study, presented at the NAEMSP 2006 annual meeting, investigators reported the results of a study that evaluated the performance of the EZ-IO® compared to an earlier evaluation of the Pyng F.A.S.T.1 system. There was a statistically significant higher success rate using the EZ-IO® compared to Pyng system, and investigators concluded that the EZ-IO® appears to be a superior device with regard to insertion success.


Prospective observational study evaluating EMT-B ability to provide care in out-of-hospital cardiac arrests. Found that EMT-Bs were able to place the EZ-IO with a 94% success rate. Median time to placement was 72 seconds.

7/15/2015
Intraosseous Vascular Access Bibliography
Infusion Devices

Hoskins SL, Kramer GC, Stephens CT, Zachariah BS. Efficacy of epinephrine delivery via the intraosseous humeral head route during CPR. Circulation 2006;114:II_1204
Results from this study which sought to determine the efficacy of intraosseous drug delivery using the proximal humerus during CPR in swine showed that the humeral route generated higher mean arterial pressures than central venous or endotracheal delivery.

An overview of intraosseous cannulation in the pediatric population. Anatomy, technique, contraindications, complications and laboratory investigations are all discussed.

Article in French describes IO access and IO devices, including B.I.G., F.A.S.T.1 and EZ-IO®.

The author provides an overview of intraosseous vascular access discussing evolution of the practice, equipment, treatment options and contraindications.

YEAR: 2005

A review of 129 cases comparing the BIG to standard IO needles. Concludes that the BIG is equivalent to manually driven IO needles in effectiveness and likely faster than manual needles in achieving IO access.

Article describes intraosseous access for adults and pediatrics. Describes and discusses IO devices available including Jamshidi, Bone Injection Gun, F.A.S.T.1, and EZ-IO®.

Heightman AJ. The rebirth of adult IO: a first-hand account of recent advances in intraosseous infusion for adults, drawn from a scientific workshop and practical lab experience. JEMS 2005;30(10):s4-7.
Editorial article highlighting recent advances in intraosseous (IO) infusion and IO devices based on the author’s experience at a scientific seminar hosted by Vidacare. Makes recommendations on the efficiency and safety of the devices.

This animal study compared IO drug delivery in the tibia versus the sternum during CPR. Researchers concluded that during CPR IO infusions delivered via both sites were effective—although sternal delivery was faster; and that IO sternum access is comparable to IV access for drug delivery during CPR.

This study abstract discusses use of the EZ-IO to determine the pharmacokinetics (PK) and efficacy of tibial IO drug delivery during treatment of cardiac arrest in the swine model, as compared to IV access. Results showed that PK analysis of IO drug delivery via the tibial route showed a delay of 20-50 seconds compared to IV; however, physiologically significant levels of epinephrine were reached as MAP. This research was sponsored by Vidacare Corporation.

Preclinical study of one IO device (FAST-1) in cadavers. Design criteria were validated in that 75 out of 77 attempts were successful.

Nursing article discussing the utility of the sternum as a site for IO infusion. Includes clinical indications, insertions techniques, contraindications, potential complications, post-insertion care and considerations for discontinuing the sternal device.

Experimental study of the FAST-1 sternal IO device, with 29 EMT-B’ s with minimal training placing the device on mannequins. Results found 16 of 29 EMT-B’ s placing the device successfully on the first attempt and 27 of 29 on the fourth attempt.
Intraosseous Vascular Access Bibliography

**Infusion Devices**

Miller LJ, Kramer GC, Bolleter S. Rescue access made easy: Intraosseous infusion, once limited to use in children, is now becoming a reliable access site for adults. JEMS 2005;30:s8-18.

Overview of IO therapy. Includes “10 Myths about Adult IO” and description of available IO devices, including EZ-IO®


Describes a training course for medical students to learn advanced emergency procedures using unembalmed cadavers. The course includes clinical indications and contraindications for specific procedures, as well as techniques. Also discusses students’ confidence levels in performing procedures.

**YEAR:** 2004


A brief review comparing screw tipped IO needles with standard IO needles.


Web publication discussing the indications, contraindications, insertion sites and complications of IO access.


Review article describing how IO has replaced saphenous venous cutdowns in pediatric emergencies and decreased need for immediate central venous access.


Study compared the VidaPort (now EZ-IO®) and the Bone Injection Gun (B.I.G.). Of 32 cases for each device, insertion rates were 100% for the VidaPort and 88% for the B.I.G. Average insertion times were 16 seconds for the Vidaport and 21 seconds for the B.I.G.


Evaluation of the Bone Injection Gun (BIG) for the administration of contrast media for urography. Concludes that BIG-assisted intraosseous urography may be an effective and reliable alternative to intravenous urography in pediatric and adult human patients.


Evaluation of the B.I.G. in a simulated mass casualty attack with 88.9% of IO attempts successful.

http://emergency-medicine.jwatch.org/content/vol2004/issue728/

**YEAR:** 2003


Study evaluating the ability of physicians to establish IO access in patients while wearing full protective gear. Concludes that IO insertion of the BIG needle is rapid, but the protective gear increased insertion time 50%.


This article in Spanish discusses general IO principles.


Nursing article describing techniques for use of the FAST-1 IO device and cautions about IO sternal infusion.
Intraosseous Vascular Access Bibliography

Infusion Devices

Experimental study of the FAST-1 by EMS personnel. In 32 patients with previous unsuccessful IV attempts, the FAST-1 was placed successfully in 22 patients (69% success rate). Mean time to IO insertion was 73 seconds (estimated). No major complications other than failure to place device.

Abstract

Web article discusses IO cannulation procedure insertion sites, pathophysiology, risks, contraindications and complications.

An 18 gauge butterfly needle was inserted into the proximal tibia of a premature infant born at 25-weeks gestation, following inability to establish other modes of vascular access due to gross oedema. The intraosseous line was left in place for 6 days until it was lost; there were no adverse events reported however the author noted that no safety data on long term use of the device was collected.

A comprehensive and accessible review of the history, anatomy, technique, and clinical application of intraosseous infusion.

Review

Lindsey J. Ready, aim fire! New IO device simplifies vascular access in severe cases. JEMS 2003; 28: 97-8.
Description of the Bone Injection Gun (B.I.G.) and directions for use.

Study of the Power Infuser, a device that can infuse fluids up to 6 L/hr, on patients presenting to the Emergency Department with evidence of hypovolemia. Resolution of hypovolemia was significantly faster with the Power Infuser compared to gravity infusion.

YEAR: 2002

Hickerson B, Pond B, Richards D, Tung BJ, Clark JR. Evaluation of a portable infusion pump (power infuser) for controlled administration of intravenous fluids in the aeromedical setting. Critical Care Transport Medicine Conference, April 2002
Evaluation found that the device was useful in delivering IV fluids consistently and accurately to a wide range of patients in a difficult care environment.

Veterinary study comparing the B.I.G. with the manually driven Jamshidi IO needle. Concludes the B.I.G. provides more rapid access to the IO space.

YEAR: 2001

Results of a literature search to determine if a standard bone marrow needle can be used to establish IO access in a pediatric patient. Results showed only one article addressing the issue that indicated standard bone marrow aspiration needles can be used for IO infusion.

Article for Air Medical EMS audience describing the FAST-1 and use in attaining IO access. Reports 74% successful for first time users.

Study in EMS personnel comparing saphenous vein cutdown to IO access (B.I.G.) in the adult patient. Times to fluid flow were 7.6 minutes for saphenous cutdown and 3.9 minutes for IO. Investigators conclude that use of the B.I.G. was more rapid and successful with fewer complications than saphenous vein cutdown.
Brief report on the development of 18G and 22G IO needles in India.

Orgiler Uranga PE, Navarro Arnedo JM, De Haro Marin S. [The intraosseal route. When the veins have disappeared]. Enferm Intensiva 2001;12(1):31-40. [Spanish]
Literature review on intraosseous administration of drugs during pediatric emergencies. Concludes that IO is a valid alternative route for infusion of drugs and other substances into the blood stream with a low complication rate.

Study comparing 4 IO devices (FAST-1, B.I.G., Sur-fast, and Jamshidi) used by 31 Navy Seals Special Operations personnel. Results: 29 of 30 FAST-1 insertions successful, mean placement time 114 ± 36 seconds; 30 of 31 B.I.G. insertions successful, mean placement time 70 ± 33 seconds; 31 of 31 Sur-fast placements were successful, mean placement time 88 ± 33 seconds; 30 of 31 Jamshidi insertions successful. Participants rated no one device significantly better than the others.

Nursing article discussing the role of IO infusion when peripheral veins are collapsed. Describes advantages of IO, including ready availability, ability to establish vascular access without interrupting CPR.

Literature review of safety and efficacy of IO infusion of drugs and fluids, with emphasis on utility for the injured soldier. Discusses insertion times and flow rates. Includes literature citations from non-military studies in pediatrics, animals, and human cadavers.

Study comparing insertion speed and ease of use between a standard bone marrow needle and Sur-fast screw-tipped needles for establishing intraosseous infusion. 42 medical students performed the insertions. Concluded there was no difference between the two needle types.

This article reports the first 50 uses of the Pyng F.A.S.T.1 sternal IO infusion system in adults. Six emergency departments and 5 EMS systems participated. Results showed the overall success rate for the system was 84%. Success rates were 74% for first-time users and 95% for experienced users. Mean time to vascular access was 77 seconds.

Overview of pediatric IO infusion targeted for an EMS/paramedic audience. Discusses anatomy of long bones, indications, advantages, contraindications, steps for insertion, fluid administration and ongoing assessment and documentation.

A retrospective chart review that evaluated use of IO access in pediatric patient resuscitation in a tertiary emergency department between 1989 and 1995. Results showed IO access was successfully established in 86% of patients. Median time to placement was 8 minutes; two complications of bone fracture were reported in one 10-day-old neonate patient.

Canada
Study comparing B.I.G. and Jamshidi IO needle in an EMS training program. 38 EMT trainees performed the insertion. Time to placement was 12 seconds for the B.I.G. and 17 seconds for the Jamshidi needle. There were no statistical differences in ease-of-use ratings between the devices.

Brief overview of IO infusion for an anesthesiology audience. Discusses technique, indications, contraindications, equipment, anatomical target sites and potential complications.
Available at: www.nda.ox.ac.uk/wfsa/index.html

A retrospective non-comparative study of IO infusion in 41 children. Concludes that IO insertion is an easy technique. Recommends IO for emergency cases when other vascular access techniques have failed in the first 5 minutes of treatment.
Abstract

Daga SR, Gosavi DV, Verma B. Intraosseous access using butterfly needle. Trop Doct 1999;29(3):142-4
Evaluation of the utility of 18-gauge butterfly needles for IO administration of fluids and drugs in 23 children presenting in shock. 22 of 23 children were successfully stabilized after IO infusion.
Abstract

Nursing article describing the FAST-1, directions for use and device removal.

Observational study in 27 newborns, describing 30 intraosseous lines placed after failed IV access. Reports that all patients survived the resuscitation procedures with no long-term side effects.

Kramer GC, Jenkinson JP, Castaldo D. Implantable intraosseous device for rapid vascular access. University of Texas Medical Branch, United States Patent 5,868,711 (1999)
Patent application for a device and method for rapid access to the bone marrow for the infusion of drugs and other fluids into the bone marrow. US Patent issued on October 5th, 1999.

Study comparing placement of Cook and Jamshidi IO needles in turkey bones.

Review article discussing techniques for venous access in the pediatric patient includes anatomical target sites, clinical indications, advantages and disadvantages.
Review

Seminal study on the use of the B.I.G. in elective and emergency situations in 50 adult patients. Success rate for IO insertion was 100%. No complications were observed.
Intraosseous Vascular Access Bibliography
Infusion Devices

YEAR: 1996

Brandt MR. [Intraosseous administration]. Ugeskr Laeger 1996;158(40):5638 [Danish]
Article in Danish

Discusses indications, contraindications, method of supervision, and complications intraosseous infusion. Concludes that intraosseous infusion is an attractive alternative to the intravenous route in emergency situations.
Abstract only

Moller JC, Tegtmeier FK, Schaible TF, Sussmane JB. [Intraosseous puncture as vascular access in pediatric emergency and intensive care medicine]. Anaesthesiol Reanim 1996;21(4):103-7
Article describing IO infusion 18 pediatric resuscitative situations. Authors conclude that 11 patients would not have survived without IO access. Complications included a minor fracture, 1 case of compartment syndrome that did not require surgical intervention and a minor fat embolism that was of no clinical significance.
Abstract only - Article in German

YEAR: 1995

Study comparing extravasation rates and insertion complications between threaded and non-threaded IO needles. Needle type did not affect extravasation rate under ideal conditions. Common complications during stressful emergency situations included insertion difficulty and accidental penetration of both cortices of the bone. Concludes that these complications may lead to extravasation.

Article in French.
No abstract available

Suggests that intraosseous infusion is reliable alternative to peripheral vein access for rapid infusion of fluids in neonates and infants when venous access is impossible.
Abstract only

Case report of IO access in a non-emergency situation. A blood transfusion was performed with no complications in a severely anemic 1-month old infant with an 18 G IO needle (Cook).

YEAR: 1994

Study of IO training for advanced life support providers. Providers were able to establish IO access in 13 of 15 (87%) of pediatric patients (age range 1-24 months) following completion of an 1-hour training course and supervised hands-on simulation. All procedures were performed in less than 10 minutes.

Bachmann DC. [Heart arrest: septic and hypovolemic shock--intraosseous infusion technique]. Ther Umsch 1994;51(9):593-7 [German]
Describes causes and treatment of hypovolemic and septic shock. Discusses techniques for intraosseous puncture and infusion.
Article in German - abstract only
Intraosseous Vascular Access Bibliography
Infusion Devices

Banerjee S, Singhi SC, Singh S, Singh M. The intraosseous route is a suitable alternative to intravenous route for fluid resuscitation in severely dehydrated children. Indian Pediatr 1994;31:1511-20
Study of IO vs. IV for administering fluids for resuscitation in 60 children (age range 3-24 months) with severe dehydration. The IO route was successful in all cases within the first 5 minutes of attempt. The IV line could not be secured in 33% of patients within 5 minutes. Time for successful IV access was 129 seconds, significantly longer than time t for IO cannulation. Fluid infusion through either route was equally effective in stabilizing vital signs and normalizing laboratory values. No significant complications of IO route were noted on short-term follow-up.

Review of IO infusion in children 6 years old and younger. Recommends IO for patients with life-threatening conditions requiring immediate vascular access. Reports less than 1% complication rate.

Describes design process and results for a high-pressured infusion system intended for automating external infusions in emergency situations.

Case report of compartment systems following improper intraosseous infusion technique.

Discussion of IO infusion, including ease of use, low complication rates, and variety of fluids and drugs that can be administered through the IO route in children and adults.

This abstract describes clinical use of the SurFast Cook Critical Care IO needle. Thirty-two IO insertion attempts were made, 87.5% were successful on first attempt. Average time to insertion was less than one minute; flow rate for infants and children was 1-2 mL/kg/min; flow rate for adults was 150-200 mL/min. There were two reports of minimal extravasation

Describes frustration associated with difficult venous access. Recommends intraosseous infusion technique as a non-collapsible vein for parenteral infusions.

Review article suggesting that IO infusion should be the primary technique of Intravascular access in infants for pediatric resuscitation and the first alternative technique for vascular access after failed intravenous access in young children.
Abstract only

Seminal article describing alternatives to intravenous cannulation including intraosseous access, intratracheal drug administration, sublingual and intralingual injection, intra-penile administration, and intracardiac injection. Concludes that the intraosseous method is an effective alternative to intravenous access in emergency situations.
Review

Review of the history, insertion techniques, available devices, and applications of the intraosseous infusion as well as the indications and contraindications for intraosseous infusion in all critically ill patients.

A brief overview on establishing intraosseous vascular access in the neonatal patient population. Discusses insertion techniques, anatomy and physiology, absorption rates, indications and contraindications.
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<td>Hapnes SA, Robertson C. Resuscitation 1992;24(2):137-42. Descriptive comparison of the 4 available routes to provide drugs to adult patients during cardiopulmonary resuscitation.</td>
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Intraosseous Vascular Access Bibliography
Infusion Devices

Describes the design of a larger and more user friendly sternal intraosseous needle for bone marrow aspiration.

Review of indications and benefits of intraosseous infusion. Concludes IO access may be especially valuable for medical personnel who rarely care for critically ill children because the IO technique is easily mastered even with limited practice.

Review of intraosseous vascular access targeted for an oncology audience. Describes an implantable IO device with potential to make intraosseous access more convenient for the patient.

YEAR: 1990

Review of the use of intraosseous infusion in children in the prehospital setting and in the emergency department. Outlines anatomy, indications and contraindications, technique, complications and role of intraosseous infusion in pediatrics.

Preclinical study comparing a sternal IO infusion device to IV fluids for resuscitation. Blood pressure and cardiac output were normalized at 10 minute post infusion in both groups. Advocates use of IO infusion as a way for pre-hospital rescuers to consistently incorporate fluid therapy in their scoop and run policies.

Concludes that infusion of fluids and drugs can be readily performed with the intraosseous technique.

Nursing article describing intraosseous infusion techniques and benefits.

Discuss method for teaching the IO technique using chicken legs. Format combining lecture with lab practical allows for IO technique to be taught quickly and inexpensively. Suggests turkey legs or beef ribs with thin bone cortex as alternatives to chicken legs.

YEAR: 1989

Study of 22 cardiac arrest patients arriving at the Emergency Department with no or insufficient intravenous access. Intraosseous needle placed and flow established in less than 1 minute in all patients. Observed flow rates of 5 to 12 mL/min with pressure bag attached. IO needle placed in the medial supramalleolus.

Preclinical study of IO infusion in a swine model. Concludes that IO infusion holds potential as a first line of action for fluid resuscitation in pediatric subjects.

Review article for a nursing audience presenting a brief historical overview of IO technique and insertion methods, with discussion of clinical applications and nursing management aspects.
Intraosseous Vascular Access Bibliography

Infusion Devices

YEAR: 1988

Description of IO infusion technique, site selection, procedure, anatomy & physiology, historical perspectives, contemporary research, indications, contraindications, complications, and future direction.

Retrospective chart review of 33 pediatric patients finding 83% success in establishing IO infusion. IO and percutaneous peripheral catheterization were the quickest methods for vascular access. Observed no major and minimal delayed complications.

This article describes the Kormed/Jamshidi disposable Illinois sternal/iliac needle as well suited to establish intraosseous vascular access in the pre-hospital and hospital setting.

Case report of anesthetic induction through IO administration of succinylcholine chloride, atracurium besylate, and thiopental sodium in a child with seizure activity.

Article for emergency nursing audience describing IO technique, anatomy, absorption rates, clinical indications and contraindications, technique, complications and training in critically ill or injured children and infants.

Preclinical study finding IO infusion of hypertonic glucose and dopamine to be as effective as IV administration.

Nursing article recommending IO early in the treatment of critically ill or injured children with difficult venous access. Highlights speed and ease of IO technique.

Article discussing IO infusion and associated rapid intravascular absorption of solutions.

Comparison study of success rate in establishing IO infusion in anesthetized piglets with 4 types of IO needles: standard hypodermic, spinal, bone marrow, Turkel. Practitioners were 24 medical residents with no prior experience in IO technique. Overall success rate was 67.7%. There were no statistical differences in success rate among the 4 different types of needles.

YEAR: 1987

Review article on IO infusion, includes historical background, physiology, method, clinical applications and complications of the IO procedure.

YEAR: 1986

Review of medical literature and research on the problem of difficult intravenous access.

Study comparing 3 types of needles for IO insertion: spinal needles, standard IV needles, and bone marrow aspiration/biopsy needles on a pediatric cadaver leg. The bone marrow aspiration needle was easiest to insert. Concludes that IO infusion is a safe, rapid way to access the venous circulation, providing a stable, usable fluid line in dehydrated pediatric patients.
Intraosseous Vascular Access Bibliography

Infusion Devices

Evaluation of a sequential protocol comparing femoral vein catheterization, saphenous vein cutdown, and IO (in order) when conventional IV access was impossible in a pediatric patient population. Found that IV access was attained in 4.5 minutes when the protocol was followed, compared to 10 minutes when protocol was not followed. Suggests that IV access should always be attained in 5 minutes or less.

Discusses rediscovery of intraosseous infusion as a straightforward technique for an extremely difficult clinical problem. Suggests that many fluids and medications can be administered via the IO route.

Discusses IO route as a safe, proven, and technically easy method for administration of replacement fluids, blood products, and resuscitative drugs. Presents value, historical context, technique, and complications of the IO infusion.

Case report of child with status epilepticus. IO phenytoin resulted in seizure resolution and therapeutic serum levels of drug.

YEAR: 1985

Review of IO insertion techniques of insertion, clinical indications, contraindications, and complications.

Letter to the editor asserting that while the Turkel trephine technique may stabilize the IO needle better and minimize fluid leakage into the subcutaneous tissue, few physicians are familiar with the technique and it is more time-consuming than using a standard bone marrow needle or standard hypodermic needle.

YEAR: 1984

Case report of continuous IO infusion of dopamine hydrochloride and dobutamine hydrochloride in a 6 month old infant. Concludes that IO infusion is efficacious and complications rare.

YEAR: 1954

Article for military medicine audience concluding that the intraosseous route is more safe and effective than the intravenous route for several clinical indications, including burns and shock, circulatory collapse, uncooperative patients, patients in transit, shortage of physicians, especially under emergency conditions. States that IO infusion is an established alternative to intravenous infusion.

Recommends IO for administering fluids, with the iliac crest as the preferred anatomical site.

YEAR: 1952

Tarrow AB, Turkel H, Thompson MS. Infusions via the bone marrow and biopsy of the bone and bone marrow. J Anesthesiol 1952;13(5):501-9
Article for an anesthesiology audience discussing the extensive blood supply within the bone marrow and the utility of IO anesthesia administration.

YEAR: 1947

Describes a sternal trocar and cannula designed prevent accidental penetration of the mediastinum.
Intraosseous Vascular Access Bibliography

Infusion Devices

Early article on IO puncture and infusion, emphasizing technique. Concludes their technique is safer and more effective than previously described techniques.

YEAR: 1946

Historical article discussing refinements in IO technique and analysis of IO complications. Includes case report of an infant who developed osteomyelitis subsequent to IO infusion.

YEAR: 1944

Recommends IO cavity of the manubrium as useful as IV for anesthetic infusion.

YEAR: 1944

Describes a simple method of bone marrow transfusion using a specially designed needle that is more safe and effective than intravenous needles.

YEAR: 1944

Early observational study on IO infusion at the Children’s Hospital of Akron, OH.

YEAR: 1943

Study of the clinical effects of intraosseous, intramuscular and intravenous injections of aqueous versus oil solutions of epinephrine.

YEAR: 1943

Early study finding comparable circulation times between IV and IO infusions in 21 subjects.

YEAR: 1942

Discusses IO infusion, pioneered by Tocantins, as a viable route for parenteral fluids, drug therapy, and anesthesia. Includes case reports.

YEAR: 1941

Early study of 4 patients with acute failure of the peripheral circulation. IO infusion of blood, fluids, or drugs via the bone marrow resulted in a prompt recovery from the state of collapse. Recommends IO route when peripheral veins are not available and fluids are urgently needed.

YEAR: 1941

Tocantins LM, O'Neill JF. Infusions of blood and other fluids into the general circulation via the bone marrow. Surg Gynecol Obstet 1941;73:281-7
Clinical study of 52 IO infusions of fluids in 40 patients (33 adults and 7 infants). Found no local, constitutional, immediate, or delayed reactions accompanying or following any infusion.

YEAR: 1940

Clinical study finding that IO infusion for parenteral therapy was successful in 16 of 17 trials in 14 patients. Found that citrated blood, plasma, glucose and salt solutions could be infused with no complications.
Seminal study demonstrating that substances injected into the IO cavity of the tibia of the rabbit and the sternum of man immediately appeared in the central circulation, similar to IV administration.

YEAR: 1922

Seminal article on blood circulation in the IO space. Demonstrates movement of red blood cells from the bone marrow into the circulating blood by perfusion of the tibia of the dog and by injections into the bone marrow in the rabbit and cat.
This article presents an overview of IO access in the critically ill adult patient by way of a literature review.
Great Britain

Retrospective analysis of IO needle insertions performed in all HEMS missions during the first three years (2009-2011) using the EZ-IO®system. Overall success rate of EZ-IO procedures (N=348) was 99.6%, with a first attempt success rate of 85.9%; and high user satisfaction rate of 93%. IO as access was mostly second line overall but first line in children <7, trauma and cardiac arrest. There was 1 failure and 4 needle insertion problems noted; no serious complications.
Germany

Preclinical study using a porcine model to determine whether there were differences in intraosseous (IO) and intravenous (IV) antibiotic (cefotaxime and gentamicin) concentrations during septic shock. Both methods of administration yielded comparable concentrations. Authors concluded in an emergency, IO administration of these antibiotics may be considered in severe infections when venous access is difficult.
Sweden

This article in French is a survey of residents and doctors in France that practice in ED, ICU and anesthesiologists units seeking their opinions and practice habits in regard to IO access. Only 29% had ever used an IO kit; with a correlation between years of experience in practice and use of IO access. 555 had received some IO access training; 90% of untrained doctors believed training was necessary. The powered system was the most utilized (EZ-IO).
France

A prospective observational study that evaluated use of intraosseous vascular access for delivery of rapid sequence intubation (RSI) drugs. Data was collected between January and May 2012 at a combat hospital in Afghanistan. Thirty-four (34) patients underwent RSI with drug delivery via the IO route. Access was established in the proximal humerus and tibia using the EZ-IO and in the sternum using the FAST-1. All placements were successful on first attempt; first pass intubation success rate was 97%; a Cormack-Lehane (C-L) laryngoscopical grade view of 1 was reported 91%. Authors concluded that IO access is a safe and feasible route for delivery of anesthetic drugs for RSI.
Canada

Cheung WJ, Rosenberg H, Vaillancourt C. Barriers and facilitators to intraosseous access in adult resuscitations when peripheral intravenous access is not achievable. Acad Emerg Med 2014;21:250-6. doi:10.111/acem.12329
This survey study sought to identify the barriers and facilitators to use of intraosseous vascular access for adult resuscitations when peripheral IV (PIV) access is not available, among physicians from various clinical care settings in 3 teaching hospitals in Ottawa, Ontario. Completed survey responses were received from 205 physicians; results suggest that to increase IO use educational interventions need to address their attitudinal, normative, and control beliefs. Specific beliefs that act as barriers are described.
Canada

This article presented a general overview of IO use in pediatrics. The history, techniques, anatomy and physiology, complications and a short discussion of most devices on the market, including the EZ-IO, were discussed.
UK
Intraosseous Vascular Access Bibliography

International / Non-English Articles


This letter to the editor describes a single case of a needle breaking off after a proximal tibial insertion of the EZ-IO into a volunteer (one of the letter’s authors) during a training session. “Divergent from manufacturer instructions the sterile steel stylet was put back into place to achieve better grip for a manual pull-out. Under steady pull in strict axial alignment and gentle clockwise turn, the needle broke away from the plastic connector”. The needle was extracted using combination pliers and there is no evidence of damage to the leg. Authors acknowledge this can be avoided by adherence to manufacturer’s directions for use.

Germany


This was a prospective, randomized controlled clinical pilot study comparing the BIG and EZ-IO intraosseous (IO) vascular access devices in 52 adult patients admitted to an emergency department with difficult peripheral venous access. Twenty-six patients were randomized to each device; results were first attempt insertion success BIG 92.3%, EZ-IO 84.6% (P=0.688); procedure time: BIG 2.8 ± 1.2 seconds, EZ-IO 5.2 ± 2.2 seconds (P<0.001), significant; difficulty of use (with visual analogue scale): BIG 8.6 ± 6.4 mm, EZ-IO 25.4 ± 12.6 mm (P<0.001), significant. Authors concluded both EZ-IO and BIG are shown to be reliable and safe methods for insertion of intravascular access in emergency conditions. There were no adverse events or complications reported.

Turkey

Derikx HJGM, Gerritse BM, Gans R, van der Meer NJM. A randomized trial comparing two intraosseous access devices in intrahospital healthcare providers with a focus on retention of knowledge, skill, and self-efficacy. Eur J Trauma and Emerg Surg 2014;doi:10.1007/s00068-014-0385-8

This article describes a randomized trial comparing the retention knowledge, skill and self-efficacy among anesthesiologists and registered nurses of anesthesia with use of the EZ-IO and Bone Injection Gun (B.I.G.). Participants were randomized to be trained on one device and were tested at 0, 3, and 12 months post training. The authors concluded that training anesthesiologists on use of the EZ-IO with the educational tools provided by the manufacturer will ensure optimal performance for a period of one year.

The Netherlands


This article identifies new concepts and changes in neonatal resuscitation discussed at the Egyptian Pediatric Association national conference. Intraosseous vascular access is included stating, “temporary intraosseous access to provide fluids and medication to resuscitate critically ill neonates may be indicated following unsuccessful attempts to establish intravenous vascular access or when caregivers are more skilled at securing intraosseous access.”

Egypt


The objective of this study was to use a competency exam to compare different emergency skills and knowledge between out of hospital emergency physicians (OOLEP) and those who are not OOLEP at the time of their mandatory biannual refresher courses. Results from 836 respondents suggested that OOLEP are significantly more likely to initiate intraosseous access, initiate mild-therapeutic hypothermia, and had higher knowledge about the used defibrillator.

Austria


This article discusses use of IO access in adults in children with regard to implementation, indications, problems and risks.

German

Ibrahim M, Cairney K. A comparison of intravenous and intraosseous vascular access during simulated cardiac arrest on an Advanced Life Support course. Resuscitation 2014;85S:S20

This abstract describes a simulation study that evaluated the time to access and rate of first attempt success for establishing IV and proximal humerus IO access in an ALS training course. Thirty-three participants had a first attempt IV success rate of 70% compared to a 100% success rate with IO access. The authors concluded that successful humeral IO access can be achieved following a short education intervention.

UK

Manikin study conducted in Poland with 107 paramedic operators designed to investigate the success rate, time of insertion and perceived difficulty of intraosseous access devices during simulated resuscitation using the EZ-IO, Bone Injection Gun and Jamshed needles. Results were first attempt success: B.I.G.: 91.59%; EZ-IO: 82.66%; Jamshed: 47.66%; mean procedure time: B.I.G.: 2.0 min ± 0.7; EZ-IO: 3.1 min ± 0.9; Jamshed: 4.2 min ± 1.0; and ease of use (1-very easy to 5-very hard): B.I.G.: 1.83; EZ-IO: 2.92; Jamshed: 4.68.

Poland


This retrospective study reported IO use over a 7-year period during combat operations in Afghanistan by the UK Defence Medical Services. The EZ-IO and FAST1 IO devices were available for use; IO use data was collected from the front line, during helicopter evacuation and at the combat hospital. A total of 1014 IO devices were inserted into 830 adult patients; various medications infused via IO access are listed. Across all cases there were no serious IO complications and 14 minor complications. The author concluded that in the pre-hospital setting in particular and in severely injured trauma patients, IO access should be considered a primary method of obtaining vascular access.


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Germany


Case study of 36 year-old in septic shock with co-morbidities of IV drug abuse, endocarditis, tricuspid valve insufficiency and pulmonary embolism. Initially impossible to obtain PIV or CVC access; then unable to give desired fluids through 22 gauge PIV when finally placed. Proximal humerus IO access was established with the EZ-IO 45 mm needle set and the patient was resuscitated with 30 mL/kg fluids and multiple medications given in first hour. Conclusions included that CVCs are not always possible and volume treatment with an IO placed sooner rather than later, especially in children but also in adults, can be lifesaving. IO systems should be extensively available throughout the clinical setting. Article in German.

Spain


This abstract describes an observational study evaluating use of the intraosseous drill (EZ-IO) in 20 patients assisted by EMS and receiving CPR within a 3 year period. The study includes 4 pediatric and 16 adult patients. The authors concluded that IO access is a reliable alternative to peripheral venous access and can be implemented fast and with high success rate of CPR in which drugs and fluids are given.

Israel


Retrospective study of the Israeli Defense Force (IDF) registry from January 1999 through October 2012 to identify all cases in which IO access was attempted. The Bone Injection Gun (B.I.G.) was the device used for IO access. A total of 37 attempts were made in 30 patients. First attempt success was 53% with an overall success rate 49% when factoring subsequent attempts. Most frequent cause for failure related to providers skill level, and due to the device design allowing little room for error. This study prompted the IDF to seek an alternative for the B.I.G.

Switzerland

Neuhaus D. Intraosseous Infusion in elective and emergency pediatric anesthesia: when should we use it?. Curr Opin Anaesthesiol 2014;27(3):282-7. DOI: 10.1097/ACO.0000000000000069

General review of IO access, with particular attention to perioperative setting and includes published guidelines of the German Scientific Working Group for Pediatric Anesthesia for use of intraosseous access. The author recommends that for children with known difficult venous access physicians discuss the possibility of IO access preoperatively with the family.

Poland

Oesterlie GE, Petersen KK, Knudsen L, Henriksen TB. Crural amputation of a newborn as a consequence of intraosseous needle insertion and calcium infusion. Ped Emerg Care 2014;30(6):413-4

Case study of newborn girl resuscitated with 15 mm EZ-IO catheter placed to her right proximal tibia. Medications given included antibiotics, "fluids" and calcium. Demarcation of the infants skin was noted immediately post-calcium administration; with progression to necrosis. Trans-tibial amputation was performed 1.5 months after initial IO access. Authors concluded calcium extravasation most likely caused the injury but were unable to identify extravasation cause; citing possible needle displacement. Cautionary steps to reduce risk emphasized by authors.

Denmark

This letter to the editor describes a cadaver study performed by 50 interns who had never performed IO insertion, to determine if there is a learning curve associated with use of the EZ-IO for establishing IO vascular access in the proximal tibia. Following training each intern performed 10 IO insertions and were timed. The results showed a difference between the first and the eighth attempts resulting in a decrease in time to insertion by half. The authors concluded that practice insertions are necessary to become comfortable with the device.

Turkey


A preclinical study comparing the recovery of fibrinogen in a porcine model when fibrinogen concentrate is administered via IV and IO access. The study results suggested intraosseous administration of fibrinogen concentrate results in a recovery of fibrinogen similar to that of intravenous administration.


This article explores the use of IO access in the prehospital setting to determine if IO access is sufficient for massive fluid resuscitation in trauma patients or if central venous cannulation should be considered. Massive transfusion is defined as 10 units of blood within 24 hours at a rate of more than 150 mL/minute. Through a review of the literature the authors determine that IO access is rapid with a high success rate. IO access allows a bridge to initiate resuscitation while minimizing on scene delays, and has a low complication profile, all benefits over central venous cannulation.

Australia

YEAR: 2013


This article describes a case study of a 31-month old infant that suffered hypovolemic shock due to severe epistaxis. After several failed peripheral and central line attempts an 18g needle was inserted intraosseously through the proximal tibia. The child received 300 mL of Ringer’s Lactate in one hour then 200 mL of blood via the IO route by syringe boluses resulting in improvement. Cloxacillin was also administered IO as prophylaxis for infection. Authors conclude an IO blood transfusion should be the immediate intervention in similar life-threatening interventions.

Zambia


A letter to the editor reporting a case study of skin necrosis after IO administration of norepinephrine following resuscitation of a 74 years old in septic shock. The EZ-IO was placed to the proximal tibia; approximately 45 minutes post- norepinephrine administration symptoms of necrosis were evident. Authors cite 3 hypotheses for the cause of necrosis and consider that amines’ high level concentration could induce local toxicity in the bone matrix and artery spasm; suggesting it is necessary to define an upper limit of amines’ concentration that should be administered through IO vascular access.


A questionnaire study in which Scandinavian emergency physicians, anesthesiologist and pediatricians reported complications they have experienced with IO vascular access based on recollection alone. Complications were reported related to establishing IO access and using established IO access. Out of 1,802 IO cases reported by 386 responders, the most frequently reported complications included difficulty with periosteum penetration and bone marrow aspiration when establishing IO access; and slow infusion and needle displacement with established IO access. Osteomyelitis and compartment syndrome were reported with an occurrence of 0.4% and 0.6%. Researchers concluded that potential complications following IO insertion should be addressed during training. Devices discussed included the EZ-IO, BIG, Cook-Surfast, and other unidentified IO devices.

Denmark

This 30 pediatric patient case series describes use of IO access in the perioperative setting when peripheral and central venous access failed during anesthesia administration for emergency surgery. Due to unavailability of modern IO devices, a standard 18-gauge IV needle with a handmade IV extension set were used to establish IO access. The authors reported administering ketamine, succinylcholine, pancuronium, atracurium, halothane, neostigmine, atropine, blood products, fluids and hydrocortisone through the IO line without complication. The authors concluded that although it is not the first-line method for anesthesia, IO access should be considered by pediatric anesthesiologist when peripheral and central venous access has failed or is difficult.

Iraq


This article in German explores use of intraosseous access in a dental practice emergency. In a simulation study, dental students attempted to establish standard peripheral IV access and IO access using 3 different devices: EZ-IO, BIG, and manual IO. Results showed the manual was the fastest to insert, however, the EZ-IO had the highest first-attempt success rate as well as the lowest number of total attempts to IO access.

German


This abstract describes a study in which 66 obstetric anesthetists, obstetricians and midwives were training on the EZ-IO and evaluated for successful application of the skill in a mannequin study. The participants also completed a survey following their insertion attempt regarding their perceived ease of use and likeliness to consider IO use in the future. Results showed first attempt success was 95.5%; respondents indicated they found the EZ-IO to be easier than establishing PIV access and 100% indicated they would consider IO use in the future.

UK


This abstract describes the results of an online survey taken by members of the Obstetric Anaesthetists’ Association, evaluating use of IO access in obstetric emergencies, and availability of IO equipment on UK labor wards. Results showed many members are trained on IO access, consider it a viable option during emergencies however have limited access to equipment.

UK


This article in Spanish provides an overview of intraosseous vascular access.

Article in Spanish


This abstract describes a study in which the investigators sought to determine the approximate patient population in which the 25mm EZ-IO needle set was sufficient length to establish IO access in peripartum patients. Ultrasound was used to determine the tissue depth at four insertion sites. Twenty-six women were recruited with a median gestation of 34 weeks. In 88% of patients with a BMI<40 kg/m² the 25mm needle is sufficient to reach the bone marrow at both tibial sites. For the humeral site, IO placement may be more difficult for patients with a BMI>25 kg/m².

UK

Oksan D, Ayfer K. Powered intraosseous device (EZ-IO) for critically ill patients. Indian Pediatrics 2013;50(7):689-91

A retrospective chart review evaluating use of the EZ-IO in 25 pediatric patients between July 2008 and August 2010 at a Turkish university affiliated hospital. All attempts were made in the proximal tibia and IO access was attempted following failed PIV access within 60 seconds. First attempt success was 80%; the most reported complication was simple extravasation (3 cases) and needle dislodgement (1 Turkey
Intraosseous Vascular Access Bibliography

International / Non-English Articles


A 45-year-old woman in hemorrhagic shock with multiple injuries to the limbs, secondary to a war wound, received sternal IO access using the Jamshidi trocar (not specifically intended for sternal use). After initiating a blood transfusion through the IO line a contrast CT scan revealed sternal perforation and hemomediastinum, secondary to the transfusion, as well as drainage into the left pleural cavity. The catheter was removed, right thoracic drainage was performed, and the patient was released from ICU 48 hours later. The authors conclude this case report demonstrates the difficulty in selecting emergency insertion sites and the necessity of choosing an appropriate IO catheter.


This article in French gives an overview of intraosseous vascular access including the physiology of IO infusion, insertion sites, indications, and complications. Available IO devices on the market are described including, time to insertion, success rate and cost.

French


An observational study evaluating use of the EZ-IO by two ground and one air based physician staffed EMS and at a German surgical university hospital between January 1, 2008 and December 31, 2011. The EZ-IO was used to establish IO access 88 times in 87 patients; 83 insertions were performed in the EMS and 5 were performed in the hospital. The proximal tibia was the primary site used (97.7%) and the first attempt success rate was 94%. IO access was the first approach for vascular access in children compared to adults (38.9% vs. 86.2%). There were 5 failures attributed to missed insertions or extravasation and 2 for wrong needle length. There were no serious complications.


Five point summary of things to know about intraosseous vascular access including, use of the IO access for fluid/drug/blood product infusion and obtaining blood samples, possible IO insertion sites, pain management, use during resuscitation efforts, contraindications, and possible complications.


This article describes a case study of a 5-month old infant that suffered a head injury resulting in shock. She received 100 mL of red blood cells via the EZ-IO in the proximal tibia, resulting in rapid hemodynamic improvement. A literature search was completed for cases of IO blood transfusion in pediatric trauma. Authors note IO availability and knowledge play an important role in hemorrhagic shock; and RBC infusions via the IO route are feasible in this age group.


Article in German


This randomized, controlled study compared tissue concentrations at the surgical site of regionally and systemically administered prophylactic vancomycin, in 30 patients undergoing total knee arthroscopy. The antibiotic was administered using three methods: 250mg through IO regional administration in the proximal tibia (IORA); 500mg through IORA; and 1g administered systemically through IV. Results showed the tissue concentration of vancomycin was greater in the 250mg IORA group than the systemic IV group, and the 500mg IORA group had higher concentrations than both groups.

YEAR: 2012


A pre-clinical study that compared the EZ-IO 15 gauge 25mm needle set and the 13 gauge Jamshidi aspiration/biopsy needle when used to obtain core biopsy specimens in canines.

Canada
Intraosseous Vascular Access Bibliography
International / Non-English Articles

This article describes a questionnaire study that was given to UK Role One military clinicians deployed to Afghanistan to assess the level of experience and confidence rating with use of IO access, using the FAST-1 and EZ-I0, and IV access. Thirty-three responses were received; clinicians felt more confident with IV access over IO access; clinicians felt more confident with FAST-1 IO access than EZ-I0 IO access.

This article in Spanish describes a study in which the management of simulated pediatric multiple trauma cases was compared to the 8 tasks validated in a polytrauma training program from Cincinnati Children’s Hospital. The authors concluded that primary care pediatricians have difficulty applying the sequence of trauma and cervical screening maneuvers in a simulated setting and that pediatric training programs should strengthen practical initial care for trauma.

Ibrahim M, Cairney K. Intraosseous (IO) infusion as a means of vascular access. British J of Resuscitation 2012; Autumn:23-6
This article provides an overview of intraosseous vascular access, including applicable patient population, IO access sites, pain management, IO education and compares IO access to central venous access.

In this preclinical swine study, investigators sought to evaluate whether intraosseous blood samples can be used to measure opioids, and if so, to determine the level of accuracy of those measurements. Blood samples were drawn from bilateral tibial IO catheters and from a central venous catheter for six hours. Authors concluded that IO blood samples can be used for the analysis of opioids if an IV route is not available.

A preclinical study evaluating the effects of propofol on selected blood parameters and physiological variables during general anesthesia in rabbits when administered via intraosseous and intravenous routes. Results showed the IO route was as effective as the IV route for propofol administration at doses inducing general anesthesia. The authors concluded that use of IO propofol could be recommended as a safe method of anesthesia in small animals with limited vascular access.

A pre-clinical study evaluating the time to loss of consciousness and effective maintenance of anesthesia following IO and IV administration of propofol in 24 rabbits. The authors concluded that in all evaluated aspects of anesthesia, IO administered propofol was as effective as IV administration in rabbits.

http://dx.doi.org/10.1016/j.annemergmed.2012.05.013
A pre-clinical study evaluating the systemic bioavailability of antidotes when administered via the intraosseous (IO), intravenous (IV), and intramuscular (IM) routes is described. Results showed rapid and substantial antidote bioavailability after IO administration similar to that of the IV route. Authors concluded that the IO route of antidote administration should be considered when IV access is difficult.

A literature review of articles describing intraosseous vascular access devices used in the pre-hospital setting. Twenty articles met the inclusion criteria and described the manual devices, BIG, Fast-1 and the EZ-IO. The authors concluded that the literature suggests that semiautomatic IO devices may be more effective than manual devices.

This article describes the validation testing of a newly developed performance assessment scale for evaluating the intraosseous manual insertion process in the proximal tibia during simulated procedures. The authors concluded that the scale was a reliable tool to assess the overall IO insertion procedure and that with modifications this scale may be used with other IO devices and in the clinical setting.
Intraosseous Vascular Access Bibliography

International / Non-English Articles

This article describes a post mortem study evaluating a newly developed technique to study the intraosseous vasculature of the humerus involving injection of ink directly into the anterior circumflex humeral artery. This technique allowed visualization of the main nutrient artery to the proximal humerus vasculature until they reached articular cartilage or crossed cortical bone again to enter the rotator cuff tendons.

This letter to the editor describes a case in which sternal IO access was established using a Jamshidi needle to administer iodinated contrast for a thoraco abdominal CT on a 61-year old male who presented to the ED with respiratory distress. Picture quality was deemed excellent by the radiologists. The authors conclude that the sternal IO route can be used with excellent picture quality but it should be used only in exceptional cases due to the potential risks of a high-power injection through the bone. EZ-IO is mentioned as an alternative IO device available.

Ribiero de Sa RA, Melo CL, Dantos RB, Delfim LVV. Vascular access through the intraosseous route in pediatric emergencies. Revista Brasileira de Terapia Intensiva 2012;24(4):407-14
The authors evaluated use of IO access in pediatric emergencies through a literature review. The objective was to describe the techniques, professional responsibilities, and care related to obtaining IO access.

An observational study evaluating use of the EZ-IO in a Swiss pre-hospital EMS system between January 1, 2009 and December 31, 2011 and comparing those results to the literature. Sixty IO insertions were performed on 58 patients; the proximal tibia was used in all attempts except 1 attempt made in the proximal humerus. Overall success rate was 90%; the 6 failures were attributed to impossibility to infuse, difficult needle insertion, and incorrect insertion site (tibial plateau). Some of the indications for IO access included cardiorespiratory arrest, major trauma, and shock; general anesthesia was successfully inducted in 7 patients. Drugs infused are listed. There were no serious complications.

This article argues the pros and cons to routinely establishing IV access in anesthetized children. IO access is discussed in the con debate an alternative to routine peripheral IV access in this population.

This study conducted by the Norwegian Navy evaluated the ability of 25 soldiers to perform buddy transfusion by starting phlebotomy, establishing sternal IO access using the FAST1, and infusing 1 unit of whole blood. Physical performance was evaluated pre and post blood donation and lactate levels were recorded. The authors concluded that physical and combat performances are preserved within limits post whole blood donation and that soldiers are able to learn the phlebotomy and sternal reinfusion with only a short lecture on the procedure.

Torres F, Galán MD, Alonso MD, Suarez R, Camacho C, Almagro V. Intraosseous access EZ-IO in a prehospital emergency service. Journal of Emergency Nursing 2012;http://dx.doi.org/10.1016/j.jen.2012.03.005
This observational pre-hospital study conducted in Madrid, Spain prospectively evaluated use of the EZ-IO Jan 2007- Dec 2009 as an alternative to peripheral IV access during the study period, 107 patients underwent 114 EZ-IO insertions and all were successful on first attempt. IO access was established in the proximal tibia (49%), distal tibia (25.2%), radius (14.9%), and humerus (10.5%) and all lines were the first form of vascular access established in the patient. There were no adverse events or complications.

This poster presented at the 2012 International Conference of Emergency Medicine described a 4 month review of intraosseous access in UK military operations in Afghanistan. During the timeframe the EZ-IO was used to establish IO access in the proximal humerus and tibia sites; the FAST1 was used to establish sternal IO access. Of the 87 EZ-IO applications there were 12 functional issues and the placement success rate for both sites combined was 86.3%. In 24 FAST1 applications there were 4 functional issues and the placement success rate was 83.4%.
Intraosseous Vascular Access Bibliography
International / Non-English Articles

This article is making a case for pediatric anesthesiologists to have IO access equipment readily available wherever children are anesthetized; and for anesthesiologists to consider IO access not only as a last resort but as the route of choice in children requiring urgent vascular access.

A clinical study comparing Cefazolin concentrations found at the operation site following total knee arthroscopy when prophylactic antibiotics are administered systemically, through IV administration, and regionally, through IO injection directly at the site using the EZ-IO. Subcutaneous fat and bone samples were collected for evaluation from 22 subjects. Authors concluded that regional IO administration of prophylactic antibiotics can achieve tissue levels higher than with systemic administration.

YEAR: 2011

A comparative study evaluating the effectiveness of IO access in relation to IV access for infusion of anesthetics (ketamine, midazolam, and fentanyl) and fluids during hemodynamic studies in 21 infants with congenital heart disease. IO access was established in the proximal tibia (n=11). Results showed, time to access was significantly shorter with IO access (3.6 vs 9.6 minutes); anesthetic onset was shorter with IV access (56.3 vs 71.3 seconds); and no significant difference between groups for hydration volume and anesthesia recovery time. The authors concluded that due to its easy manipulation and efficiency, hydration and anesthesia by IO access was satisfactory without necessity of other infusion access.

Brazil

This article in German presents a case of a 67-year-old female patient with an arterial bleed and venous access difficulties in whom IO access was attempted unsuccessfully two times using two different IO systems. The author concluded that IO success is dependent upon IO anatomy and physiology knowledge as well as knowledge of the device being used.

YEAR: 2011

This abstract reports a literature review using both MEDLINE and Embase databases up to August 2010 to determine feasibility and safety of IO administration during adult cardiac arrest. Authors reported a lack of literature (only two studies met their level of evidence criteria) but concluded IO access in adults appears to be a fast, reliable method to deliver drugs and fluid during CPR allowing adequate drug concentrations and pharmacological response; and should be considered if other medication delivery methods have failed. (Presented at the March 2011 International Symposium on Intensive Care and Emergency Medicine)

YEAR: 2011

This article in Spanish describes an IO complication case in which a newborn infant developed tissue necrosis as a result of extravasation during IO infusion.

YEAR: 2011

A case study report in French describing compartment syndrome secondary to intraosseous infusion in a 57-year-old burn patient. IO access was established in the proximal tibia on second attempt; both attempts were made in the same limb though it was noted that the first attempt did not penetrate the cortex. Drug and fluid infusion was initiated; ten hours later the limb was found to appear ischemic. The IO catheter was removed and compartment release was performed. The author concluded that IO access remains an important mode of vascular access and that adherence to contraindications and careful clinical monitoring should decrease risk of complications.

France

This article presented a general overview of IO use in pediatrics. The history, techniques, anatomy and physiology, complications and a short discussion of most devices on the market, including the EZ-IO, were discussed.

UK
This article in German evaluates use of IO vascular access in rescue missions performed by rescue helicopters of the ADAC (German Automobile Club) Air Rescue as well as the German Air Rescue Service between January 2005 and December 2008. The author concluded that the expanded indication of IO access is relevant in the pre-hospital setting.

This abstract in German explores the role of IO infusion in emergency cases with venous access difficulties. The author noted that IO access may help minimize the therapy-free period in which vascular access has not been established, and the preclinical rescue time all together.

This article in Spanish describes the Spanish military medical staff’s experience with the use of intraosseous lines for fluid therapy in a combat zone from March 2007 to June 2008. Twenty-five patients had an IO placed with the Bone Injection Gun (BIG). Placement success rates were 76% for the 19 pre-hospital placements and 100% for the 6 in-hospital placements. There were no complications during insertion. Conclusion was intraosseous access can provide an alternative to venous access for treating trauma patients in combat zones.

This article in German discusses use of IO access and its multiple applications, focusing on the EZ-IO Infusion System.

This article describes a literature review study with the objective of establishing which intraosseous device is best for prehospital use. This short review searched Medline 1950-2010, CINAHL 1982-2010 and EMBASE 1980-2010 and identified two studies meeting their evidence search criteria, one study compared the BIG vs. manual; the second compared EZ-IO vs. FAST-1. The clinical bottom line asserted by the author was traditional manual IO devices have faster, better success rates in the pre-hospital setting; but that more randomized trials are needed to determine the best device.

This study conducted in Germany and Switzerland evaluated use of the EZ-IO in the prehospital setting over a 24 month period. The decision to use IO access was left to the discretion of the onsite clinician, a paramedic or an emergency physician. Results showed IO access was attempted in 77 patients, and was successful on first attempt in 75 patients. Significant pain with infusion was reported in the majority of responsive patients.

This article in German concludes that the introduction of IO in pre-hospital pediatric emergency system has markedly reduced the number of critically ill or severely injured pediatric patients without vascular access or with less reliable alternative administration routes in the last 20 years.

In this pre-clinical study, IO and arterial blood samples were collected over a 6-hour timeframe from the tibia of anesthetized swine, analyzed using an iStat and compared. Results showed compliant values between IO and arterial blood for electrolytes, hemoglobin, pH, and pCO2. Lactate, BE, PO2 and SO2 were less compliant. There were high correlations between SO2 and PO2 although the levels in arterial blood were higher.

This article in Danish discusses use of the IO route for second line vascular access when peripheral IV access is difficult or impossible.

A 7-month-old male infant in septic shock from Neisseria meningitides experienced a complication of bilateral extravasation of noradrenalin at the proximal tibia intraosseous infusion site resulting in severe soft tissue necrosis. Necrosectomy was performed bilaterally and surgical interventions were successfully performed to salvage both limbs. At 19 months the patient was able to crawl without extension deficit.


This abstract describes a retrospective case-series analysis of pediatric IO recipients from 1998-2009. Seventy-two (72) patients were included in the study; IO access was established in the proximal tibia (n=61), medial tibia (n=8), distal tibia (n=1), sternum (n=1), and iliac crest (n=1). IO access devices used in the proximal tibia included the Cook Critical Care needle (n=4), the Jamshidi needle (n=2), the BIG (n=1), and an 18 gauge spinal needle (n=54). The authors concluded that a spinal needle can be used to provide IO vascular access in children.


An article evaluating various methods of obtaining vascular access in the management of 21st century battlefield trauma including, peripheral IV access, intraosseous access, venous cut-down, and central venous access. The authors conclude that IO access should be the first line vascular access in casualties with severe trauma to avoid delay initiating resuscitation in pre-hospital or hospital setting.


This article in German describes the results of a survey of rescue assistants and physicians, in which they found that IO use was still a rarity in the Berlin emergency medical service and, therefore, presumably nationwide.


2010 updated guidelines for resuscitation by the European Resuscitation Council. This update notes IO access as the preferred mode of vascular access for drug administration, over endotracheal administration, when IV access is unavailable. IO blood is also noted as useful for typing and evaluating laboratory values.

Werner M, Daniel HP, Holtz J. Intraossärer zugang beim innerklinischen notfall intensivmedizinischer fallbericht. Der Anaesthesist 2010;59(7):628-32

This article in German reports a case of IO access performed in the ICU due to difficult peripheral access. The authors suggested that based on this case different strategies of critical care and possible improvements should be made.


This article in Chinese, describes a study that evaluated the effects to the bone marrow following IO infusion of hypertonic saline-hydroxyethyl (HSH) in the dog model; using a normal saline group (NS) and a non-infusion group. The test subjects were put into shock and resuscitated. Results showed that at 48 hours post infusion and 1 week post infusion changes were seen in the bone marrow and peripheral blood in the HSH and NS groups as compared to the non-infusion group. At 4 weeks post infusion, the NS group and HSH group recovered to normal level. Bone marrow morphology changed slightly but no bone necrosis occurred. The author concluded that HSH in small amounts via IO is safe and effective as a fluid resuscitation measure for shock, and little change in bone marrow has been found after infusion.
This article describes an observational study performed by the French military air surgical team in Chad. There were 11 patients with no insertion failures. For 7 patients, the insertion site was the proximal tibia and for the remainder the site was the proximal humerus. The authors concluded that the EZ-IO is a device that is simple, reliable and which gives satisfaction for the administration of drugs.

Article in French. English translation not available.

This article, in German, describes the technique of IO access, the introduction of two different IO devices (Cook and EZ-IO) and describes IO use in pediatric emergency care.

This review article in German describes intraosseous vascular access, and includes descriptions of the Waismed Bone Injection Gun, Vidacare EZ-IO, Jamshidi and Cook Medical IO devices.

This article, in Norwegian, describes IO access and modern IO devices, including the Bone Injection Gun, FAST1, and EZ-IO.

Article describing IO access.

Two letters to the editor regarding use of IO blood for sampling in the emergency setting. One letter by S. Nicoll and S. Rochester states it should no longer be done and only arterial or femoral venous samples should be used during resuscitation. The second by R. Salter notes the importance of IO blood sampling in emergency situations when time cannot be delayed for central line access, stating it is key that the sample be properly labeled as IO blood.

Article describes the IO route to deliver epinephrine.

Article in Italian describing IO access and EZ-IO

Article in Dutch describing IO access and EZ-IO.

Clinical study of intraosseous antibiotic administration in 87 women with acute pelvic inflammatory disease.

This article in German (with abstract in English) describes IO infusion in detail. It includes techniques, indications, complications, and recommendations. Also describes the various devices available, including Cook, Bone Injection Gun (BIG), First Access for Shock and Trauma (F.A.S.T.1), and the EZ-IO®.

YEAR: 2006

Isbye DL, Nielsen SL. Intraosseous access in adults-an alternative if conventional vascular access is difficulty. Ugeskr Laeger. 2006;168(34):2793-7

This article in Danish covers an overview of intraosseous vascular access and its utility in the adult patient.

Abstract only


Article in French describes IO access and IO devices, including B.I.G., F.A.S.T.1 and EZ-IO®.


The author provides an overview of intraosseous vascular access discussing evolution of the practice, equipment, treatment options and contraindications.

YEAR: 2005


Review article on IO vascular access in the pediatric patient. Advises that it is not necessary to adjust doses from IV doses, except for hypertonic solutions. Recommends that IO needle be replaced by an IV within 2 hours to avoid complications.

Abstract only. Article in German


Multicenter, prospective study of cardiopulmonary resuscitation data over 18 months. The study was design to evaluate the impact of survival of IV or IO high-dose epinephrine compared to standard doses in children with cardiorespiratory arrest. Limited conclusions showed that there is no significant difference between the two treatments.

YEAR: 2004


Evaluation of the Bone Injection Gun (BIG) for the administration of contrast media for urography. Concludes that BIG-assisted intraosseous urography may be an effective and reliable alternative to intravenous urography in pediatric and adult human patients.

YEAR: 2003


This article in Spanish discusses general IO principles.


An 18 gauge butterfly needle was inserted into the proximal tibia of a premature infant born at 25-weeks gestation, following inability to establish other modes of vascular access due to gross oedema. The intraosseous line was left in place for 6 days until it was lost; there were no adverse events reported however the author noted that no safety data on long term use of the device was collected.

YEAR: 2003
Intraosseous Vascular Access Bibliography
International / Non-English Articles

YEAR: 2001

Orgiler Uranga PE, Navarro Arnedo JM, De Haro Marin S. [The intraosseal route. When the veins have disappeared]. Enferm Intensiva 2001;12(1):31-40. [Spanish]
Literature review on intraosseous administration of drugs during pediatric emergencies. Concludes that IO is a valid alternative route for infusion of drugs and other substances into the bloodstream with a low complication rate.

Article in Spanish

YEAR: 2000

Dalenius E. [Reduced but better health care for armed forces]. Lakartidningen 2000; 97: 3624-8. [Swedish]
Report on reorganization of the medical capacity of the Swedish Armed Forces focusing on new treatment modalities such as intraosseous infusion.

Abstract only

A retrospective chart review that evaluated use of IO access in pediatric patient resuscitation in a tertiary emergency department between 1989 and 1995. Results showed IO access was successfully established in 86% of patients. Median time to placement was 8 minutes; two complications of bone fracture were reported in one 10-day-old neonate patient.

Canada

Intraosseous transplantation of bone marrow in combination with long-acting Adriamycin may inhibit acute and chronic graft versus host reactions.

Abstract only. Russian

YEAR: 1999

A retrospective non-comparative study of IO infusion in 41 children. Concludes that IO insertion is an easy technique. Recommends IO for emergency cases when other vascular access techniques have failed in the first 5 minutes of treatment.

Abstract

Retrospective study of 32 cases of IO infusion over a 3 year period. Concludes that IO is rapid, safe and effective and provides an essential alternative vascular route in pediatric resuscitation.

Abstract

Efimov IuV, Zaitsev VG, Sychugov AV. [The treatment of patients with complicated mandibular fractures using a method for the intraosseous administration of biologically active drug agents]. Stomatologiya (Mosk) 1999; 78; 26-7. [Russian]
Article in Russian; no English translation.

No abstract available

YEAR: 1998

Case report of a 34-week-old pre-term neonate with septic shock requiring emergency treatment. Umbilical vein was unusable. Resuscitation with IO access was successful. Concludes that IO access be used before attempting access with superior longitudinal sinus.

Abstract
Intraosseous Vascular Access Bibliography
International / Non-English Articles

YEAR: 1996

Brandt MR. [Intraosseous administration]. Ugeskr Laeger 1996;158(40):5638  [Danish]
Article in Danish

Discusses indications, contraindications, method of supervision, and complications intraosseous infusion. Concludes that intraosseous infusion is an attractive alternative to the intravenous route in emergency situations.
Abstract only

YEAR: 1995

Case report of successful IO administration colloid, human albumin, and 1.4% sodium bicarbonate via the left hip of a 5-month-old infant with profound hypovolemia. Patient was discharged 4 days after admission.
Abstract only

Article in French.
No abstract available

YEAR: 1994

Preclinical study in 86 injured dogs with hemostasis disorders. Plasma and platelet disorders normalized 3 hours after the onset of infusion therapy. The response was enhanced by IO infusion of isotonic saline.
Article in Russian-abstract only

Review article suggesting that IO infusion should be the primary technique of intravascular access in infants for pediatric resuscitation and the first alternative technique for vascular access after failed intravenous access in young children.
Abstract only

YEAR: 1993

Case reports of 2 9-month-old infants with severe dehydration treated with IO infusions after failed IV attempts. IO lines were replaced shortly after venous access was obtained.
Abstract only

YEAR: 1992

Case reports of resuscitation of 2 pre-term infants with medications administered via the intraosseous route. Also includes a short review of the history, physiology, technique, complications and contraindications of IO procedure.
Abstract only

A review of intraosseous infusion and the possible applications in pediatric emergency medicine.
Abstract only
Review article on IO access for a pediatric medicine audience. Concludes that IO administration can be used for all forms of medications. Osteomyelitis appeared in 0.6% of the cases.
Abstract only

YEAR: 1991

Discussion of case reports of IO infusion, as well as physiology of IO and technique for IO access. Concludes that IO infusion is simple and safe. The technique can be successfully performed under field conditions by paramedical personnel, even by untrained personnel.
Abstract only

YEAR: 1990

Case report of a critically ill preterm neonate who received needed emergency fluids via IO infusion.
Hebrew/Abstract only

YEAR: 1990

This article describes one clinician's use of sternal IO access for infusion of campolon to treat anemia in 1930. The author performed over 50 injections without serious complications.
Sweden
Intraosseous Vascular Access Bibliography

Intraosseous Overview

YEAR: 2015


This article presents a 5-case series describing use of IO vascular access by anesthesiologists in the perioperative and critical care settings. All insertions were made in the proximal tibia and there were no adverse events reported. The devices cited as being used were the EZ-IO and the Cook Surfast manual needle. A proposed perioperative vascular access algorithm incorporating IO access is presented. The authors address key topics around IO access including use of same drug dosing as IV administered drugs, frequent palpation and monitoring of the insertion site for extravasation, low complication rate and actual risks associated with fat emboli and bone injury, pain and anxiety management in the awake patient and clinician-perceived pain. Administration of blood products, ACLS drugs, Lactated Ringer's solution and anesthetics are noted without complication. Use of IO aspirate for laboratory testing is noted, however use of the initial aspirate is indicated. Several patients in the case series were reported to find the discomfort of IO insertion preferable to multiple intravenous attempts. The authors concluded: IO lines can be placed quickly and safely in emergency situations or in elective surgical patients with difficult intravenous access; IO access can be useful in a wide variety of clinical settings; and is an important skill for anesthesiologist to learn.


This article presents an overview of IO access in the critically ill adult patient by way of a literature review.

YEAR: 2014

Anson JA. Vascular access in resuscitation: Is there a role for the intraosseous route?. Anesthesiology 2014;120(4):1015-31

Literature review through August 1, 2013 with primary aim to determine whether there is a role for intraosseous vascular access in the resuscitation of critically ill patients. Secondary aims were to investigate the evidence regarding clinical use, drug administration, and complications of IO access. The authors concluded that IO access can be achieved quickly and accurately in emergency situations and there is clearly a role for it in resuscitation of ill patients; anesthesiologists should become familiar with IO access.


This literature review article sought to identify the diseases or syndromes most often associated with intraosseous injection within the published literature. The top 35 articles identified in the search are cited within the article; most are related to dental applications.


This literature review article sought to identify the functional concepts associated with intraosseous injection within the published literature. The top 40 articles identified in the search are cited within the article.


This literature review article sought to identify organic chemicals associated with intraosseous injection within the published literature. The top 31 articles identified in the search are cited within the article.


This article presented a general overview of IO use in pediatrics. The history, techniques, anatomy and physiology, complications and a short discussion of most devices on the market, including the EZ-IO, were discussed.


Text article that accompanies video featured in The New England Journal of Medicine on intraosseous access which provides a general overview of IO access and demonstration of IO insertion using the EZ-IO and one manual IO needle set.

Faminu F. Intraosseous vascular access: boning up on the basics. Nursing 2014;44(8):60-4. doi:10.1097/01.nurse.0000451529.25093.4b

This article provides an overview of intraosseous vascular access including history, cost and time savings, anatomical sites, infusion pain management, and complications, with a focus on the perspective of the nurse.

7/15/2015
Intraosseous Vascular Access Bibliography

Intraosseous Overview


This article discusses use of IO access in adults in children with regard to implementation, indications, problems and risks.

German

Neuhaus D. Intraosseous Infusion in elective and emergency pediatric anesthesia: when should we use it?. Curr Opin Anaesthesiol 2014;27(3):282-7. DOI: 10.1097/ACO.0000000000000069

General review of IO access, with particular attention to perioperative setting and includes published guidelines of the German Scientific Working Group for Pediatric Anesthesia for use of intraosseous access. The author recommends that for children with known difficult venous access physicians discuss the possibility of IO access preoperatively with the family.

Switzerland

YEAR: 2013


In a letter to the editor this study reports data collected (during a survey of one third of academic emergency medicine programs in the U.S.) regarding IO use in adults and comparing IO access with other vascular access techniques through simulation. Data suggest that IOs were used less than 5% of the time patients needed emergent access and a peripheral line was unobtainable. The EZ-IO was most often used IO device. Authors conclude IO use should be considered more frequently in critical, unstable patients. (This research was presented at the ACEP Research Forum in 2010).

Harris M, Balog R, Devries G. What is the evidence of utility for intraosseous blood transfusion in damage-control resuscitation?. J Trauma Acute Care Surg 2013;75(5):904-6. doi:10.1097/TA.0b013e3182a85f71

This article explores the use of IO access for blood product administration and whether or not it is clinically effective. Based upon lack of clinical evidence and physics principles, the author argues that maximum flow rates attainable for IO blood infusion are not adequate for resuscitation.


This article presents an overview of IO access focused on nurses’ use of the technique. A list of available devices, history and support for use and possible complications are included.


Doi:10.3109/10903127.2012.755582

Pre-clinical study comparing flow rates acheived after insertion with the EZ-IO in the proximal tibia, distal femur, and proximal humerus in a swine model. IO catheters were placed in each site and normal saline was infused for 10 minutes using a pressure bag at the highest achievable pressures greater than 300mmHg. The flow rates through the proximal humerus were statistically greater than that of the femur or proximal tibia. The femur flow rates were higher than the proximal tibia but similar. Post-mortem histopathologic evaluations done to assess for damage due to the high infusion pressures were consistent with IO catheter placement.


This article provides an overview of various vascular access modalities in emergency medicine including peripheral IV, venous cut-down, central venous catheter, intraosseous access, umbilical vessel access, and arterial access. The anatomy and physiology, indications and contraindications, procedure steps and special considerations are outlined for each access methods discussed.


This article in Spanish provides an overview of intraosseous vascular access.

Article in Spanish


This article in French gives an overview of intraosseous vascular access including the physiology of IO infusion, insertion sites, indications, and complications. Available IO devices on the market are described including, time to insertion, success rate and cost.

French
**Intraosseous Vascular Access Bibliography**

**Intraosseous Overview**


Five point summary of things to know about intraosseous vascular access including, use of the IO access for fluid/drug/blood product infusion and obtaining blood samples, possible IO insertion sites, pain management, use during resuscitation efforts, contraindications, and possible complications.


*Article in German*

**YEAR:** 2012

Barker LT. In the child with gastroenteritis who is unable to tolerate oral fluids, are there effective alternatives to intravenous hydration?. Ann Emerg Med 2012;60(5):607-8. doi: 10.1016/j.annemergmed.2012.04.003

This article, part of a Review Snapshot series in Annals summarizes a literature review (Rouhani et al in Pediatrics 2011) for evidence of alternatives to traditional IV hydration in a dehydrated child. Thirty-eight articles were included for the analysis with five of them randomized controlled trials; and one of those comparing IO to IV rehydration. (Banerjee et al, which found IO placement faster with no therapeutic outcome differences). The focus of this review was on nasogastric tube rehydration as effective when IV fails and as less invasive than IO or CVC placement.


This abstract presented at the 2nd World Congress on Vascular Access 2012 reports data collected on the knowledge gaps and barriers to IO vascular access use. Two focus group discussions were held at professional conferences (American College of Emergency Physicians and the Emergency Nurses Association) and facilitated by clinical researchers. Data was qualitatively evaluated and researchers identified several main areas of concern for clinicians in both implementation and knowledge gap areas. This study was sponsored by Vidacare Corporation.

Davis DP. The use of intraosseous devices during cardiopulmonary resuscitation: Is this the answer for which we have been searching?. Resuscitation 2012;83:7-8. doi:10.1016/j.resuscitation.2011.11.017

This editorial discussed the numerous changes in practice with regard to cardiopulmonary resuscitation, and explored the scientific basis upon which the changes were made. Changes in drug administration and vascular access methods, including IO, are discussed. The author's overall view was that perhaps clinical practice in cardiopulmonary resuscitation is too quickly changed with the presentation of minimal scientific data.


This article describes a questionnaire study in which members of selected Scandinavian medical societies were surveyed to identify reasons for not using IO access during resuscitation when IV access is difficult. There were 759 evaluable responses from doctors, nurses, and ambulance staff. Of the respondents, 178 (23.5%) had experienced at least one situation where there was an indication for IO but it was not attempted. The most common reason for not using IO was unavailability of equipment (n=86) and lack of training. The author concluded that increased training in IO use and greater availability of IO equipment for front-line staff should be implemented.

Ibrahim M, Cairney K. Intraosseous (IO) infusion as a means of vascular access. British J of Resuscitation 2012;Autumn:23-6

This article provides an overview of intraosseous vascular access, including applicable patient population, IO access sites, pain management, IO education and compares IO access to central venous access.


This abstract presented at the 2012 ACEP Research Forum discusses a literature review of intraosseous access publications since 1985 providing an updated safety profile for IO access. The search resulted in 192 articles describing IO access with 6 cases of osteomyelitis and 6 cases of compartment syndrome secondary to extravasation reported. Of the 192 articles identified, 140 described the EZ-IO. This study was sponsored by Vidacare Corporation.


A literature review of articles describing intraosseous vascular access devices used in the pre-hospital setting. Twenty articles met the inclusion criteria and described the manual devices, BIG, Fast-1 and the EZ-IO. The authors concluded that the literature suggests that semiautomatic IO devices may be more effective than manual devices.
Intraosseous Vascular Access Bibliography

Intraosseous Overview

This article describes the validation testing of a newly developed performance assessment scale for evaluating the intraosseous manual insertion process in the proximal tibia during simulated procedures. The authors concluded that the scale was a reliable tool to assess the overall IO insertion procedure and that with modifications this scale may be used with other IO devices and in the clinical setting.

Page D. Intraosseous intrigue: Studies examine success rates on pediatric, adult & obese patients. JEMS January 2012;32-3
In this article, the author discussed five recent studies on intraosseous access providing his opinion about the quality of each study.

An overview of IO vascular access including a review of currently available literature. The author discusses various IO devices available and their performance metrics, IO access sites, flow rates, advantages and disadvantages of IO access compared to conventional access methods, complications and recommendations on use of the approach. The author concludes that while IO access may not be appropriate for all patients, it deserves a place in the modern provider's armamentarium.

Ribiero de Sa RA, Melo CL, Dantas RB, Delfim LVV. Vascular access through the intraosseous route in pediatric emergencies. Revista Brasileira de Terapia Intensiva 2012;24(4):407-14
The authors evaluated use of IO access in pediatric emergencies through a literature review. The objective was to describe the techniques, professional responsibilities, and care related to obtaining IO access.
Braz

An article discussing the technique and safety profile of intraosseous access using the EZ-IO device. Needle selection, contraindications, insertion sites and techniques, catheter stabilization and removal are all discussed along with the safety profile of the EZ-IO against other IO devices and central venous catheters. The authors concluded that IO access should be considered whenever immediate vascular access is required. This article was co-written by an employee of Vidacare Corporation.

This abstract presented at the 2nd World Congress on Vascular Access 2012 describes the results of an analysis of published IO complications since 1985. The safety profile of the EZ-IO is also discussed in this abstract. The authors conclude that new devices and techniques have resulted in an approved IO safety profile. This study was sponsored by Vidacare Corporation.

This article presents a general overview of intraosseous (IO) vascular access in the pediatric population through an IO literature review. Available IO devices were discussed.

In this article the authors review the evidence supporting the use of IO access; determine the utilization IO access as described in the literature; and assess the level of specialty society support. Various IO devices are mentioned including the EZ-IO

This article is making a case for pediatric anesthesiologists to have IO access equipment readily available wherever children are anesthetized; and for anesthesiologists to consider IO access not only as a last resort but as the route of choice in children requiring urgent vascular access.

YEAR: 2011

This abstract reports a literature review using both MEDLINE and Embase databases up to August 2010 to determine feasibility and safety of IO administration during adult cardiac arrest. Authors reported a lack of literature (only two studies met their level of evidence criteria) but concluded IO access in adults appears to be a fast, reliable method to deliver drugs and fluid during CPR allowing adequate drug concentrations and pharmacological response; and should be considered if other medication delivery methods have failed. (Presented at the March 2011 International Symposium on Intensive Care and Emergency Medicine)
Intraosseous Vascular Access Bibliography

Intraosseous Overview

This article presented a general overview of IO use in pediatrics. The history, techniques, anatomy and physiology, complications and a short discussion of most devices on the market, including the EZ-IO, were discussed.

UK

This abstract explored the clinical utility of intraosseous vascular access and its development from exclusive use in children to widespread utility in the adult patient.

This article describes a military study in which post-mortem preautopsy multidetector CT was used to assess placement of tibial IO needles in battlefield trauma deaths where IO was used as part of the medical intervention. Results showed 58 of 61 (95%) tibial IO needles were correctly placed. In this study, the device used for IO placement was not recorded, but may have been the manual device or EZ-IO as the Army has access to both.

This article provides an overview of intraosseous vascular access for pediatrics and discusses general indications, contraindications, complications, and intraosseous devices.

This article in German discusses use of IO access and its multiple applications, focusing on the EZ-IO Infusion System.

This document addresses pediatric vascular access and includes an overview of intraosseous vascular access. Indications, contraindications, supplies and equipment, technique, complications and maintenance are discussed.

This article describes IO access in terms of efficacy, indications/contraindications for use, and the IO procedure and comparison of devices to make a case for IO use in oral and maxillofacial surgical practice. In discussing IO devices citing published data, the author identified the EZ-IO device as the most accurate, efficacious, and precise system when trying to achieve IO access.

This article in German concludes that the introduction of IO in pre-hospital pediatric emergency system has markedly reduced the number of critically ill or severely injured pediatric patients without vascular access or with less reliable alternative administration routes in the last 20 years.

This article in Danish discusses use of the IO route for second line vascular access when peripheral IV access is difficult or impossible.

YEAR: 2010

This article reviews intraosseous vascular access and its increased use in adult resuscitation. The IO route is described, including indications, contraindications, insertion sites and devices.

This article gives an overview of IO vascular access reviewing the history, devices and complications associated with IO access.
Authors describe an early observational study (N=120) comparing intraosseous access in the humerus and the tibia, using the EZ-IO. Investigators concluded that the humerus is an acceptable IO site, which may be preferable under certain clinical conditions. This research was sponsored by Vidacare Corporation.

In an abstract presented at the 2010 ACEP Research Forum, investigators describe a swine study designed to compare IO infusion rates using the Belmont FMS 2000 rapid infusion device and a pressure bag through the proximal tibia and proximal humerus. Investigators concluded that infusion rates were highest using the pressure bag via the proximal humerus.

This article provides an overview of intraosseous vascular access and discusses general indications, contraindications, complications, and intraosseous devices.

Authors describe a 10 subject volunteer study that compared intraosseous (IO) blood samples to venous blood samples for complete blood count (CBC) and chemistry profile testing. They concluded that IO blood may serve as a reliable alternate for hemoglobin and hematocrit levels, as well as for most analytes in a basic blood chemistry profile. Exceptions are CO2 levels, platelets, and WBC. This research was sponsored by Vidacare Corporation.

This article describes an online questionnaire study in which the Heads of Department of 20 EDs in Denmark were asked about IO infusion within their institution. Nineteen responses were received; 14 hospitals (74%) reported having IO devices available with the median number of IO procedures performed as 5. In 9 departments training had not been provided and 8 departments didn’t have IO guidelines. The favored device was the EZ-IO found in 18 of the EDs, 2 had EZ-IO and Cook Surfast and 1 had the BIG.

This article provides a brief history of IO infusion and further discusses this vascular access technique in terms of anatomy and physiology, indications and contraindications, performing the manual procedure, and possible complications. A case study is discussed in which a 7-month-old male was treated under emergency circumstances with IO infusion in the lower limb and developed compartment syndrome, resulting in a below the knee amputation.

Philbeck TE, Miller LJ, Montez D, Puga T. Hurts so good; easing IO pain and pressure. JEMS 2010;35(9):58-69
This article describes two studies designed to compare Lidocaine’s effect on pain during fluid infusion through the tibial and humeral IO routes and to determine infusion flow rates. Authors concluded that, for adequate IO infusion rates with minimal and tolerable pain, 40mg of preservative-free Lidocaine may be needed; followed by a rapid normal saline syringe flush of at least 10mL and another 20mg of Lidocaine. Additional dosing and flushing may be required. For less overall pain due to IO infusion, and greater infusion flow rates, the proximal humerus should be strongly considered, using a longer IO needleset. This research was sponsored by Vidacare Corporation.

This article discusses use of IO access within the hospital setting in the emergent and nonemergent patient populations. The history of IO access, clinical situations in which IO access may be considered, devices, contraindications, and complications are discussed. Additionally, pain management, economics, education and training and risk management are explored. This article is co-published in Journal of Infusion Nursing, the Journal of Pediatric Nursing, and Critical Care Nurse and was produced by the Consortium on Intraosseous Vascular Access in Healthcare Practice.

This abstract describes an animal study, presented at the 2010 ACEP Research Forum, that examined shear and pressure changes within the medullary space during intraosseous infusion. Results suggest that resistance to flow depends on cannula placement site, IO pressure rises rapidly with infusion rates, and medullary compression and axial shear are present at high infusion rates.
Intraosseous Vascular Access Bibliography

Intraosseous Overview

Tobias JD, Ross AK. Intraosseous infusions: A review for the anesthesiologist with a focus on pediatric use. Anesthesia & Analgesia 2010;110(2):391-401
The authors describe literature that support the use of IO access for administering anesthesia in the ICU, perioperative and operating room, including a study in which IO access was used successfully for providing intraoperative anesthesia for 106 of 109 patients. Among their conclusions, the authors reported that, even though rarely reported in anesthesia literature, IO access is a technique anyone providing care to children should consider when the patient has difficult IV access. They also concluded that IO access should be a part of an algorithm that includes numbers of attempts at peripheral access, feasibility of central access and the need for continued postoperative access; and that considering that IO access may be occasionally used in the perioperative setting in both emergent and nonemergent scenarios, it may be beneficial to have appropriate IO needles in the OR.

Vegunta RK. Chapter 8-Vascular access. Ashcraft's Pediatric Surgery 2010;5th ed:110-16
This document discusses various vascular access methods available for pediatric and neonate patients, including intraosseous access.

Vizcarra C, Clum S. Intraosseous route as alternative access for infusion therapy. Journal of Infusion Nursing 2010;33(3):162-74
This article provides an overview of IO anatomy and physiology, IO access indications, care, and management; describes therapies administered via IO access; and discusses the expanding use of IO access into areas within hospitals during nonemergency clinical situations. It also includes a table addressing indications for IO access in the hospital, as well as a table addressing the general insertion procedure for IO access.

YEAR: 2009

Article for nursing audience.

Barrett J. Adult Intraosseous infusion: "Good to the bone!". Response 2009;36(3):19-21
This article addresses adult IO infusion, primarily in the pre-hospital setting, with regard to the history of IO, anatomy and physiology, training considerations, clinical guidelines and contraindications, and financial considerations.

Instructional program on IO.

This article, in German, describes the technique of IO access, the introduction of two different IO devices (Cook and EZ-IO) and describes IO use in pediatric emergency care.

This review article in German describes intraosseous vascular access, and includes descriptions of the Waismed Bone Injection Gun, Vidacare EZ-IO, Jamshidi and Cook Medical IO devices.

Von Hoff DD, Kuhn JG, Burris HA, Miller LJ. La perfusion intraosseuse est-elle equivalente a la perfusion intraveineuse?.
Urgence Pratique 2009;36:36-40
This French version of an article previously published in American Journal of Emergency Medicine describes a 25-patient clinical study that compared the pharmacokinetics of intraosseous using the Vidaport (a predecessor of the Vidacare EZ-IO) vs. intravenous administration of morphine sulfate in adults. Results showed no differences between IO and IV administration of morphine for nearly all pharmacokinetic parameters, including maximum plasma concentration, time to maximum plasma concentration, and area under plasma concentration-time curve. There was a significant difference in the volume of distribution in the central compartment, which investigators attributed to a minor deposition effect near the IO port or in the bone marrow. Investigators concluded that the results support the bioequivalence of IO and IV administration of morphine in adults.

This article, in Norwegian, describes IO access and modern IO devices, including the Bone Injection Gun, FAST1, and EZ-IO.

Discusses use of IO for pediatric anesthesia. Specifies importance of equipment, education, guidelines.

YEAR: 2008


No abstract available.


Review of IO infusion methods and devices. Devices described include Jamshidi, Cook, FAST 1, BIG, and EZ-IO.


Overview of intraosseous vascular access in infants; includes indications, contraindications, complications, equipment (Sur-Fast and Jamshidi), and procedure. Also, small section on IO for adults; describes the FAST-1, Bone Injection Gun, and EZ-IO.


Describes common drugs used in pediatric resuscitation and evidence supporting their use. Also describes routes of administration including intravenous, intraosseous, and intratracheal. Describes IO systems including Bone Injection Gun, FAST-1, and EZ-IO.


Case reports in which intraosseous (IO) vascular access was successfully used on adults. Summarizes indications for use, complications, and precautions/considerations.


Article describing IO access.

YEAR: 2007


Data from the largest combat trauma database was analyzed to identify how new or improved devices, dressings or drugs have impacted prehospital casualty care, how guidelines and resuscitation strategy have changed, and discusses lessons learned and how concepts have crossed back into the civilian practice. Intraosseous access, particularly the sternal site, is identified as one of the advances for vascular access in combat medicine.


This article reviews and assesses the literature on the use of IO drug administration during cardiopulmonary resuscitation. It addresses the risks and benefits of using IO in adults and children. The article describes the FDA-cleared devices available for use including the Pyng F.A.S.T.1, Waismed Bone Injection Gun and the Vidacare EZ-IO.

de Caen A. Venous access in the critically ill child. Pediatr Emerg Care 2007;23:422-4

This review article states the availability of intraosseous (IO) needles for pediatric patients, outlines the limitations of traditional venous access, and discusses the various IO devices currently available, including the Vidacare EZ-IO®.


This article summarized the challenges and methods of providing vascular access for infants. It describes IO techniques and devices, including the Jamshidi, Cook, EZ-IO® and Bone Injection Gun (BIG) devices.

Fowler RL. Prehospital intraosseous access: elemental to the field?. Journal of Emergency Medical Services 2007; doi:http://jems.com/print/9198

Discussion of the role intraosseous vascular access can play in the prehospital setting where vascular access is often difficult or impossible to establish. The EZ-IO is named as a new IO device along with descriptions of Jamshidi, Pyng Fast 1, and BIG needles.
Intraosseous Vascular Access Bibliography

Intraosseous Overview

Article in Italian describing IO access and EZ-IO

Overview of IO access. Includes historical aspects, current status, indications for use, advantages and disadvantages, IO kinetics, insertion sites, complications and contraindications and description of available IO devices, including EZ-IO®.

Minkler MA. Nailing down IO insertion: the whys, whens, wheres, and hows of delivering fluids and medications the intraosseous way. EMS Mag 2007; 36: 38-42.  
Practical article for EMS audience.

Article in Dutch describing IO access and EZ-IO.

Wayne M. Intraosseous vascular access: devices, sites and rationale for IO use. JEMS 2007; 32: s23-5.  
This article reviews intraosseous vascular access in general, and summarizes the various devices available. These include the Waismed B.I.G., the Vidacare EZ-IO, and Pyng F.A.S.T.1.

This article in German (with abstract in English) describes IO infusion in detail. It includes techniques, indications, complications, and recommendations. Also describes the various devices available, including Cook, Bone Injection Gun (BIG), First Access for Shock and Trauma (F.A.S.T.1), and the EZ-IO®.

YEAR: 2006

An overview of IO vascular access use in neonates, including focus on available evidence, history, technique, physiology, clinical indications, complications, and contraindications. The author closes acknowledging IO administration of resuscitation medications and fluids in neonates is an alternative when IV access is not possible.

Isbye DL, Nielsen SL. Intraosseous access in adults-an alternative if conventional vascular access is difficulty. Ugeskr Laeger. 2006;168(34):2793-7  
This article in Danish covers an overview of intraosseous vascular access and its utility in the adult patient.  
Abstract only

Article in French describes IO access and IO devices, including B.I.G., F.A.S.T.1 and EZ-IO®.

The author provides an overview of intraosseous vascular access discussing evolution of the practice, equipment, treatment options and contraindications.

YEAR: 2005

Article describes intraosseous access for adults and pediatrics. Describes and discusses IO devices available including Jamshidi, Bone Injection Gun, F.A.S.T.1, and EZ-IO®.

Heightman AJ. The rebirth of adult IO: a first-hand account of recent advances in intraosseous infusion for adults, drawn from a scientific workshop and practical lab experience. JEMS 2005;30(10):s4-7.  
Editorial article highlighting recent advances in intraosseous (IO) infusion and IO devices based on the author’s experience at a scientific seminar hosted by Vidacare. Makes recommendations on the efficiency and safety of the devices.
Intraosseous Vascular Access Bibliography

Intraosseous Overview

Miller LJ, Kramer GC, Bolleter S. Rescue access made easy: Intraosseous infusion, once limited to use in children, is now becoming a reliable access site for adults. JEMS 2005;30:s8-18.

Overview of IO therapy. Includes "10 Myths about Adult IO," and description of available IO devices, including EZ-IO®


Describes a training course for medical students to learn advanced emergency procedures using unembalmed cadavers. The course includes clinical indications and contraindications for specific procedures, as well as techniques. Also discusses students' confidence levels in performing procedures.

YEAR: 2004


Web publication discussing the indications, contraindications, insertion sites and complications of IO access.

YEAR: 2004


This abstract evaluated the use of ultrasonography to confirm proper IO placement versus improper placement using chicken bone. Results showed 6 participants were able to confirm placement with 100% sensitivity and 94% specificity, suggesting use of ultrasonography in pediatric patients may be beneficial to confirm IO placement.

YEAR: 2003


This article in Spanish discusses general IO principles.

YEAR: 2003


Web article discusses IO cannulation procedure insertion sites, pathophysiology, risks, contraindications and complications.


A comprehensive and accessible review of the history, anatomy, technique, and clinical application of intraosseous infusion.

YEAR: 2001

Orgiler Uranga PE, Navarro Arnedo JM, De Haro Marin S. [The intraosseal route. When the veins have disappeared]. Enferm Intensiva 2001;12(1):31-40. [Spanish]

Literature review on intraosseous administration of drugs during pediatric emergencies. Concludes that IO is a valid alternative route for infusion of drugs and other substances into the blood stream with a low complication rate.

YEAR: 2000


Nursing article discussing the role of IO infusion when peripheral veins are collapsed. Describes advantages of IO, including ready availability, ability to establish vascular access without interrupting CPR.

YEAR: 2000


Literature review of safety and efficacy of IO infusion of drugs and fluids, with emphasis on utility for the injured soldier. Discusses insertion times and flow rates. Includes literature citations from non-military studies in pediatrics, animals, and human cadavers.

YEAR: 2000


Brief review of the discovery and evolution of IO access in emergency care.

YEAR: 2000
Intraosseous Vascular Access Bibliography

Intraosseous Overview


Overview of pediatric IO infusion targeted for an EMS/paramedic audience. Discusses anatomy of long bones, indications, advantages, contraindications, steps for insertion, fluid administration and ongoing assessment and documentation.


Brief overview of IO infusion for an anesthesiology audience. Discusses technique, indications, contraindications, equipment, anatomical target sites and potential complications.

Available at: www.nda.ox.ac.uk/wfsa/index.html

YEAR: 1999


Brief review of IO history, flow rates, fluids and medications.

YEAR: 1998


No abstract available.

YEAR: 1999


Review article discussing techniques for venous access in the pediatric patient includes anatomical target sites, clinical indications, advantages and disadvantages.

YEAR: 1996

Moller JC, Tegtmeyer FK, Schaible TF, Sussmane JB. [Intraosseous puncture as vascular access in pediatric emergency and intensive care medicine]. Anaesthesiol Reanim 1996;21(4);103-7

Article describing IO infusion 18 pediatric resuscitative situations. Authors conclude that 11 patients would not have survived without IO access. Complications included a minor fracture, 1 case of compartment syndrome that did not require surgical intervention and a minor fat embolism that was of no clinical significance.

Abstract only - Article in German

YEAR: 1995


Suggests that intraosseous infusion is reliable alternative to peripheral vein access for rapid infusion of fluids in neonates and infants when venous access is impossible.

Abstract only

YEAR: 1994


Review of IO infusion in children 6 years old and younger. Recommends IO for patients with life-threatening conditions requiring immediate vascular access. Reports less than 1% complication rate.

YEAR: 1999

Kruse JA, Vyskocil JJ, Haupt MT. Intraosseous infusions: a flexible option for the adult or child with delayed, difficult, or impossible conventional vascular access. Crit Care Med 1994;22(9):728-9

Discussion of IO infusion, including ease of use, low complication rates, and variety of fluids and drugs that can be administered through the IO route in children and adults.
Intraosseous Vascular Access Bibliography

Intraosseous Overview

Seminal article describing alternatives to intravenous cannulation including intraosseous access, intratracheal drug administration, sublingual and intralingual injection, intra-penile administration, and intracardiac injection. Concludes that the intraosseous method is an effective alternative to intravenous access in emergency situations.

Review

Review.
Review of the history, insertion techniques, available devices, and applications of the intraosseous infusion as well as the indications and contraindications for intraosseous infusion in all critically ill patients.

YEAR:  1992

This prospective, nonrandomized, crossover study evaluated bone marrow aspiration from the posterior iliac crest and peripheral venous blood for ABO and Rh typing as well as the presence of human leukocyte activity. No differences were seen in the ABO and Rh typing, and human leukocyte activity was detected in both the marrow and venous samples.

Article promoting increased awareness of intraosseous infusion, familiarity with IO insertion techniques, and careful use of anatomical landmarks.

Abstract only

A review of intraosseous infusion and the possible applications in pediatric emergency medicine.

Abstract only

Letter to the editor written in response to previous article on IO access that includes sternal access as a site for children. This author states IO route for fluids and drugs is underutilized but believes sternal site to be hazardous and upper tibia, lower femur and humerus are favored.

Preclinical study of an implantable intraosseous infusion device (the osteoport) in a goat model. The device allowed for ready access to the vascular system through intraosseous infusion fluids and medications. IO infusion may result in fewer complications than conventional methods of vascular access.

YEAR:  1991

Article for nurses on intraosseous infusion as an alternative to intravenous vascular access presented in a question and answer format.

Review article discussing aspects of intraosseous infusion, including indications, technique, and pharmacokinetic factors. Concludes that multiple drugs and fluids can be safely administered through the intraosseous route.

Review of intraosseous vascular access targeted for an oncology audience. Describes an implantable IO device with potential to make intraosseous access more convenient for the patient.
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Intraosseous Vascular Access Bibliography

Intraosseous Overview

YEAR: 1987

A brief overview of intraosseous vascular access. The author concluded that IO vascular access is a firmly established practice based on scientific fact and clinical significance.

YEAR: 1986

Review article on IO infusion, includes historical background, physiology, method, clinical applications and complications of the IO procedure.

YEAR: 1985

Review of medical literature and research on the problem of difficult intravenous access.

YEAR: 1984

Study comparing 3 types of needles for IO insertion: spinal needles, standard IV needles, and bone marrow aspiration/biopsy needles on a pediatric cadaver leg. The bone marrow aspiration needle was easiest to insert. Concludes that IO infusion is a safe, rapid way to access the venous circulation, providing a stable, usable fluid line in dehydrated pediatric patients.

YEAR: 1985

Discusses the historic technique of tibial intraosseous infusion as an alternative IV route in young children. Concludes from review of the medical literature that IO access is a rapid, reliable method with acceptably low complication rate. Discusses substances absorbed through the marrow, flow rates, technical difficulties, and complications.

YEAR: 1984

Seminal article on IO infusion by the “Father of IO.” Drugs and fluids infused through the IO space enter the central circulation as rapidly as through IV routes. Unlike peripheral veins, the intramedullary blood vessels will not collapse in shock.

YEAR: 1954

Outlines problems with conventional vascular access in emergency medicine. Discusses possible resurgence of the “old” technique of intraosseous infusion.

YEAR: 1954

Article for military medicine audience concluding that the intraosseous route is more safe and effective than the intravenous route for several clinical indications, including burns and shock, circulatory collapse, uncooperative patients, patients in transit, shortage of physicians, especially under emergency conditions. States that IO infusion is an established alternative to intravenous infusion.

YEAR: 1954

Describes a new method of ascending venography of the lower limb and pelvis in which contrast medium is injected into the IO space of the bone. Concludes that IO venography is be safe, simple, flexible, and reliable for visualization of the deep, superficial, and communicating veins of the legs and pelvis.

YEAR: 1954

Discusses how IO was considered a method for administering fluids, with the iliac crest as the preferred anatomical site.
YEAR: 1952

Tarrow AB, Turkel H, Thompson MS. Infusions via the bone marrow and biopsy of the bone and bone marrow. J Anesthesiol 1952;13(5):501-9

Article for an anesthesiology audience discussing the extensive blood supply within the bone marrow and the utility of IO anesthesia administration.

YEAR: 1947


Early study on IO. Makes strong distinction between ordinary blood transfusion or infusion of isotonic solutions (generally safe) and continuous infusion or the infusion of hypertonic solutions. The latter carries considerable risk of osteomyelitis and subsequent disturbance in growth of the bone.

YEAR: 1946


Historical article discussing refinements in IO technique and analysis of IO complications. Includes case report of an infant who developed osteomyelitis subsequent to IO infusion.

YEAR: 1944


Early article describes technique for tibial bone marrow infusion. Reports 6 failures and 2 partial failures in 43 attempts on 34 young children. X-ray studies post IO infusion showed small bone defects and periosteal elevation with new bone formation.


Recommends IO cavity of the manubrium as useful as IV for anesthetic infusion.

Bailey H. Bone marrow as a site for the reception of infusions, transfusions and anaesthetic agents: a review of the present position. Anesthesiology 1944;5(5):545-6

This abstract describes one physician’s summary of experience using the sternum as an intraosseous vascular access site for 60 cases. Discusses potential benefits and complications compared to intravenous access.


Early observational study on IO infusion at the Children’s Hospital of Akron, OH.

YEAR: 1943


Study of the clinical effects of intraosseous, intramuscular and intravenous injections of aqueous versus oil solutions of epinephrine.


Early study finding comparable circulation times between IV and IO infusions in 21 subjects.

YEAR: 1942


Discusses IO infusion, pioneered by Tocantins, as a viable route for parenteral fluids, drug therapy, and anesthesia. Includes case reports.
Intraosseous Vascular Access Bibliography
Intraosseous Overview

YEAR: 1941

Tocantins LM, O'Neill JF, Jones H. Infusion of blood and other fluids via the bone marrow: Application in pediatrics. JAMA 1941a; 117(5):1229-34.
Describes emergency IO infusion of citrated blood and saline into the tibia or femur of 9 infants. IV access was impossible. Found no complications upon clinical or x-ray examination post-infusion.

Early study of 4 patients with acute failure of the peripheral circulation. IO infusion of blood, fluids, or drugs via the bone marrow resulted in a prompt recovery from the state of collapse. Recommends IO route when peripheral veins are not available and fluids are urgently needed.

Tocantins LM, O'Neill JF. Infusions of blood and other fluids into the general circulation via the bone marrow. Surg Gynecol Obstet 1941;73:281-7
Clinical study of 52 IO infusions of fluids in 40 patients (33 adults and 7 infants). Found no local, constitutional, immediate, or delayed reactions accompanying or following any infusion.

YEAR: 1940

Clinical study finding that IO infusion for parenteral therapy was successful in 16 of 17 trials in 14 patients. Found that citrated blood, plasma, glucose and salt solutions could be infused with no complications.

Seminal study demonstrating that substances injected into the IO cavity of the tibia of the rabbit and the sternum of man immediately appeared in the central circulation, similar to IV administration.

YEAR: 1922

Seminal article on blood circulation in the IO space. Demonstrates movement of red blood cells from the bone marrow into the circulating blood by perfusion of the tibia of the dog and by injections into the bone marrow in the rabbit and cat.
Preclinical study using a porcine model to determine whether there were differences in intraosseous (IO) and intravenous (IV) antibiotic (cefotaxime and gentamicin) concentrations during septic shock. Both methods of administration yielded comparable concentrations. Authors concluded in an emergency, IO administration of these antibiotics may be considered in severe infections when venous access is difficult.

Preclinical study using a porcine model to determine whether there were differences in intraosseous (IO) and intravenous (IV) whole blood transfusion relative to hemolysis and transfusion time. IO transfusion does not significantly increase hemolysis (using free hemoglobin as outcome measure) or transfusion time compared with IV transfusion. Authors concluded transfusion of whole blood through an IO device is an effective transfusion method that may be used until other vascular access is obtained.

This literature review article sought to identify organic chemicals associated with intraosseous injection within the published literature. The top 31 articles identified in the search are cited within the article.
Intraosseous Vascular Access Bibliography
Military Application

YEAR: 2014

A prospective observational study that evaluated use of intraosseous vascular access for delivery of rapid sequence intubation (RSI) drugs. Data was collected between January and May 2012 at a combat hospital in Afghanistan. Thirty-four (34) patients underwent RSI with drug delivery via the IO route. Access was established in the proximal humerus and tibia using the EZ-IO and in the sternum using the FAST-1. All placements were successful on first attempt; first pass intubation success rate was 97%; a Cormack-Lehane (C-L) laryngoscopy grade of 1 was reported 91%. Authors concluded that IO access is a safe and feasible route for delivery of anesthetic drugs for RSI.

A preclinical study comparing intraosseous (IO) and intravenous (IV) administration of Hextend in 27 swine for time of administration and hemodynamics. IO access was established using the proximal humerus using the EZ-IO. Results showed time for administration was not significant; there were no significant differences between IV and IO relative to hemodynamics. The author concluded that the IO route is an effective method of administering Hextend.

This retrospective study reported IO use over a 7-year period during combat operations in Afghanistan by the UK Defence Medical Services. The EZ-IO and FAST1 IO devices were available for use; IO use data was collected from the front line, during helicopter evacuation and at the combat hospital. A total of 1014 IO devices were inserted into 800 adult patients; various medications infused via IO access are listed. Across all cases there were no serious IO complications and 14 minor complications. The author concluded that in the pre-hospital setting in particular and in severely injured trauma patients, IO access should be considered a primary method of obtaining vascular access.

Retrospective study of the Israeli Defense Force (IDF) registry from January 1999 through October 2012 to identify all cases in which IO access was attempted. The Bone Injection Gun (B.I.G.) was the device used for IO access. A total 37 attempts were made in 30 patients. First attempt success was 53% with an overall success rate 49% when factoring subsequent attempts. Most frequent cause for failure related to providers skill level, and due to the device design allowing little room for error. This study prompted the IDF to seek an alternative for the B.I.G.

This report describes a study conducted by the Air Force Research Laboratory comparing intraosseous infusion rates between IO sites in a cadaveric model to determine if there is a site that is most effective for volume resuscitation. Using 16 cadavers procured within 72 hours of death, IO access was established in the proximal tibia and proximal humerus using the EZ-IO and in the sternum using the FAST1. Results showed the mean flow rate in the sternum was 1.6 times greater than the humerus and 3.1 times greater than the tibia. An abstract describing this report was presented by oral presentation at the 2014 annual scientific assembly for the Eastern Association for the Surgery of Trauma meeting.

This article explores use of IO vascular access in combat and tactical settings through a brief review of the literature describing this practice. A small feasibility study is discussed that evaluated the use of cadavers for training 26 U.S. Air Force Pararescuemen (PJs) on establishing IO access in the humeral head using the EZ-IO, both drill-assisted and manually inserted needles. First attempt placement success with the EZ-IO drill was achieved in 25 of 26 attempts; first attempt placement success using the manual occurred in 19 of 21 attempts. The authors concluded that the humeral head IO site is the most appropriate site within the tactical setting; and that use of a human cadaver model for training is an appropriate model.

This prospective study sought to evaluate intraosseous flush practices of emergency physicians. Using cadavers, 15 emergency physicians were asked to flush an IO catheter placed in the proximal tibia and proximal humerus IO insertion sites with 10 mL normal saline as they would in clinical practice; IO pressure measurements were recorded using an IO catheter inserted in the diaphysis of the target bones. Results showed the median IO pressure generated was 903 mmHg and the median flush duration was 5.2 seconds. Result showed significant interoperator variability with greater than 35-fold difference in flush forces. The authors concluded that it may be prudent practice for providers to extend the flush over several seconds to limit the maximal pressures.
Intraosseous Vascular Access Bibliography
Military Application

YEAR: 2013

This article describes the role of the casualty evacuation nurse role within the military. One case study briefly notes the use of proximal tibia IO access and the administration of packed red blood cells in a 22-year-old woman. No further follow up is provided other than noting the patients were expected to survive.

A 45-year-old woman in hemorrhagic shock with multiple injuries to the limbs, secondary to a war wound, received sternal IO access using the Jamshidi trocar (not specifically intended for sternal use). After initiating a blood transfusion through the IO line a contrast CT scan revealed sternal perforation and hemomediastinum, secondary to the transfusion, as well as drainage into the left pleural cavity. The catheter was removed, right thoracic drainage was performed, and the patient was released from ICU 48 hours later. The authors conclude this case report demonstrates the difficulty in selecting emergency insertion sites and the necessity of choosing an appropriate IO catheter.

A case study describing use of the EZ-IO in Afghanistan by US military on 5 patients with traumatic injury including one pediatric patient. Access was obtained in the proximal tibia on first attempt and was used to administer crystalloids in all patients along with opioids, analgesics and antibiotics. All ultimately received central venous access and peripheral access was established in one patient. There were no IO complications.

YEAR: 2012

This article describes a questionnaire study that was given to UK Role One military clinicians deployed to Afghanistan to assess the level of experience and confidence rating with use of IO access, using the FAST-1 and EZ-IO, and IV access. Thirty-three responses were received; clinicians felt more confident with IV access over IO access; clinicians felt more confident with FAST-1 IO access than EZ-IO IO access.

This article takes a look at the emergency medicine advances that result from war, including intraosseous resuscitation.

This pre-clinical study evaluated IO flow rates obtainable with infusion of lactated Ringer’s and hetastarch 6% through the proximal tibia and sternum IO insertion sites, using a swine model. The EZ-IO 25mm was used to facilitate tibial IO access; sternal access was established using a Jamshidi needle. Results showed that hetastarch flow rates were lower than lactated Ringer’s flow rates at both insertion sites; sternal infusion of hetastarch is likely to provide greater estimated intravascular volume expansion than lactated Ringer’s, despite the lower infusion rates; resuscitation using the IO rate is likely to benefit from pressure bag or high-pressure pump delivery. This study was sponsored by Vidacare Corporation.

This abstract described a prospective observational study evaluating lifesaving interventions performed in a combat zone, including those that were incorrectly used. The use of intraosseous access in the study cohort of 449 patients was very low with only 26 IO lines established.

This article describes a retrospective study in which 50 consecutive MRI images were evaluated of the humerus for the purpose of determining the optimal needle length necessary for successful proximal humerus IO insertion. Results showed the cortical thickness was 4mm in all cases and that an IO needle length ranging between 40-50mm should be used via the anterior approach. The EZ-IO is specifically discussed in relation to the proximal humerus IO insertion site; and a 24 patient post mortem review of the EZ-IO placed in the proximal humerus is discussed.

This study conducted by the Norwegian Navy evaluated the ability of 25 soldiers to perform buddy transfusion by starting phlebotomy, establishing sternal IO access using the FAST1, and infusing 1 unit of whole blood. Physical performance was evaluated pre and post blood donation and lactate levels were recorded. The authors concluded that physical and combat performances are preserved within limits post whole blood donation and that soldiers are able to learn the phlebotomy and sternal reinfusion with only a short lecture on the procedure.


This poster presented at the 2012 International Conference of Emergency Medicine described a 4 month review of intraosseous access in UK military operations in Afghanistan. During the timeframe the EZ-IO was used to establish IO access in the proximal humerus and tibia sites; the FAST1 was used to establish sternal IO access. Of the 87 EZ-IO applications there were 12 functional issues and the placement success rate for both sites combined was 86.3%. In 24 FAST1 applications there were 4 functional issues and the placement success rate was 93.4%.

YEAR: 2011


This article describes an animal trial that assessed the ability of protected, experienced first responders and limited-experience first receivers to place IO lines for antidote administration using the Vidacare EZ-IO device. First responders placed IO lines successfully in 100% of cases, and first receivers placed IO lines successfully in 91% of the cases. Investigators concluded that IO lines may facilitate earlier administration of antidotes to hazardous material victims.

YEAR: 2011


This article summarizes the case-based observations made by the Armed Forces Medical Examiner System on soldiers killed in action/died of wounds who had evidence of sternal intraosseous access. The Pyng Fast-1 is noted in the article as the sternal IO device most widely distributed by the department of defense (DOD); the EZ-IO is listed as another device that may be seen in emergency care facilities within the DOD. Of 98 cases, 78 (80%) showed proper placement; 20% were unsuccessful. It should be noted that the article incorrectly states that the EZ-IO using the powered driver is indicated for sternal placement.

YEAR: 2010


This article in Spanish describes the Spanish military medical staff's experience with the use of intraosseous lines for fluid therapy in a combat zone from March 2007 to June 2008. Twenty-five patients had an IO placed with the Bone Injection Gun (BIG). Placement success rates were 76% for the 19 pre-hospital placements and 100% for the 6 in-hospital placements. There were no complications during insertion. Conclusion was intraosseous access can provide an alternative to venous access for treating trauma patients in combat zones.

YEAR: 2010


This case report describes a complication of use of a sternal IO device (FAST-1, Pyng Medical Corporation, Richmond, Canada) in a 21-year-old soldier who suffered multiple soft tissue fragmentation injuries, in which the needle tip broke in situ. The author concluded the complication resulted from the IO needle being placed when the patient was lying in a lateral position with the skin over the manubrium displaced from the midline.


An article evaluating various methods of obtaining vascular access in the management of 21st century battlefield trauma including, peripheral IV access, intraosseous access, venous cut-down, and central venous access. The authors conclude that IO access should be the first line vascular access in casualties with severe trauma to avoid delay initiating resuscitation in pre-hospital or hospital setting.
Intraosseous Vascular Access Bibliography
Military Application

An article evaluating various methods of obtaining vascular access in the management of 21st century battlefield trauma including, peripheral IV access, intraosseous access, venous cut-down, and central venous access. The authors conclude that IO access should be the first line vascular access in casualties with severe trauma to avoid delay initiating resuscitation in pre-hospital or hospital setting.

YEAR: 2009

This article describes an observational study performed by the French military air surgical team in Chad. There were 11 patients with no insertion failures. For 7 patients, the insertion site was the proximal tibia and for the remainder the site was the proximal humerus. The authors concluded that the EZ-IO is a device that is simple, reliable and which gives satisfaction for the administration of drugs.

YEAR: 2008

This case study describes injuries sustained in Iraq by an American soldier, and the concurrent use of 4 IO devices to resuscitate and stabilize him.

YEAR: 2008

Animal (goat) study to determine if IO administration of hydroxocobalamin for antidotal treatment for exposure to cyanide and other poison agents would be faster and require less fine motor coordination and sensitivity; and would result in similar hemodynamic changes compared to IV administration. Using the EZ-IO device, researchers concluded that hemodynamic effects of hydroxocobalamin given by the IO route in non-poisoned goats are mild and similar in magnitude to those of saline control animals.

Animal (goat) study to determine the capacity and time required for protected hazardous materials responders and receivers to accomplish vascular access and hydroxocobalamin administration for antidotal treatment for exposure to cyanide and other poison agents. Using the EZ-IO device, researchers concluded that the time required for IO administration of the drug was shorter than intravenous administration; and that IO placement is readily accomplished wearing all levels of chemical protective garments and equipment.

YEAR: 2007

Data from the largest combat trauma database was analyzed to identify how new or improved devices, dressings or drugs have impacted prehospital casualty care, how guidelines and resuscitation strategy have changed, and discusses lessons learned and how concepts have crossed back into the civilian practice. Intraosseous access, particularly the sternal site, is identified as one of the advances for vascular access in combat medicine.

Describes the experience of the UK Defence Medical Service using the EZ-IO for emergency vascular access in Afghanistan. They used the device for 26 patients, including 10 children. Of the 26 EZ-IO placements, 23 were made in the emergency department. There was a 97% insertion success rate with no infection. Significant infusion pain was felt by three patients.

Study investigating time difference in obtaining IO vs. IV access while wearing personal protective equipment (PPE) in simulated HazMat scenarios. With provider in PPE and mannequin not in PPE, vascular access was faster with IO (14 seconds vs. 46 seconds, p<0.001); also, fluid infusion time (28 seconds vs. 46 seconds, p<0.001). With provider and mannequin in PPE, all the following favored IO: needle to skin time (13 seconds vs. 25 seconds, p<0.001), vascular access time (17 seconds vs. 63 seconds, p<0.001), and fluid infusion time (30 seconds vs. 66 seconds, p<0.001). Investigators conclude that EZ-IO under HazMat conditions provides vascular access and fluid more quickly than IV access.
Intraosseous Vascular Access Bibliography
Military Application

Article describes a controlled study in which the time difference between IV and IO access was compared while providers and simulated patients (mannequins) were wearing personal protective equipment (PPE). Twenty-two EMT-P providers measured the times to skin access, vascular access and fluid infusion in three scenarios: no PPE for providers or mannequins; providers only in PPE; and both providers and mannequins in PPE. In all scenarios, there was a statistically significant difference in vascular access and fluid infusion time, in favor of the EZ-IO. Investigators concluded that, overall, the EZ-IO provides vascular access and fluid more quickly than standard IV access, and that donning PPE does not hinder providers’ use of the EZ-IO.

YEAR: 2005

Butler FK, Holcomb JB. The Tactical Combat Casualty Care Transition Initiative. Army Medical Department Journal PB 8-0504/5/6 Apr/May/June 2005 -33-37.
Article for a military audience describing strategies employed as part of the Tactical Combat Casualty Care Transition Initiative, including phased levels of battlefield care, more aggressive use of tourniquets, battlefield antibiotics, IV vs IM battlefield analgesia, hypotension resuscitation strategies, small volume colloid as a resuscitation fluid, cricothyrotomy vs intubation for a definite airway in maxillofacial trauma, and more aggressive use of needle decompression for suspected tension pneumothoraces. Advocates IO infusion devices over cutdowns for fluid replacement.

YEAR: 2005

Describes a training course for medical students to learn advanced emergency procedures using unembalmed cadavers. The course includes clinical indications and contraindications for specific procedures, as well as techniques. Also discusses students’ confidence levels in performing procedures.

YEAR: 2005

Article discussing the use of IO in the combat zone. Highlights newer medical devices that make IO access and infusion safer.

YEAR: 2004

Article describing the military medical system’s strategies and systems of battle care.

YEAR: 2004

Evaluation of the BIG in a chemical warfare mass casualty scenario. Found 73.4% simulated survival in the IO group and 3.3% in the control group (no IO). Average treatment goals obtained in 3.5 minutes for IO group and &gt; 10 minutes for control group. Concludes that IO has great potential for early treatment of chemical

YEAR: 2003

Evaluation of the B.I.G. in a simulated mass casualty attack with 88.9% of IO attempts successful. http://emergency-medicine.jwatch.org/content/vol2004/issue728/

YEAR: 2003

Study evaluating the ability of physicians to establish IO access in patients while wearing full protective gear. Concludes that IO insertion of the BIG needle is rapid, but the protective gear increased insertion time 50%.

YEAR: 2003

This article describes the development of a simulation-based training program for anesthesiologists to treat nerve gas intoxication in mass casualty scenarios. As part of the program, the Bone Injection Gun was used for vascular access for delivery of fluids and medications. Most participants (22 of 25) concluded that the training program was an effective means to prepare for nerve gas intoxication in mass casualty situations.
Review article asserting that IO administration of hypertonic saline dextran is consistent with the concept of permissive hypotension. Calls for innovative techniques in resuscitating patients from severe hemorrhage.

Historical perspective on combat casualty care perspectives, differences in combat and civilian trauma cases, hypotensive resuscitation and hemorrhage control. Recommends instituting an algorithm for fluid resuscitation in combat casualties.

YEAR: 2000

Dalenius E. [Reduced but better health care for armed forces]. Lakartidningen 2000; 97: 3624-8. [Swedish]
Report on reorganization of the medical capacity of the Swedish Armed Forces focusing on new treatment modalities such as intraosseous infusion.
Abstract only

Literature review of safety and efficacy of IO infusion of drugs and fluids, with emphasis on utility for the injured soldier. Discusses insertion times and flow rates. Includes literature citations from non-military studies in pediatrics, animals, and human cadavers.

YEAR: 1997

Review article highlighting preclinical data and 1 clinical study. Demonstrates that IO administration can be used for safe and rapid infusion of hypertonic saline dextran with the hemodynamic effect as IV administration.

YEAR: 1996

Discusses research directions for resuscitation from trauma-induced acute hemorrhagic shock, particularly uncontrolled hemorrhagic shock, with emphasis on fluid resuscitation.

YEAR: 1984

Article for military medicine audience concluding that the intraosseous route is more safe and effective than the intravenous route for several clinical indications, including burns and shock, circulatory collapse, uncooperative patients, patients in transit, shortage of physicians, especially under emergency conditions. States that IO infusion is an established alternative to intravenous infusion.
Intraosseous Vascular Access Bibliography
Non-Emergency Applications

YEAR: 2015

This article presents a 5-case series describing use of IO vascular access by anesthesiologists in the perioperative and critical care settings. All insertions were made in the proximal tibia and there were no adverse events reported. The devices cited as being used were the EZ-IO and the Cook Surfast manual needle. A proposed perioperative vascular access algorithm incorporating IO access is presented. The authors address key topics around IO access including use of same drug dosing as IV administered drugs, frequent palpation and monitoring of the insertion site for extravasation, low complication rate and actual risks associated with fat emboli and bone injury, pain and anxiety management in the awake patient and clinician-perceived pain. Administration of blood products, ACLS drugs, Lactated Ringer's solution and anesthetics are noted without complication. Use of IO aspirate for laboratory testing is noted, however use of the initial aspirate is indicated. Several patients in the case series were reported to find the discomfort of IO insertion preferable to multiple intravenous attempts. The authors concluded: IO lines can be placed quickly and safely in emergency situations or in elective surgical patients with difficult intravenous access; IO access can be useful in a wide variety of clinical settings; and it is an important skill for anesthesiologist to learn.

YEAR: 2013

A pre-clinical study that compared intraosseous (IO), central venous and arterial pressure tracings in a porcine model. Results showed that IO pressure was approximately 25% of arterial pressure. A sampling of IO blood gases revealed oxygenation levels of venous blood. This study was sponsored by Vidacare Corporation.

A case study describing intraosseous pressure monitoring, through tibial IO access, using a standard arterial pressure monitoring transducer during resuscitation of a 31-year-old male in cardiac arrest. Pressure readings were recorded for approximately 53 minutes and were compared to non-invasive blood pressure cuff monitoring at the same time points. IO systolic, diastolic and mean IO pressures were approximately 40% of arterial pressures. This is the first case report demonstrating IO space has a measurable blood pressure and it correlates with pressure obtained through conventional techniques.

A clinical study evaluating the relationship between IO blood and peripheral venous blood lactate levels analyzed using the i-STAT point-of-care analyzer in healthy volunteers. Results showed IO blood lactate levels were comparable to venous blood lactate levels with a positive statistical correlation. This study was sponsored by Vidacare Corporation.

This randomized, controlled study compared tissue concentrations at the surgical site of regionally and systemically administered prophylactic vancomycin, in 30 patients undergoing total knee arthroscopy. The antibiotic was administered using three methods: 250mg through IO regional administration in the proximal tibia (IORA); 500mg through IORA; and 1g administered systemically through IV. Results showed the tissue concentration of vancomycin was greater in the 250mg IORA group than the systemic IV group, and the 500mg IORA group had higher concentrations than both groups.

YEAR: 2012

A pre-clinical study that compared the EZ-IO 15 gauge 25mm needle set and the 13 gauge Jamshidi aspiration/biopsy needle when used to obtain core biopsy specimens in canines.

Barker LT. In the child with gastroenteritis who is unable to tolerate oral fluids, are there effective alternatives to intravenous hydration?. Ann Emerg Med 2012;60(5):607-8. doi: 10.1016/j.annemergmed.2012.04.003
This article, part of a Review Snapshot series in Annals summarizes a literature review (Rouhani et al in Pediatrics 2011) for evidence of alternatives to traditional IV hydration in a dehydrated child. Thirty-eight articles were included for the analysis with five of them randomized controlled trials; and one of those comparing IO to IV rehydration. (Banerjee et al, which found IO placement faster with no therapeutic outcome differences). The focus of this review was on nasogastric tube rehydration as effective when IV fails and as less invasive than IO or CVC placement.
Intraosseous Vascular Access Bibliography
Non-Emergency Applications

Manuscript of a literature review and critical analysis done to develop the Emergency Nurse’s Association (ENA) December 2011 Emergency Nursing Resource (ENR) which focused on the clinical issue of difficult IV access. Graded recommendations and decision options are provided for alternatives to IV access, including IO.

Ibrahim M, Cairney K. Intraosseous (IO) infusion as a means of vascular access. British J of Resuscitation 2012;Autumn:23-6
This article provides an overview of intraosseous vascular access, including applicable patient population, IO access sites, pain management, IO education and compares IO access to central venous access.

In this preclinical swine study, investigators sought to evaluate whether intraosseous blood samples can be used to measure opioids, and if so, to determine the level of accuracy of those measurements. Blood samples were drawn from bilateral tibial IO catheters and from a central venous catheter for six hours. Authors concluded that IO blood samples can be used for the analysis of opioids if an IV route is not available.

A preclinical study evaluating the effects of propofol on selected blood parameters and physiological variables during general anesthesia in rabbits when administered via intraosseous and intravenous routes. Results showed the IO route was as effective as the IV route for propofol administration at doses inducing general anesthesia. The authors concluded that use of IO propofol could be recommended as a safe method of anesthesia in small animals with limited vascular access.

This abstract presented at the 2012 NAEMSP scientific assembly described a randomized, cross-over study in which 8 swine were administered chilled saline via IV and IO routes to determine if the two routes were equivalent. The results suggested no clinical or statistical difference between IV and IO routes for infusion of chilled saline for therapeutic hypothermia. This study was sponsored by Vidacare Corporation.

An overview of IO vascular access including a review of currently available literature. The author discusses various IO devices available and their performance metrics, IO access sites, flow rates, advantages and disadvantages of IO access compared to conventional access methods, complications and recommendations on use of the approach. The author concludes that while IO access may not be appropriate for all patients, it deserves a place in the modern provider’s armamentarium.

This article describes a retrospective study in which 50 consecutive MRI images were evaluated of the humerus for the purpose of determining the optimal needle length necessary for successful proximal humerus IO insertion. Results showed the cortical thickness was 4mm in all cases and that an IO needle length ranging between 40-50mm should be used via the anterior approach. The EZ-IO is specifically discussed in relation to the proximal humerus IO insertion site; and a 24 patient post mortem review of the EZ-IO placed in the proximal humerus is discussed.

The objective of this study was to retrospectively evaluate the relationship between out-of-hospital IV access and mortality among non-injured, non-cardiac arrest patients transported by 4 advanced life support agencies between January 1, 2002 and December 31, 2006. A total of 56,332 patients were included in the study. The author concludes that efforts to establish IV access in the out-of-hospital setting was associated with reduction in hospital mortality among non-injured, non-cardiac arrest patients.
Intraosseous Vascular Access Bibliography
Non-Emergency Applications


This abstract presented at the 2012 NAEMSP scientific assembly evaluated end-tidal carbon dioxide (ETCO2) levels under initial induction of hypothermia, rewarming, and a second induction of hypothermia, via IO and IV infusion in the swine model. The authors concluded that there was no demonstrated association of ETCO2 with brain temperature during the initial induction. However, during rewarming and second induction of hypothermia the association of ETCO2 and brain temperature had a direct and proportional association. This research was sponsored by Vidacare Corporation.


A clinical study comparing Cefazolin concentrations found at the operation site following total knee arthroscopy when prophylactic antibiotics are administered systemically, through IV administration, and regionally, through IO injection directly at the site using the EZ-IO. Subcutaneous fat and bone samples were collected for evaluation from 22 subjects. Authors concluded that regional IO administration of prophylactic antibiotics can achieve tissue levels higher than with systemic administration.

YEAR: 2011


A comparative study evaluating the effectiveness of IO access in relation to IV access for infusion of anesthetics (ketamine, midazolam, and fentanyl) and fluids during hemodynamic studies in 21 infants with congenital heart disease. IO access was established in the proximal tibia (n=11). Results showed, time to access was significantly shorter with IO access (3.6 vs 9.6 minutes); anesthetic onset was shorter with IV access (56.3 vs 71.3 seconds); and no significant difference between groups for hydration volume and anesthesia recovery time. The authors concluded that due to its easy manipulation and efficiency, hydration and anesthesia by IO access was satisfactory without necessity of other infusion access.

Brazil


Case study of a 42 year-old woman with massive obstetric hemorrhage ultimately resulting in postpartum hysterectomy. Massive blood loss and inability to stop bleed prevented sufficient resuscitation via established PIV lines. IO access was established with the EZ-IO and used for fluid replacement and administration of cardiac resuscitation drugs. Fluid administered through IO access was 75% of the total infusion volume.


The Emergency Nurse’s Association (ENA) published a series of Emergency Nursing Resources with emphasis on clinical or practice based issues. This issue focused on difficult IV access and provides a summary of the literature review, with graded recommendations and decision options for practice for IO access, ultrasound guidance, subcutaneous rehydration therapy and several other alternatives. IO access is graded as having a high level of evidence supporting use of IO access when difficult IV access is known or suspected for high success rates and rapid time to insertion.


This article describes a military study in which post-mortem preautopsy multidetector CT was used to assess placement of tibial IO needles in battlefield trauma deaths where IO was used as part of the medical intervention. Results showed 58 of 61 (95%) tibial IO needles were correctly placed. In this study, the device used for IO placement was not recorded, but may have been the manual device or EZ-IO as the Army has access to both.

Howarth D. Adult intraosseous access: experiences in a remote emergency department. Australian Family Physician 2011;40(7):510-1

In this article, the author makes a supporting case for remote emergency departments to stock adult intraosseous kits by referencing two adult septic shock cases in which IO access was used for rapid IV fluid replacement as well as IV antibiotics and inotrope support.


In this abstract the authors attempted to establish a relationship in obese patients (BMI &gt;30) between BMI, ability to palpate the tibial tubercle, and tissue depth at the IO insertion sites. Results showed that in obese patients, IO placement with a 25mm catheter is feasible at the proximal and distal tibial sites if the tibial tubercle is palpable and that insertion into the proximal humerus in this population is not recommended.

Abstract only
This article in German discusses use of IO access and its multiple applications, focusing on the EZ-IO Infusion System.

This document addresses pediatric vascular access and includes an overview of intraosseous vascular access. Indications, contraindications, supplies and equipment, technique, complications and maintenance are discussed.

Sheehan C, Sodhi V, Esler M. Intraosseous needles on the delivery suite. Intraosseous access for neonatal and newborn resuscitation in the national park service (NPS).
This article discusses how a group of obstetricians and anesthesiologists prepared for what they expected to be a difficult delivery with limited venous access. The EZ-IO was brought into the delivery suite as a back-up option if they were unable to achieve venous access in an emergency situation. The authors did note their concern with the pain associated with IO infusion. Ultimately, the IO device was not needed for the delivery in question, but it has been added to their resuscitation kit within the delivery suites.

This article describes IO access in terms of efficacy, indications/contraindications for use, and the IO procedure and comparison of devices to make a case for IO use in oral and maxillofacial surgical practice. In discussing IO devices citing published data, the author identified the EZ-IO device as the most accurate, efficacious, and precise system when trying to achieve IO access.

Authors report an observational study of 14 children in whom semi-elective IO infusion was performed under anesthesia after peripheral IV had failed. IO infusion was successful for all 14 patients, using the EZ-IO system for 8 patients and the Cook system for 6 patients.

This article discusses use of IO access within the hospital setting in the emergent and non-emergent patient populations. The history of IO access, clinical situations in which IO access may be considered, devices, contraindications, and complications are discussed. Additionally, pain management, economics, education and training and risk management are explored. This article is co-published in Journal of Infusion Nursing, the Journal of Pediatric Nursing, and Critical Care Nurse and was produced by the Consortium on Intraosseous Vascular Access in Healthcare Practice.

This article discusses vascular access procedures in critically ill obese patients. Anatomic considerations, general procedural considerations such as location of the procedure and patient positioning, catheter insertion technique, ultrasound guided insertion, intraosseous insertion, and other various considerations are evaluated.

This letter to the editor is written in response to the case report by Landy titled. "Complication of intraosseous administration of systemic thrombolysis for a massive pulmonary embolism with cardiac arrest." The author suggests that the tissue necrosis described by Landy may have been due to the removal of the IO needle while there was still significant fibrinolytic activity at the needle insertion site. The author suggests a change in medical care after return of spontaneous circulation (ROSC) in patients following thrombolytic administration through IO access to convert the functioning IO line to a non-flowing saline lock. The EZ-IO was used to provide IO access in the case report by Landy.
Intraosseous Vascular Access Bibliography
Non-Emergency Applications

Tobias JD, Ross AK. Intraosseous infusions: A review for the anesthesiologist with a focus on pediatric use. Anesthesia & Analgesia 2010;110(2):391-401
The authors describe literature that support the use of IO access for administering anesthesia in the ICU, perioperative and operating room, including a study in which IO access was used successfully for providing intraoperative anesthesia for 106 of 109 patients. Among their conclusions, the authors reported that, even though rarely reported in anesthesia literature, IO access is a technique anyone providing care to children should consider when the patient has difficult IV access. They also concluded that IO access should be a part of an algorithm that includes numbers of attempts at peripheral access, feasibility of central access and the need for continued postoperative access; and that considering that IO access may be occasionally used in the perioperative setting in both emergent and nonemergent scenarios, it may be beneficial to have appropriate IO needles in the OR.

Vegunta RK. Chapter 8-Vascular access. Ashcraft’s Pediatric Surgery 2010;5th ed:110-16
This document discusses various vascular access methods available for pediatric and neonate patients, including intraosseous access.

Vizcarra C, Clum S. Intraosseous route as alternative access for infusion therapy. Journal of Infusion Nursing 2010;33(3):162-74
This article provides an overview of IO anatomy and physiology, IO access indications, care, and management; describes therapies administered via IO access; and discusses the expanding use of IO access into areas within hospitals during nonemergency clinical situations. It also includes a table addressing indications for IO access in the hospital, as well as a table addressing the general insertion procedure for IO access.

YEAR: 2009

Survey of 833 endodontists. 95% report using IO anesthesia.

Case report of IO infusion in 79-year old woman with hematemesis after intestinal surgery.

Discusses use of IO for pediatric anesthesia. Specifies importance of equipment, education, guidelines.

YEAR: 2008

Case report of anesthetic use of IO infusion in a 8-month old infant during surgery.

YEAR: 2005

Describes a training course for medical students to learn advanced emergency procedures using unembalmed cadavers. The course includes clinical indications and contraindications for specific procedures, as well as techniques. Also discusses students’ confidence levels in performing procedures.

YEAR: 2003

Dental study finding successful injections of 2% lidocaine with epinephrine in 27 of 33 (82%) X-tip IO injections (82%) for anesthesia in mandibular teeth.
Preclinical study in mice demonstrating that transplantation of bone marrow from normal allogenic mice injected directly into the bone marrow cavity of irradiated recipient mice can prevent and treat osteoporosis.

Study describing IO infusion in patients with neurological symptoms of osteochondritis of lumbosacral intervertebral disks. Found relief and prompt regression of neurological symptoms after IO infusion. 
Abstract only. Russian

Basic research study in sheep demonstrating that intraosseous injection of ethanol directly into the center of the femoral head produced necrotic changes similar to the early stages of osteonecrosis. The model holds potential for evaluating new therapeutics for the disease.

Hancock SW, Knight G. Intraosseous needles: an essential emergency adjunct in paediatric anaesthesia. Paediatr Anaesth 2001;11(4):505-6
Review of the use of IO in anesthesiology. Advocates that IO needles be available in all clinical areas where IV access is required.

Hurren JS. Can blood taken from intraosseous cannulations be used for blood analysis?. Burns 2000; 26: 727-30.
Study comparing IO blood samples to IV samples for blood chemistry values. For many parameters, IO and IV levels were similar. Authors caution that potassium and glucose levels should be interpreted with care. Also found that white cell and platelet counts in the IO samples were very different from those measured in IV blood samples.

Intraosseous transplantation of bone marrow in combination with long-acting Adriamycin may inhibit acute and chronic graft versus host reactions.
Abstract only. Russian

Dental study in 48 volunteers finding IO injection of etidocaine resulted in a significant increase in anesthetic effect. The majority of subjects receiving IO etidocaine solution experienced a transient increase in heart rate.

Osteorefectory therapy (intraosseous injection of 0.5 to 1.0 ml of 0.9% saline solution) reduced alcohol craving in patients treated for alcoholism.
Abstract only

Osteorefectory therapy (intraosseous injection of 0.5 to 1.0 ml of 0.9% saline solution) reduced alcohol craving in patients treated for alcoholism.
Abstract only

Veterinary study in 14 iguanas were finding that IO propofol resulted in a significant decrease in heart rate that appeared 35 minutes after induction of anesthesia and persisted for 120 minutes. Serum pO2 values decreased after induction of anesthesia.
Abstract only
Intraosseous Vascular Access Bibliography
Non-Emergency Applications

YEAR: 1997
Pediatric article detailing use of an IO line for bolus infusion of nonionic contrast material for CT contrast enhancement; a radiographic band may occur as a result of retained contrast material within the marrow.

YEAR: 1995
Clinical study of IO anesthesia during orthopedic surgery. Satisfactory anesthesia was obtained in 106 of 109 patients. Concludes that IO regional anesthesia is a valuable technique when IV anesthesia fails or is not feasible.

YEAR: 1994
Preclinical study in rats examining bone mineral content following IO infusion of IL-1.

YEAR: 1991
Describes the design of a larger and more user friendly sternal intraosseous needle for bone marrow aspiration.

YEAR: 1989
This article describes a pre-clinical study comparing bone marrow, venous blood, and arterial blood specimen results when used for blood electrolytes, blood chemistries, blood gases and hemoglobin; and a clinical evaluation of bone marrow and venous blood used for cultures.

YEAR: 1983
Case report of 3-year-old child permanently blinded and brain damaged because of inability to administer anesthetic intravenously. Patient was on oxygen following an inhalation anesthetic. Concludes that IO administration of anesthesia would have prevented this poor outcome.

YEAR: 1982
Study finding that 23-gauge needle is less painful and yields purer bone marrow sample from the sternum.

YEAR: 1980
Discusses clinical indications, needle types, and anatomical sites for bone marrow aspiration and Trephine biopsy.

Describes aspiration technique, preparation of bone marrow slides, Jamshidi-Swain trephine, as well as risks and aftercare involved in bone marrow aspiration and trephine biopsy.

YEAR: 1978
Intraosseous angiography and intraosseous pressure measurement can be useful for diagnosing bone pain and treatment site.
Observational study of 15 patients needing emergency fluids and in whom IV's were difficult to establish. Patients received drugs and fluids via IO. Concludes that IO therapy is effective with no serious complications.

Study finding sternal puncture superior to iliac crest and spinous process punctures for bone marrow sampling. Cautions that inexperienced practitioners should use iliac crest or spinal process in the absence of training in sternal puncture.

Describes a new method of ascending venography of the lower limb and pelvis in which contrast medium is injected into the IO space of the bone. Concludes that IO venography is be safe, simple, flexible, and reliable for visualization of the deep, superficial, and communicating veins of the legs and pelvis.

Bailey H. Bone marrow as a site for the reception of infusions, transfusions and anaesthetic agents: a review of the present position. Anesthesiology 1944;5(5):545-6
This abstract describes one physician's summary of experience using the sternum as an intraosseous vascular access site for 60 cases. Discusses potential benefits and complications compared to intravenous access.

This article describes one clinician's use of sternal IO access for infusion of campolon to treat anemia in 1930. The author performed over 50 injections without serious complications.

Sweden
This article presented a general overview of IO use in pediatrics. The history, techniques, anatomy and physiology, complications and a short discussion of most devices on the market, including the EZ-IO, were discussed.

UK

This article identifies new concepts and changes in neonatal resuscitation discussed at the Egyptian Pediatric Association national conference. Intraosseous vascular access is included stating, "temporary intraosseous access to provide fluids and medication to resuscitate critically ill neonates may be indicated following unsuccessful attempts to establish intravenous vascular access or when caregivers are more skilled at securing intraosseous access."

Egypt

This discussion of pediatric sepsis focuses on the "global setting" making note of inherent differences in policies, diagnostics, causes and management approach between regions. A review of basic assessment, treatment, follow-up and prevention strategies applicable regardless of resources is offered. Goal directed therapy within the first 5 minutes includes establishment of IV/IO access.

Spain

This abstract describes an observational study evaluating use of the intraosseous drill (EZ-IO) in 20 patients assisted by EMS and receiving CPR within a 3 year period. The study includes 4 pediatric and 16 adult patients. The authors concluded that IO access is a reliable alternative to peripheral venous access and can be implemented fast and with high success rate of CPR in which drugs and fluids are given.

Spain

Neuhaus D. Intraosseous Infusion in elective and emergency pediatric anesthesia: when should we use it?. Curr Opin Anaesthesiol 2014;27(3):282-7. DOI: 10.1097/ACO.0000000000000069.
General review of IO access, with particular attention to perioperative setting and includes published guidelines of the German Scientific Working Group for Pediatric Anesthesia for use of intraosseous access. The author recommends that for children with known difficult venous access physicians discuss the possibility of IO access preoperatively with the family.

Switzerland

Case study of newborn girl resuscitated with 15 mm EZ-IO catheter placed to her right proximal tibia. Medications given included antibiotics, "fluids" and calcium. Demarcation of the infants skin was noted immediately post-calcium administration; with progression to necrosis. Trans-tibial amputation was performed 1.5 months after initial IO access. Authors concluded calcium extravasation most likely caused the injury but were unable to identify extravasation cause; citing possible needle displacement. Cautionary steps to reduce risk emphasized by authors.

Denmark

YEAR: 2013

Reprint article of policy statement originally published 2009, endorsed by multiple professional societies providing guidelines for care of children in the emergency department. A recommendation for IO equipment in adult and pediatric sizes is included.

YEAR: 2012

This letter to the editor describes a prospective, observational, trial that evaluated use of the EZ-IO in critically ill and injured patients (adult and pediatric) in a multijurisdictional prehospital setting; 9 EMS agencies were included. The 25mm needle set was the only needle size allowed for the study. One-hundred-eleven EZ-IO placements were performed by EMT-Intermediates and EMT-Paramedics with 96 successful placements (86.5%); the most common cause for failure reported by the author was thought to be patient obesity and inadequate needle length. Cardiac arrest patients made up 74.7% of the study population and the most common site accessed was the proximal tibia. Device operators rated the ease of use 7.87 using a 0 to 10 scale where 10=extremely easy.
This article describes a case study of a 31-month old infant that suffered hypovolemic shock due to severe epistaxis. After several failed peripheral and central line attempts an 18g needle was inserted intraosseously through the proximal tibia. The child received 300 mL of Ringer’s Lactate in one hour then 200 mL of blood via the IO route by syringe boluses resulting in improvement. Cloxacillin was also administered IO as prophylaxis for infection. Authors conclude an IO blood transfusion should be the immediate intervention in similar life-threatening interventions.

Zambia

General overview of care of a child with multiple trauma. IO vascular access is mentioned as a treatment option after 90 seconds or 3 failed PIV attempts. The B.I.G. is cited as an option along with the manual needles.

This 30 pediatric patient case series describes use of IO access in the perioperative setting when peripheral and central venous access failed during anesthesia administration for emergency surgery. Due to unavailability of modern IO devices, a standard 18-gauge IV needle with a handmade IV extension set were used to establish IO access. The authors reported administering ketamine, succinylcholine, pancuronium, atracurium, halothane, neostigmine, atropine, blood products, fluids and hydrocortisone through the IO line without complication. The authors concluded that although it is not the first-line method for anesthesia, IO access should be considered by pediatric anesthesiologist when peripheral and central venous access has failed or is difficult.

Iraq

This article presents an overview of IO access focused on nurses’ use of the technique. A list of available devices, history and support for use and possible complications are included.

This article provides an overview of various vascular access modalities in emergency medicine including peripheral IV, venous cut-down, central venous catheter, intraosseous access, umbilical vessel access, and arterial access. The anatomy and physiology, indications and contraindications, procedure steps and special considerations are outlined for each access methods discussed.

Turkey

A retrospective chart review evaluating use of the EZ-IO in 25 pediatric patients between July 2008 and August 2010 at a Turkish university affiliated hospital. All attempts were made in the proximal tibia and IO access was attempted following failed PIV access within 60 seconds. First attempt success was 80%; the most reported complication was simple extravasation (3 cases) and needle dislodgement (1 case).

An observational study evaluating use of the EZ-IO by two ground and one air based physician staffed EMS and at a German surgical university hospital between January 1, 2008 and December 31, 2011. The EZ-IO was used to establish IO access 88 times in 87 patients; 83 insertions were performed in the EMS and 5 were performed in the hospital. The proximal tibia was the primary site used (97.7%) and the first attempt success rate was 94%. IO access was the first approach for vascular access in children compared to adults (38.9% vs. 86.2%). There were 5 failures attributed to missed insertions or extravasation and 2 for wrong needle length. There were no serious complications.

An overview of pediatric emergency medicine and critical procedures. One of the key points noted: intraosseous vascular access can be used in all ages.

A case study report describing a 12-year-old male who expired following a fatal myocardial ischemia. The patient complained of severe chest pains within the week prior to the event and was misdiagnosed as having GERD. ECG by first responders showed STEMI; IO access was established in the PT for vascular access.
Intraosseous Vascular Access Bibliography

Pediatric


A prospective study comparing IO and venous laboratory values obtained from a point-of-care analyzer (i-STAT) in 20 children. IO blood specimens were collected from the iliac crest; 2 ml were discarded before the sample was collected analysis. Results showed differences between venous and IO sample were clinically acceptable for pH, base excess, sodium, ionized calcium and glucose in hemodynamically stable patients. Authors concluded that analysis of IO samples with a bedside point-of-care analyzer is feasible and in emergency situations may be useful to guide treatment.


This article describes a case study of a 5-month old infant that suffered a head injury resulting in shock. She received 100 mL of red blood cells via the EZ-IO in the proximal tibia, resulting in rapid hemodynamic improvement. A literature search was completed for cases of IO blood transfusion in pediatric trauma. Authors note IO availability and knowledge play an important role in hemorrhagic shock; and RBC infusions via the IO route are feasible in this age group.

YEAR: 2012

Barker LT. In the child with gastroenteritis who is unable to tolerate oral fluids, are there effective alternatives to intravenous hydration?. Ann Emerg Med 2012;60(5):607-8. doi: 10.1016/j.annemergmed.2012.04.003.

This article, part of a Review Snapshot series in Annals summarizes a literature review (Rouhani et al in Pediatrics 2011) for evidence of alternatives to traditional IV hydration in a dehydrated child. Thirty-eight articles were included for the analysis with five of them randomized controlled trials; and one of those comparing IO to IV rehydration. (Banerjee et al, which found IO placement faster with no therapeutic outcome differences). The focus of this review was on nasogastric tube rehydration as effective when IV fails and as less invasive than IO or CVC placement.


This case study describes a 12 month boy who received IO access for administration of anticonvulsant therapy. Three days post IO infusion sensitivity to the leg was noted and the child returned to the ED. Blood work showed elevated white blood counts and C-reactive protein. A bone scan showed a small round lucency at the site of IO access. Two weeks later, x-rays were normal. The authors suggest that IO access may cause an increased uptake on bone scan in absence of osteomyelitis.


PALS 2012 guidelines on pharmacotherapy and toxicological emergencies.


Physicians from two different emergency department settings reported 2 cases of supraventricular tachycardia (SVT) in infants (2 and 4 month old) in which IO administration of adenosine failed to convert SVT to a normal rhythm.


This article describes a study evaluating a new manual needle insertion device, the Near Needle Holder, which uses hollow-bore needles to establish IO access. In a comparative study, healthcare professionals attempted IO insertion in the proximal tibia insertion site of a mannequin using the NNH and a standard Cook manual IO needle. Participants then completed a questionnaire regarding their experience. The most reported complication was the plunging of the needle into the medullary space from the decrease in resistance once the cortex was penetrated. Other IO devices on the market are mentioned, including the EZ-IO.


This simulation study evaluated the ability of 2 person EMS crews to manage a pediatric emergency and sought to determine root causes of errors made. Participating EMS crews used the BIG for IO access. The authors concluded that cognitive, procedural, affective, teamwork errors and error-producing conditions were identified as root causes for the errors made in the simulation. Authors also concluded that simulation followed by facilitated debriefing is an effective tool for identifying underlying causes of active and latent errors.
Intraosseous Vascular Access Bibliography

Pediatric


This retrospective study evaluated the number and type of critical procedures, including IO line placement, performed in the ED of a tertiary care pediatric institution over a 12 month period. The authors concluded that critical procedures were rarely performed in a large academic pediatric ED; pediatric emergency medicine faculty are at significant risk for skill deterioration; and fellows are unlikely to achieve competence in performing critical procedures.


This article describes the validation testing of a newly developed performance assessment scale for evaluating the intraosseous manual insertion process in the proximal tibia during simulated procedures. The authors concluded that the scale was a reliable tool to assess the overall IO insertion procedure and that with modifications this scale may be used with other IO devices and in the clinical setting.


The authors evaluated use of IO access in pediatric emergencies through a literature review. The objective was to describe the techniques, professional responsibilities, and care related to obtaining IO access.

Brazil


This article presents a general overview of intraosseous (IO) vascular access in the pediatric population through an IO literature review. Available IO devices were discussed.


An observational study evaluating use of the EZ-IO in a Swiss pre-hospital EMS system between January 1, 2009 and December 31, 2011 and comparing those results to the literature. Sixty IO insertions were performed on 58 patients; the proximal tibia was used in all attempts except 1 attempt made in the proximal humerus. Overall success rate was 90%; the 6 failures were attributed to impossibility to infused, difficult needle insertion, and incorrect insertion site (tibial plateau). Some of the indications for IO access included cardiorespiratory arrest, major trauma, and shock; general anesthesia was successfully inducted in 7 patients. Drugs infused are listed. There were no serious complications.

Brazil


A comparative study evaluating the effectiveness of IO access in relation to IV access for infusion of anesthetics (ketamine, midazolam, and fentanyl) and fluids during hemodynamic studies in 21 infants with congenital heart disease. IO access was established in the proximal tibia (n=11). Results showed, time to access was significantly shorter with IO access (3.6 vs 9.6 minutes); anesthetic onset was shorter with IV access (56.3 vs 71.3 seconds); and no significant difference between groups for hydration volume and anesthesia recovery time. The authors concluded that due to its easy manipulation and efficiency, hydration and anesthesia by IO access was satisfactory without necessity of other infusion access.

Brazil


In this article the authors review the evidence supporting the use of IO access; determine the utilization IO access as described in the literature; and assess the level of specialty society support. Various IO devices are mentioned including the EZ-IO


This article is making a case for pediatric anesthesiologists to have IO access equipment readily available wherever children are anesthetized; and for anesthesiologists to consider IO access not only as a last resort but as the route of choice in children requiring urgent vascular access.

YEAR: 2011


A comparative study evaluating the effectiveness of IO access in relation to IV access for infusion of anesthetics (ketamine, midazolam, and fentanyl) and fluids during hemodynamic studies in 21 infants with congenital heart disease. IO access was established in the proximal tibia (n=11). Results showed, time to access was significantly shorter with IO access (3.6 vs 9.6 minutes); anesthetic onset was shorter with IV access (56.3 vs 71.3 seconds); and no significant difference between groups for hydration volume and anesthesia recovery time. The authors concluded that due to its easy manipulation and efficiency, hydration and anesthesia by IO access was satisfactory without necessity of other infusion access.

Brazil

7/15/2015

This article in Spanish describes an IO complication case in which a newborn infant developed tissue necrosis as a result of extravasation during IO infusion.


This article presented a general overview of IO use in pediatrics. The history, techniques, anatomy and physiology, complications and a short discussion of most devices on the market, including the EZ-IO, were discussed.

Dolister M, Miller ST, Borron S, Truemper E, Shah MR. Intraosseous vascular access can be used safely and effectively, and at a lower cost than central venous catheters, for pediatric and adult patients in the hospital setting. Ann Emerg Med 2011;58(4S):S311.

This abstract describes the interim results of an observational clinical trial evaluating use of the EZ-IO to establish venous access in patients that would typically receive a central line due to lack of other options. At interim analysis, 50 patients had been enrolled in the study. First attempt IO access success rate was 96%; mean time to IO access was 95.1 seconds. The authors concluded that IO access in place of or as a bridge to central venous catheters is safe, fast, and effective for adult and pediatric patients in the hospital setting with substantial cost savings potential. This research was sponsored by Vidacare Corporation.


This retrospective cohort study evaluated data from 450 California hospitals and emergency departments to determine the rate of IO access use and related complications in the pediatric population from 2005-2007. Results showed 291 children had IO access placed in 90 hospitals out of 6.6 million pediatric ED visits and 2.2 million pediatric admissions; no complications were identified. The most frequent diagnosis related to IO use was cardiac arrest (34%).


This article describes the case of an 11-year-old boy who suffered compartment syndrome of the lower leg following use of the EZ-IO for resuscitation and 24 hours of intraosseous infusion of adrenaline, calcium and potassium. The author concluded that further work is needed to develop recommendations for maximum duration, dose, volume and rates for intraosseous infusion.


This article describes the changes in practice experienced when a 12-site statewide ambulance service changed from the manual to the semi-automatic IO device (EZ-IO). There was no statistically significant change in first-attempt success or the number of successes per attempt. However, the use of IO access more than tripled when changing from the manual to the semi-automatic device and PIV access attempts before IO access went from occurring in 35.5% of patients to 1.7% of patients.

Myers LA, Russi CS, Arteaga GM. The introduction of a semiautomated (EZ-IO) device in pediatric prehospital care replacing a manual intraosseous (IO) device improves the success rate for attempts at vascular access. Prehosp Emerg Care 2011;15(1):110.

This abstract describes a 93 patient study presented at the 2011 National Association of EMS Physicians Annual Conference that examined the characteristics of pediatric patients receiving IO infusions and the primary EMS clinical impressions, success rates, and subsequent treatments delivered via manual IO vs. the powered EZ-IO device. Investigators concluded that for the pediatric cohort use of the powered device offered a marginally higher first-attempt success rate compared to the manual device; and that the rate of IO access utilization by EMS more than tripled after adoption of the powered device.


This article provides an overview of intraosseous vascular access for pediatrics and discusses general indications, contraindications, complications, and intraosseous devices.


This study compared time to placement, errors in placement and perceived ease of use for healthcare providers placing umbilical venous catheters (UVC) and intraosseous needles in a simulated delivery room, responding to persistent bradycardia. Results showed mean IO placement time was 46 seconds faster than UVC placement; there was no significant difference in the number of errors and the perceived ease of use between UVC and IO.

This letter to the editor is regarding the relative safety of using power driven IO devices in infants. Three cases of amputation secondary to compartment syndrome in children under 2 years of age are referenced. The author expressed concern with the weight designations for IO needles stating some of the needles intended for pediatric patients may actually be too long for smaller children and that manually inserted devices may be safer in younger children.


This article discusses alternative rehydration methods for pediatric patients, including the intraosseous route.


This document addresses pediatric vascular access and includes an overview of intraosseous vascular access. Indications, contraindications, supplies and equipment, technique, complications and maintenance are discussed.


This article discusses the use of IO access for neonatal and newborn resuscitation by the national park service and provides information as to how the decision was made to make IO access a standard of care for those patients.


This article describes two cases of leg amputation after intraosseous infusion in a 5-month-old girl and a 17-month-old boy. The author concluded that fluid extravasation, exacerbated by tibial fracture and needle dislodgement during transportation, caused limb ischemia in these two patients, and that adherence to the principles of careful needle placement, splinting/securing the catheter and limb, limited length of infusion and repeated monitoring of the limb will help avoid this devastating complication.


A 7-month-old male infant in septic shock from Neisseria meningitides experienced a complication of bilateral extravasation of noradrenalin at the proximal tibia intraosseous infusion site resulting in severe soft tissue necrosis. Necrosectomy was performed bilaterally and surgical interventions were successfully performed to salvage both limbs. At 19 months the patient was able to crawl without extension deficit.

YEAR: 2010


This abstract describes a retrospective case-series analysis of pediatric IO recipients from 1998-2009. Seventy-two (72) patients were included in the study; IO access was established in the proximal tibia (n=61), medial tibia (n=8), distal tibia (n=1), sternum (n=1), and iliac crest (n=1). IO access devices used in the proximal tibia included the Cook Critical Care needle (n=4), the Jamshidi needle (n=2), the BIG (n=1), and an 18 gauge spinal needle (n=54). The authors concluded that a spinal needle can be used to provide IO vascular access in children.


Authors reviewed two complications (extravasation and compartment syndrome) associated with IO access in children with meningococcal disease. Authors concluded that IO systems need formal evaluation to assess safety and complication profiles.


This letter to the editor describes 2 cases in which IV administration of antivenom was not possible and was thereby administered via IO route, and in one case via the intramuscular route as well. In both cases the patients recovered.


This article describes the vascular access options available to physicians caring for children, including details about each method, placement technique, indication, and complications.
This article provides a brief history of IO infusion and further discusses this vascular access technique in terms of anatomy and physiology, indications and contraindications, performing the manual procedure, and possible complications. A case study is discussed in which a 7-month-old male was treated under emergency circumstances with IO infusion in the lower limb and developed compartment syndrome, resulting in a below the knee amputation.

Authors report an observational study of 14 children in whom semi-elective IO infusion was performed under anesthesia after peripheral IV had failed. IO infusion was successful for all 14 patients, using the EZ-IO system for 8 patients and the Cook system for 6 patients.

This article provides an overview of pediatric trauma care in the pre-hospital setting by using a literature review to evaluate the risks and benefits of various aspects of care. Topics discussed include: pre-hospital care time, pre-hospital triage and transport, airway management, intravenous (IV) and intraosseous (IO) vascular access and infusions, cervical spine immobilization, traumatic brain injury, and pain assessment and management.

This document discusses various vascular access methods available for pediatric and neonate patients, including intraosseous access.

YEAR: 2009

Article for nursing audience.

Assessment of PALS training on EMS personnel. PALS-trained personnel had 100% success rate in IO placement (55% non-trained).

Prospective study of 246 EMS providers at 14 EMS agencies. Reports successful IO placement in 95% of cases (18 of 19).

Article in German.

This article, in German, describes the technique of IO access, the introduction of two different IO devices (Cook and EZ-IO) and describes IO use in pediatric emergency care.

Color Doppler ultrasound revealed extraosseous flow in incorrectly placed IO insertions. Recommends point-of-care Doppler machine to verify placement.

Discusses use of IO for pediatric anesthesia. Specifies importance of equipment, education, guidelines.

YEAR: 2008

Case report of resuscitation and insulin infusion in a 5-year old child with severe diabetic ketoacidosis.
Intraosseous Vascular Access Bibliography

Pediatric

Overview of intraosseous vascular access in infants; includes indications, contraindications, complications, equipment (Sur-Fast and Jamshidi), and procedure. Also, small section on IO for adults; describes the FAST-1, Bone Injection Gun, and EZ-IO.

369

Describes common drugs used in pediatric resuscitation and evidence supporting their use. Also describes routes of administration including intravenous, intraosseous, and intratracheal. Describes IO systems including Bone Injection Gun, FAST-1, and EZ-IO.

363

A retrospective clinical study was conducted to demonstrate the safety and effectiveness of the EZ-IO intraosseous access device for pediatric patients. For the 95 eligible patients in the study, successful insertion and infusion was achieved in 94% of the patients. Insertion time was 10 seconds or less in 77% of the one-attempt successful cases reporting time to insertion. There were 4 minor complications (4%), but none significant. The results of this study support the use of the EZ-IO for children in emergency situations. The complication rate suggests that the powered IO device is safe and effective for the resuscitation and stabilization of pediatric patients. This study was sponsored by Vidacare Corporation.

381

Moen TC, Sarwark JF. Compartment syndrome following intraosseous infusion. Orthopedics 2008; 31: 815..
Case report of compartment syndrome in a 6-year old girl after IO infusion during cardiac arrest.

411

3-year study of IO training and use in 28 hospital and ambulance services in Switzerland. Standardized training improved IO success rate to 100%.

Abstract only

409

Case series of IO anesthesia in 181 children and adolescents. Success rates ranged from 88% to 95%, depending on tooth type.

447

In this case study a 7-month-old female with comorbidities was taken to the ED in cardiopulmonary arrest. IO access was the only vascular access method available for resuscitation. Post mortem CT of the head showed a considerable amount of air within the arterial circulation; the cause of death was listed as undetermined. The authors conclude that considering the details of the patient, the only logical explanation for the cerebral arterial air embolism is that air was introduced into the bloodstream via the IO route.

410

This article describes thoracic trauma in the pediatric population. Includes a review of the assessment of pediatric patients. Circulation section of the article strongly recommends rapid intravascular volume expansion by the intraosseous route, and recommends the EZ-IO for “...quick and reliable vascular access during resuscitation ...

YEAR: 2007

399

This abstract for a presentation at the 2007 American College of Emergency Physicians Research Forum describes an observational study in which the EZ-IO was used to provide emergency vascular access for 95 pediatric patients. Successful insertion and infusion was achieved in 94% of the patients, and insertion time was within 10 seconds for 81% of the placements. There were four minor and no serious complications.

395

This article reviews and assesses the literature on the use of IO drug administration during cardiopulmonary resuscitation. It addresses the risks and benefits of using IO in adults and children. The article describes the FDA-cleared devices available for use including the Pyng F.A.S.T.1, Waismed Bone Injection Gun and the Vidacare EZ-IO.

374

7/15/2015

Describes the experience of the UK Defence Medical Service using the EZ-IO for emergency vascular access in Afghanistan. They used the device for 26 patients, including 10 children. Of the 26 EZ-IO placements, 23 were made in the emergency department. There was a 97% insertion success rate with no infection. Significant infusion pain was felt by three patients.


This review article states the availability of intraosseous (IO) needles for pediatric patients, outlines the limitations of traditional venous access, and discusses the various IO devices currently available, including the Vidacare EZ-IO®.


This article summarized the challenges and methods of providing vascular access for infants. It describes IO techniques and devices, including the Jamshidi, Cook, EZ-IO® and Bone Injection Gun (BIG) devices.


This case study describes a 4-month-old boy that was found unresponsive. Resuscitation was started and continued through arrival to the ED; IO access at the proximal tibia was established using a 15 gauge aspiration needle as the only vascular access. Post mortem multislice CT examination showed gas in the hepatic veins, the right atrium, right ventricle, the upper pole of the right kidney and the cerebral vessels. Though air embolism was ruled out as the cause this death, it could have caused death in another case. The authors conclude that gas may have entered the body during resuscitation due to IO needle disconnections and that resuscitation with an inserted, disconnected IO needle should be avoided.

Myers BJ, Lewis R. Induced cooling by EMS (ICE): year one in Raleigh/Wake County. JEMS 2007; 32: s13-5.

This article describes the experience of the Wake County (NC) EMS System in inducing hypothermia for patients with return of spontaneous circulation after cardiac arrest. Authors describe their use of the Vidacare EZ-IO for the administration of chilled saline; with 414 placements and an overall success rate of 94%.

YEAR: 2006


Overview article of IO vascular access describes technique, efficacy in medication delivery, utility in pediatric emergencies, use in neonates, complications, and commonly-infused medications.


An abstract describing a prehospital study comparing peripheral IV to tibial IO access for placement success, time to access and time to drug delivery. The authors concluded that using IO access on the first attempt results in faster drug administration than if IO access were used as a rescue line after failed IV.


An overview of IO vascular access use in neonates, including focus on available evidence, history, technique, physiology, clinical indications, complications, and contraindications. The author closes acknowledging IO administration of resuscitation medications and fluids in neonates is an alternative when IV access is not possible.

La May G, Friese G. Pediatric fluid resuscitation and airway management - a primer on volume replacement in pediatric patients. EMS 2006;May:65-72.

An overview of managing pediatric fluid resuscitation and airway management in the pre-hospital setting.


Two case studies of neonates that successfully received IO infusion.
Intraosseous Vascular Access Bibliography

**YEAR: 2005**


Retrospective chart review demonstrating safe and effective IO placement on pediatric patients by EMT-Ps, ED physicians, and members of the transport team in the pediatric critical care transport environment.


Review article on IO vascular access in the pediatric patient. Advises that it is not necessary to adjust doses from IV doses, except for hypertonic solutions. Recommends that IO needle be replaced by an IV within 2 hours to avoid complications. *Abstract only. Article in German*

Ritz J. Vascular access in emergency paediatric anaesthesia. *Anaesthesist* 2005;54(1):8-16 [German].

Case studies in 2 children reviewed by 89 members of the Swiss Pediatric Anesthesia and heads of Anesthesia Departments of Swiss Teaching hospitals, IO was determined to be the safest method of vascular access on 1 of the cases. *Abstract only*


Multicenter, prospective study of cardiopulmonary resuscitation data over 18 months. The study was design to evaluate the impact of survival of IV or IO high-dose epinephrine compared to standard doses in children with cardiorespiratory arrest. Limited conclusions showed that there is no significant difference between the two treatments.


Retrospective study over a 14-year period examining 129 IO insertions among 23,489 pediatric trauma patients. Patients receiving IO fluids and medications tended to be younger and sicker. Concludes that IO is an essential skill for anyone involved in pediatric trauma resuscitation.

**YEAR: 2004**


Case report of acute osteomyelitis developing 10 days after IO infusion in a 5-month-old infant admitted for sepsis.


Web publication discussing the indications, contraindications, insertion sites and complications of IO access.


Review article describing how IO has replaced saphenous venous cutdowns in pediatric emergencies and decreased need for immediate central venous access.


This abstract evaluated the use of ultrasonography to confirm proper IO placement versus improper placement using chicken bone. Results showed 6 participants were able to confirm placement with 100% sensitivity and 94% specificity, suggesting use of ultrasonography in pediatric patients may be beneficial to confirm IO placement.


Evaluation of the Bone Injection Gun (BIG) for the administration of contrast media for urography. Concludes that BIG-assisted intraosseous urography may be an effective and reliable alternative to intravenous urography in pediatric and adult human patients.
Intraosseous Vascular Access Bibliography

Pediatric

YEAR: 2003

Investigation of the relationship between insertion site for the IO needle, epiphyseal growth plate and ease of needle insertion into the various locations of the tibia in newborn infants. Recommends that needle be placed 10 mm distal to the tibial tuberosity to avoid the epiphyseal growth plate and ensure ease of insertion.

Case report of IO infusion complicated by iatrogenic fracture at the IO insertion site. Concludes that multiple attempts to achieve IO access weakened the bone cortex and that “considerable force” applied by an anxious 100-kg emergency room doctor led to the fracture.

Prospective radiographic study of 23 children who had received intraosseous infusion via trocar. Found no long-term effect on tibial growth with properly placed trocar.

Web article discusses IO cannulation procedure insertion sites, pathophysiology, risks, contraindications and complications.

An 18 gauge butterfly needle was inserted into the proximal tibia of a premature infant born at 25-weeks gestation, following inability to establish other modes of vascular access due to gross oedema. The intraosseous line was left in place for 6 days until it was lost; there were no adverse events reported however the author noted that no safety data on long term use of the device was collected.

A comprehensive and accessible review of the history, anatomy, technique, and clinical application of intraosseous infusion.
Review

Case report of a 7-month-old infant who developed severe compartment syndrome associated with popliteal arterial thrombosis following IO fluid infusion resulting in limb amputation.

Evaluation of IO models by 40 emergency and critical care physicians. Chicken, turkey bones and plastic IO models received similar scores, pork rib was rated poorly. Emphasizes that bone models should be age appropriate to the expected patient population when using for IO research and training purposes.

YEAR: 2002

Case report emphasizing that a cortical lesion in the proximal tibia corresponding to the site of IO insertion should not be mistaken for a radiographic sign of child abuse.

Case report of a 3-month-old infant developing osteomyelitis after IO administration of high-dose epinephrine. Speculates that administration of adrenalin in high concentrations may promote the development of osteomyelitis.
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Intraosseous Vascular Access Bibliography

Pediatric


A retrospective chart review that evaluated use of IO access in pediatric patient resuscitation in a tertiary emergency department between 1989 and 1995. Results showed IO access was successfully established in 86% of patients. Median time to placement was 8 minutes; two complications of bone fracture were reported in one 10-day-old neonate patient.

Canada


Brief overview of IO infusion for an anesthesiology audience. Discusses technique, indications, contraindications, equipment, anatomical target sites and potential complications.

Available at: www.nda.ox.ac.uk/wfsa/index.html

YEAR: 1999


Brief review of IO history, flow rates, fluids and medications.


A retrospective non-comparative study of IO infusion in 41 children. Concludes that IO insertion is an easy technique. Recommends IO for emergency cases when other vascular access techniques have failed in the first 5 minutes of treatment.

Abstract


Retrospective study of 32 cases of IO infusion over a 3 year period. Concludes that IO is rapid, safe and effective and provides an essential alternative vascular route in pediatric resuscitation.

Abstract


Evaluation of the utility of 18-gauge butterfly needles for IO administration of fluids and drugs in 23 children presenting in shock. 22 of 23 children were successfully stabilized after IO infusion.

Abstract


This article discusses the basic steps of performing rapid sequence intubation in children with a referenced case study and literature review. The authors stated that based upon the evidence, when emergency intubation is needed, IO access can be an acceptable route for RSI in the absence of peripheral venous access.


Observational study in 27 newborns, describing 30 intraosseous lines placed after failed IV access. Reports that all patients survived the resuscitation procedures with no long-term side effects.


No abstract available.


This case study described administration of iodinated contrast via IO infusion in the tibia, for an abdominal CT scan in a 7 week old infant. CT imagining demonstrated adequate enhancement of the solid organs and vasculature.


Case report of a 6-week-old female infant with methemoglobinemia successfully treated with IO Methylene blue when other venous access was not feasible.
Study comparing placement of Cook and Jamshidi IO needles in turkey bones.

A 3-year old male presented at the emergency department with rapidly progressing circulatory collapse clinically aligned with meningococcal septicemia. Attempts at peripheral and central venous access were unsuccessful. Attempts at tibial IO insertion were unsuccessful with a number of needles bending when cortical penetration was attempted. IO insertion was successfully achieved at the medial aspect of the calcaneum. IO infusion was continued for 6 hours and removed when no longer needed. The patient fully recovered and the calcaneal site healed without complication.

Case report of a 34-week-old pre-term neonate with septic shock requiring emergency treatment. Umbilical vein was unusable. Resuscitation with IO access was successful. Concludes that IO access be used before attempting access with superior longitudinal sinus. Abstract

Case report of successful use of an IO access line in an 800 gm pre-term infant.

Review article discussing techniques for venous access in the pediatric patient includes anatomical target sites, clinical indications, advantages and disadvantages.
Review

Pediatric article detailing use of an IO line for bolus infusion of nonionic contrast material for CT contrast enhancement; a radiographic band may occur as a result of retained contrast material within the marrow.

Review article for trauma nursing audience describing advances in trauma care.

Case report of an 18-month-old boy with cardiopulmonary arrest secondary to penicillin anaphylaxis successfully resuscitated by IO administration of emergency medications. Abstract only

Clinical study finding that prehospital IO did not improve outcome in pediatric patients with cardiac arrest. Cautions that the sample size was too small to reach a statistically significant conclusion. Abstract only

Case report of successful resolution of supraventricular tachycardia in an infant following IO administration of adenosine.
Intraosseous Vascular Access Bibliography

Pediatric


Describes a miniature C-arm imaging device to accurately confirm proper needle placement in intraosseous infusions.


Preclinical study finding no compartment syndrome with up to 350 ml of IO fluid infusion; however, radio-opaque dye was detected in the soft tissues with compartment pressures increasing to more than 35 mmHg. Calls for a dose and time independent scale for safe intraosseous infusion.

Moller JC, Tegtmeyer FK, Schaible TF, Sussmane JB. [Intraosseous puncture as vascular access in pediatric emergency and intensive care medicine]. Anaesthesiol Reanim 1996;21(4);103-7.

Article describing IO infusion 18 pediatric resuscitative situations. Authors conclude that 11 patients would not have survived without IO access. Complications included a minor fracture, 1 case of compartment syndrome that did not require surgical intervention and a minor fat embolism that was of no clinical significance.

Abstract only - Article in German

YEAR: 1995


Case report of successful IO administration colloid, human albumin, and 1.4% sodium bicarbonate via the left hip of a 5-month-old infant with profound hypovolemia. Patient was discharged 4 days after admission.

Abstract only


Case report describing extravasation of fluids through a previous IO puncture site in the same tibia.


Case report finding IO a viable method of venous access in a child with burns.


Describes 2 cases of resuscitation of a scalded child by IO infusion following failed IV attempts. Reviews IO techniques.


Suggests that intraosseous infusion is reliable alternative to peripheral vein access for rapid infusion of fluids in neonates and infants when venous access is impossible.

Abstract only


Preclinical study examining hematologic parameters (hemoglobin, schistocytes, free hemoglobin in plasma, bilirubin, lactate dehydrogenase, platelets, fibrinogen, and alveolar-arteriolar O2 gradient) with IO and IV autologous blood transfusions. Found that all hematologic parameters remained within normal limits in both IO and IV groups. Concludes IO blood transfusions to be hematologically safe, i.e. without risk of appreciable hemolysis, DIC or fat embolism syndrome.


Case report of IO access in a non-emergency situation. A blood transfusion was performed with no complications in a severely anemic 1-month old infant with an 18 G IO needle (Cook).
Intraosseous Vascular Access Bibliography

**Pediatric**


Preclinical study in dog tibias demonstrating that circumferential pressure about an IO infusion site is a rapid method to detect incorrect placement of the IO needle.

**YEAR: 1994**


Case report of resuscitation of a 10-day-old female infant with 2 IO infusion sites. Patient received 240 ml fluids, epinephrine, dopamine, sodium bicarbonate, human albumin, packed red cells, fresh frozen plasma, glucose, ampicillin, gentamicin, vitamin K, and pancuronium.


Study of IO training for advanced life support providers. Providers were able to establish IO access in 13 of 15 (87%) of pediatric patients (age range 1-24 months) following completion of an 1-hour training course and supervised hands-on simulation. All procedures were performed in less than 10 minutes.

Bachmann DC. [Heart arrest: septic and hypovolemic shock--intraosseous infusion technique]. *Ther Umsch* 1994;51(9):593-7 [German].

Describes causes and treatment of hypovolemic and septic shock. Discusses techniques for intraosseous puncture and infusion. *Article in German - abstract only*


Study of IO vs. IV for administering fluids for resuscitation in 60 children (age range 3-24 months) with severe dehydration. The IO route was successful in all cases within the first 5 minutes of attempt. The IV line could not be secured in 33% of patients within 5 minutes. Time for successful IV access was 129 seconds, significantly longer than time t for IO cannulation. Fluid infusion through either route was equally effective in stabilizing vital signs and normalizing laboratory values. No significant complications of IO route were noted on short-term follow-up.


Case report of unilateral tibial osteomyelitis in a 20-month-old child following bilateral IO infusion. Reviews clinical indications, potential complications, and scan findings.


Review of IO infusion in children 6 years old and younger. Recommends IO for patients with life-threatening conditions requiring immediate vascular access. Reports less than 1% complication rate.


Case report of compartment systems following improper intraosseous infusion technique.


Preclinical study comparing IO administration of adenosine with peripheral and central venous routes to induce atioventricular block during pacing. Found that IO administration was effective. Required dose of adenosine was highest for the peripheral venous route, lowest for central venous route.


Long bone fractures should be considered a potential, although rare, complication of intraosseous infusion in children.


Study demonstrating improved performance of pre-hospital endotracheal intubation and vascular access of younger children after introduction of an EMT-P PALS clinical course.
Describes frustration associated with difficult venous access. Recommends intraosseous infusion technique as a non-collapsible vein for parenteral infusions.

Review article suggesting that IO infusion should be the primary technique of intravascular access in infants for pediatric resuscitation and the first alternative technique for vascular access after failed intravenous access in young children.
Abstract only

Seminal article describing alternatives to intravenous cannulation including intraosseous access, intratracheal drug administration, sublingual and intralingual injection, intra-penile administration, and intracardiac injection. Concludes that the intraosseous method is an effective alternative to intravenous access in emergency situations.
Review

Case report of bilateral osteomyelitis secondary to intraosseous infusion.
Review

Case reports of 2 children with severe complications of IO infusions. One child developed severe tissue necrosis after IO placement. A second child developed compartment syndrome requiring fasciotomy.

In this study bone marrow aspirate from the iliac crest and peripheral venous blood samples from 30 pediatric patients were compared to investigate the predictive value of bone marrow aspirate in performing laboratory studies. Laboratory tests with high predictability, moderate but clinically useful predictability are summarized. Tests that were systematically different from venous blood are also summarized.

A brief overview on establishing intraosseous vascular access in the neonatal patient population. Discusses insertion techniques, anatomy and physiology, absorption rates, indications and contraindications.

Case report of compartment syndrome after prolonged intraosseous infusion (53 hours). Recommends that IO lines be used only temporarily until more permanent vascular access is established.
Review

YEAR: 1993

Preclinical study in 20 immature rabbits receiving IO infusion of saline, bicarbonate, or dopamine solutions into the tibia. Found no changes in bone growth or physeal injury related to IO infusion.

Case report of a 4-month-old infant developing compartment syndrome after IO infusion. The patient underwent a fasciotomy and had full and normal use of the leg at the 6 month follow up visit.
Retrospective analysis of prehospital IO infusion covering 165 attempts on 152 patients over a 5-year period, found a success rate of 73%, with success rates significantly higher in younger children (<2 years old). EMT-Ps maintained proficiency in the technique over time despite infrequent use.

Observational study finding 7 of 27 critically injured patients (ages 3mo-10y) successfully resuscitated using IO. Concluded that IO is a rapid, safe and simple method of obtaining short term vascular access in critically ill and injured children.

Case reports of 2 infants in the neonatal unit in which IO access was used for successful resuscitation from collapse.

Case report of fungal osteomyelitis following IO infusion in a child. Cautions that physicians consider both bacterial and fungal sources for infection.

This article presented two case studies in which pediatric patients received emergency IO infusions that ultimately resulted in compartment syndrome. In both cases the patients underwent a four-compartment fasciotomy and recovered without deficit. The authors conclude that though compartment syndrome is a risk of IO infusion, insertion of an IO line in emergency situations is a valuable technique.

Case reports of 2 9-month-old infants with severe dehydration treated with IO infusions after failed IV attempts. IO lines were replaced shortly after venous access was obtained.
Abstract only

Letter to the editor recommending intraosseous infusion only for truly urgent situations.

Case report of a 6-week-old infant with a head injury resulting in a fractured skull and scalp haematoma who was successfully resuscitated and anesthetized with IO infusions of colloid, blood, midazolam, suxamethonium and atracurium.

Study comparing 3 vascular access routes for fluid administration: intravenous (6 patients), intraosseous (6 patients) and/or intraperitoneal routes (4 patients). Concluded that IO and intraperitoneal routes allowed for severely dehydrated children to be resuscitated without significant complications when IV access is difficult to establish.
abstract only

Case report outlining precautions to prevent compartment syndrome following IO infusion. Advocates early recognition and aggressive treatment to preserve function in the affected limb.

YEAR: 1992

Evaluation of the chain of survival from cardiac arrest using standard measurements of performance.

7/15/2015
Intraosseous Vascular Access Bibliography

Pediatric

Article promoting increased awareness of intraosseous infusion, familiarity with IO insertion techniques, and careful use of anatomical landmarks.
Abstract only

Case reports of resuscitation of 2 pre-term infants with medications administered via the intraosseous route. Also includes a short review of the history, physiology, technique, complications and contraindications of IO procedure.
Abstract only

A review of intraosseous infusion and the possible applications in pediatric emergency medicine.
Abstract only

Descriptive comparison of the 4 available routes to provide drugs to adult patients during cardiopulmonary resuscitation.

Recommendation of the tibial site for intraosseous infusion in children and discussion of risk for complications.
Abstract only

Case reports in 2 children finding IO infusion of vecuronium allowed for successful rapid sequence induction/intubation.

Letter to the editor written in response to previous article on IO access that includes sternal access as a site for children. This author states IO route for fluids and drugs is underutilized but believes sternal site to be hazardous and upper tibia, lower femur and humerus are favored.

Case report of IO infusion for induction and maintenance of anesthesia in an infant with other IV access.

Tibballs J. Endotracheal and intraosseous drug administration for paediatric CPR. Aust Fam Physician 1992;21(10):1477-80..
Article advocating IO administration of drugs and resuscitative fluids for CPR in children. Also asserts that adrenalin, lidocaine, and atropine can be readily absorbed through the respiratory tract via endotracheal administration.
Abstract only

Preclinical study in pigs demonstrating that IO infusion of fluids and resuscitative drugs does not adversely affect subsequent bone growth and development.

Review article on IO access for a pediatric medicine audience. Concludes that IO administration can be used for all forms of medications. Osteomyelitis appeared in 0.6% of the cases.
Abstract only
Intraosseous Vascular Access Bibliography

Pediatric

**YEAR: 1991**


Preclinical study comparing IV and IO administration of dobutamine and isoproterenol demonstrating significant physiologic responses to IO administered drugs comparable to response with IV administration.


Case reports of 2 patients with local skin necrosis complicating IO infusion.


Article for nurses on intraosseous infusion as an alternative to intravenous vascular access presented in a question and answer format.


Review article discussing aspects of intraosseous infusion, including indications, technique, and pharmacokinetic factors. Concludes that multiple drugs and fluids can be safely administered through the intraosseous route.


Case report of a child with severe compartment syndrome of both lower extremities following IO fluid resuscitation.


Clinical study demonstrating blood from the IO space to be a viable alternative source of blood for laboratory studies.


Review of indications and benefits of intraosseous infusion. Concludes IO access may be especially valuable for medical personnel who rarely care for critically ill children because the IO technique is easily mastered even with limited practice.


Case report of an 11-week old infant in cardiac arrest due to haemorrhage successfully treated using IO infusion. The child was discharged with no apparent neurological deficit.


Preclinical study in 39 puppies comparing IO treatment with Ringer's lactate with antishock trousers and control group receiving no treatment. Concludes that emergency administration of IO fluids is safe and effective for the initial resuscitation of hypovolemic shock.

**YEAR: 1990**


Textbook chapter on IO.


Letter to the editor regarding a previous article, “Iatrogenic Bilateral Tibial Fracture After Intraosseous Infusion Attempts in a 3-Month-Old Infant.” Inquires if fractures were caused by questionable technique or an unexplainable complication of a proximally placed needle.


Case report of a critically ill preterm neonate who received needed emergency fluids via IO infusion.
Intraosseous Vascular Access Bibliography
Pediatric

Review of the use of intraosseous infusion in children in the prehospital setting and in the emergency department. Outlines anatomy, indications and contraindications, technique, complications and role of intraosseous infusion in pediatrics.

Case report of a 6-month-old infant in cardiac arrest successfully resuscitated with IO epinephrine.

Case report of 2 severely burned children saved after IO was used to establish IV access.

Concludes that infusion of fluids and drugs can be readily performed with the intraosseous technique.

Case reports of 2 children who died from Sudden Infant Death Syndrome (SIDS) with immature white cells in the peripheral blood. Blood was sampled near IO infusion site. Urges physician awareness of that patients receiving IO infusion may be at risk for immature white blood cells in the peripheral circulation in the absence of malignant, infectious, or infiltrative disease of the marrow.

Nursing article describing intraosseous infusion techniques and benefits.

Nursing article that describes benefits of intraosseous infusion. Recommends IO for cardiopulmonary arrest and other medical emergencies.

Case report of compartment syndrome following IO infusion. Emphasizes IO to be useful for temporary vascular access. Advises that that IV lines be placed as soon as possible after IO infusion. Recommends that radiograph be performed after the procedure in very young children to check for bone abnormalities.

Discusses current limited pre-hospital use of intraosseous infusion. Stresses need for a concerted effort to promote broad adoption.

This article describes two cases of IO administration of succinylcholine for emergency airway management in children that resulted in adequate intubating conditions within 45 seconds for both cases.

Article advocating IO infusion over endotracheal administration of medications. Asserts that IO infusion is equivalent to IV infusion.

YEAR: 1989

Study of 22 cardiac arrest patients arriving at the Emergency Department with no or insufficient intravenous access. Intraosseous needle placed and flow established in less than 1 minute in all patients. Observed flow rates of 5 to 12 mL/min with pressure bag attached. IO needle placed in the medial supramalleolus.
Intraosseous Vascular Access Bibliography

Pediatric

Case report of bone fracture following IO access in an infant.

Preclinical study in pigs finding equivalence in physiologic response between IO an IV administration of antiepileptic drugs.

Study of IO infusion by paramedics on pediatric patients (< 5 years of age) in cardiac arrest. Paramedics completed a training program in IO technique. Observed 85% success rate (10 of 12 IO attempts). Discusses training methods, limitations and implications for future use.

Preclinical study in dogs examining lung samples for fat and bone marrow emboli following IO infusion. Found no significance difference in embolism formation or density between dogs receiving IO infusion of emergency drugs and control group.

Preclinical study of IO infusion in a swine model. Concludes that IO infusion holds potential as a first line of action for fluid resuscitation in pediatric subjects.

Prospective study finding EMS personnel able to successfully establish IO access in 16 of 17 pediatric patients with cardiopulmonary arrest. Observed 13 successful infusions within 1 minute on first attempts at IO access. No significant complications.

Review article for a nursing audience presenting a brief historical overview of IO technique and insertion methods, with discussion of clinical applications and nursing management aspects.

YEAR: 1988

Preclinical study in pigs examining the epiphyseal plate after intentional penetration with IO needle and subsequent fluid infusion. Found no significant growth defects despite injury to the developing growth plate.

Description of IO infusion technique, site selection, procedure, anatomy &amp; physiology, historical perspectives, contemporary research, indications, contraindications, complications, and future direction.

Retrospective chart review of 33 pediatric patients finding 83% success in establishing IO infusion. IO and percutaneous peripheral catheterization were the quickest methods for vascular access. Observed no major and minimal delayed complications.

Retrospective chart review over a 1-year period finding IO reduced vascular access time in patients with cardiac arrest when standard techniques failed.

This article describes the Kormed/Jamshidi disposable Illinois sternal/iliac needle as well suited to establish intraosseous vascular access in the pre-hospital and hospital setting.
Intraosseous Vascular Access Bibliography
Pediatric

Case report of anesthetic induction through IO administration of succinylcholine chloride, atracurium besylate, and thiopental sodium in a child with seizure activity.

Article for emergency nursing audience describing IO technique, anatomy, absorption rates, clinical indications and contraindications, technique, complications and training in critically ill or injured infants and children.

Guidelines for IO in pediatric patients.

Preclinical study finding IO infusion of hypertonic glucose and dopamine to be as effective as IV administration.

Nursing article recommending IO early in the treatment of critically ill or injured children with difficult venous access. Highlights speed and ease of IO technique.

Article discussing IO infusion and associated rapid intravascular absorption of solutions.

Concludes intraosseous infusion to be a safe and viable technique in the pre-hospital setting, especially in the aeromedical area.

Comparison study of success rate in establishing IO infusion in anesthetized piglets with 4 types of IO needles: standard hypodermic, spinal, bone marrow, Turkel. Practitioners were 24 medical residents with no prior experience in IO technique. Overall success rate was 67.7%. There were no statistical differences in success rate among the 4 different types of needles.

YEAR: 1987

Preclinical study of IO flow rates during hypovolemia. Concludes that IO flow rates may be insufficient for definitive treatment of severe hypovolemic or hemorrhagic shock.

Review article on IO infusion, includes historical background, physiology, method, clinical applications and complications of the IO procedure.

YEAR: 1986

Case report illustrating value of familiarity with insertion technique for IO. Recommends that IO fluids and medications be considered early in patients requiring resuscitation.

Study comparing 3 types of needles for IO insertion: spinal needles, standard IV needles, and bone marrow aspiration/biopsy needles on a pediatric cadaver leg. The bone marrow aspiration needle was easiest to insert. Concludes that IO infusion is a safe, rapid way to access the venous circulation, providing a stable, usable fluid line in dehydrated pediatric patients.
Intraosseous Vascular Access Bibliography

Pediatric

Evaluation of a sequential protocol comparing femoral vein catheterization, saphenous vein cutdown, and IO (in order) when conventional IV access was impossible in a pediatric patient population. Found that IV access was attained in 4.5 minutes when the protocol was followed, compared to 10 minutes when protocol was not followed. Suggests that IV access should always be attained in 5 minutes or less.

Discusses rediscovery of intraosseous infusion as a straightforward technique for an extremely difficult clinical problem. Suggests that many fluids and medications can be administered via the IO route.

Case report of an unresponsive 3-month-old infant with no cardiac activity. Patient was resuscitated and achieved stable cardiac rhythm and blood pressure through IO administered medications.

Letter to the editor discussing guidelines for IO in "Standards and Guidelines for Cardiopulmonary Resuscitation and Emergency Cardiac Care," and in the chapter on "Intravenous and Intra-arterial Techniques" for the Pediatric Advanced Life Support (PALS) textbook being completed by the Working Group on Pediatric Resuscitation of the American Heart Association.

Discusses IO route as a safe, proven, and technically easy method for administration of replacement fluids, blood products, and resuscitative drugs. Presents value, historical context, technique, and complications of the IO infusion.

Case report of child with status epilepticus. IO phenytoin resulted in seizure resolution and therapeutic serum levels of drug.

YEAR: 1985

Review of IO insertion techniques of insertion, clinical indications, contraindications, and complications.

YEAR: 1984

Preclinical study in pigs examining blood pH during CPR with sodium bicarbonate administered via different vascular access routes. Found that pH of blood obtained via central venous access and intraosseous access were significantly different from the peripheral group, and that all three groups were significantly different from the control. Pathology studies showed only minor damage to bone with IO sodium bicarbonate administration.

Letter to the editor asserting that while the Turkel trephine technique may stabilize the IO needle better and minimize fluid leakage into the subcutaneous tissue, few physicians are familiar with the technique and it is more time-consuming than using a standard bone marrow needle or standard hypodermic needle.

YEAR: 1984

Case report of continuous IO infusion of dopamine hydrochloride and dobutamine hydrochloride in a 6 month old infant. Concludes that IO infusion is efficacious and complications rare.
Intraosseous Vascular Access Bibliography

Pediatric

Seminal article on IO infusion by the "Father of IO." Drugs and fluids infused through the IO space enter the central circulation as rapidly as through IV routes. Unlike peripheral veins, the intramedullary blood vessels will not collapse in shock.

Outlines problems with conventional vascular access in emergency medicine. Discusses possible resurgence of the "old" technique of intraosseous infusion.

YEAR: 1983

Case report of 3-year-old child permanently blinded and brain damaged because of inability to administer anesthetic intravenously. Patient was on oxygen following an inhalation anesthetic. Concludes that IO administration of anesthesia would have prevented this poor outcome.

YEAR: 1947

Early article on IO puncture and infusion, emphasizing technique. Concludes their technique is safer and more effective than previously described techniques.

YEAR: 1946

Early study on IO. Makes strong distinction between ordinary blood transfusion or infusion of isotonic solutions (generally safe) and continuous infusion or the infusion of hypertonic solutions. The latter carries considerable risk of osteomyelitis and subsequent disturbance in growth of the bone.

YEAR: 1946

Historical article discussing refinements in IO technique and analysis of IO complications. Includes case report of an infant who developed osteomyelitis subsequent to IO infusion.

YEAR: 1944

Early article describes technique for tibial bone marrow infusion. Reports 6 failures and 2 partial failures in 43 attempts on 34 young children. X-ray studies post IO infusion showed small bone defects and periosteal elevation with new bone formation.

YEAR: 1944

Describes the tibia as a useful route for infusions in infants. Main advantages over IV infusions are ease, speed, and firm placement.

YEAR: 1942

Describes a simple method of bone marrow transfusion using a specially designed needle that is more safe and effective than intravenous needles.

YEAR: 1944

Early observational study on IO infusion at the Children’s Hospital of Akron, OH.

YEAR: 1942

Discusses IO infusion, pioneered by Tocantins, as a viable route for parenteral fluids, drug therapy, and anesthesia. Includes case reports.
YEAR: 1941

Tocantins LM, O’Neill JF, Jones H. Infusion of blood and other fluids via the bone marrow: Application in pediatrics. JAMA 1941a; 117(5):1229-34..
Describes emergency IO infusion of citrated blood and saline into the tibia or femur of 9 infants. IV access was impossible. Found no complications upon clinical or x-ray examination post-infusion.

YEAR: 1922

Seminal article on blood circulation in the IO space. Demonstrates movement of red blood cells from the bone marrow into the circulating blood by perfusion of the tibia of the dog and by injections into the bone marrow in the rabbit and cat.
Intraosseous Vascular Access Bibliography
Pharmacokinetics/Dynamics

YEAR: 2015


A cadaveric study evaluating intraosseous (IO) vascular access insertion sites for attainable flow rates under 300 mmHg. The EZ-IO was used to establish IO access at the proximal humerus and proximal tibia sites; the FAST1 was used to establish sternal IO access. The total volume of fluid infused at the three IO access sites was 469 ± 190 mL for the sternum; 286 ± 218 mL for the humerus; and 154± 94 mL for the tibia. The mean flow rate infused at each site was as follows: 93.7 ± 37.9 mL/min for the sternum; 57.1 ± 43.5 mL/min for the humerus; and 30.7± 18.7 mL/min for the tibia. First attempt placement success was 100% for the sternum and proximal humerus and 81% for the tibia.


This preclinical study evaluated the occurrence of fat intravasation resulting from intraosseous (IO) flush and infusion in anesthetized swine. Intravasated fat was assessed using a lipophilic fluoroprobe (Nile red) and by vascular ultrasound imaging. Fat intravasation was observed during all IO infusion regimens, with subclinical pulmonary fat emboli persisting 24 hours post infusion. It was noted that initial flush was a significant factor in fat intravasation, low levels of intravasation occurred with infusions ≤300 mmHg, fat intravasation and bone marrow shear-strain increased with IO infusion rates, and intravasation was influenced by cannula insertion site.


Preclinical study using a porcine model to determine whether there were differences in intraosseous (IO) and intravenous (IV) antibiotic (cefotaxime and gentamicin) concentrations during septic shock. Both methods of administration yielded comparable concentrations. Authors concluded in an emergency, IO administration of these antibiotics may be considered in severe infections when venous access is difficult.

YEAR: 2014


A prospective observational study that evaluated use of intraosseous vascular access for delivery of rapid sequence intubation (RSI) drugs. Data was collected between January and May 2012 at a combat hospital in Afghanistan. Thirty-four (34) patients underwent RSI with drug delivery via the IO route. Access was established in the proximal humerus and tibia using the EZ-IO and in the sternum using the FAST-1. All placements were successful on first attempt; first pass intubation success rate was 97%; a Cormack-Lehane (C-L) laryngoscopical grade view of 1 was reported 91%. Authors concluded that IO access is a safe and feasible route for delivery of anesthetic drugs for RSI.


Randomized comparative study of adult pigs infused intraosseously with either: 7.5% hypertonic solution (HTS), 3% HTS or normal 0.9% isotonic saline. The animals were observed daily for infection, necrosis and gait up to 5 days, then necropsy and histological analysis was performed for tissue necrosis. Observations included regular tissue morphology and normal gait scores over the 5 day observation period; and absence of gross tissue necrosis and microscopic ischemia post IO HTS infusion in this swine model. Authors concluded this study confirms the clinical safety of IO HTS infusion and its use as an alternative lifesaving treatment.


Preclinical study using a porcine model to determine whether there were differences in intraosseous (IO) and intravenous (IV) whole blood transfusion relative to hemolysis and transfusion time. IO transfusion does not significantly increase hemolysis (using free hemoglobin as outcome measure) or transfusion time compared with IV transfusion. Authors concluded transfusion of whole blood through an IO device is an effective transfusion method that may be used until other vascular access is obtained.


A letter to the editor questioning the practice of using IO blood for laboratory analysis. The author identifies there is a lack of clinical evidence supporting IO blood laboratory analysis and concludes that IO access should be limited to infusion of fluid and medications until the relationship of IO blood to peripheral blood is defined.
Excellent opacification of the pulmonary arteries was achieved and there were no immediate complications from the injection noted. Several failed attempts to reestablish PIV access, 150 mL of contrast were injected through the proximal tibia IO catheter placed by EMS.


Case report of 15-year-old male obtunded patient requiring a CT angiogram to diagnosis a suspected massive pulmonary embolism. After several failed attempts to reestablish PIV access, 150 mL of contrast were injected through the proximal tibia IO catheter placed by EMS. Excellent opacification of the pulmonary arteries was achieved and there were no immediate complications from the injection noted.
Intraosseous Vascular Access Bibliography
Pharmacokinetics/Dynamics

A case study describing intraosseous pressure monitoring, through tibial IO access, using a standard arterial pressure monitoring transducer during resuscitation of a 31-year-old male in cardiac arrest. Pressure readings were recorded for approximately 53 minutes and were compared to non-invasive blood pressure cuff monitoring at the same time points. IO systolic, diastolic and mean IO pressures were approximately 40% of arterial pressures. This is the first case report demonstrating IO space has a measurable blood pressure and it correlates with pressure obtained through conventional techniques.

http://dx.doi.org/10.1016/j.jradnu.2012.12.004
General discussion on use of the intraosseous vascular access route for infusion of CT contrast, with attention to clinical considerations pertinent to nurses working in the imaging suite. Author also reviews general IO principles and IO devices.

This 30 pediatric patient case series describes use of IO access in the perioperative setting when peripheral and central venous access failed during anesthesia administration for emergency surgery. Due to unavailability of modern IO devices, a standard 18-gauge IV needle with a handmade IV extension set were used to establish IO access. The authors reported administering ketamine, succinylcholine, pancuronium, atracurium, halothane, neostigmine, atropine, blood products, fluids and hydrocortisone through the IO line without complication. The authors concluded that although it is not the first-line method for anesthesia, IO access should be considered by pediatric anesthesiologist when peripheral and central venous access has failed or is difficult.

Harris M, Balog R, Devries G. What is the evidence of utility for intraosseous blood transfusion in damage-control resuscitation?. J Trauma Acute Care Surg 2013;75(5):904-6. doi:10.1097/TA.0b013e3182a85f71
This article explores the use of IO access for blood product administration and whether or not it is clinically effective. Based upon lack of clinical evidence and physics principles, the author argues that maximum flow rates attainable for IO blood infusion are not adequate for resuscitation.

http://dx.doi.org/10.1016/j.jemermed.2013.05.057
A case report describing administration of thrombolytics via tibial IO vascular access for pulmonary embolism in a 36-year-old woman. Due to the emergent nature of the situation, IO access was determined to be the best option for immediate vascular access. Alteplase was administered through the IO line at 100 mg over 2 hours without complication. The patient successfully recovered and was discharged from the hospital on day 7 without long-term disability. The author concluded that this case study raised the potential use of IO lines to deliver thrombolytics in patients with massive pulmonary embolism and that further evaluation is needed to compare the risk and benefits of the alternative method of administration.

A prospective study comparing IO and venous laboratory values obtained from a point-of-care analyzer (i-STAT) in 20 children. IO blood specimens were collected from the iliac crest; 2 ml were discarded before the sample was collected analysis. Results showed differences between venous and IO sample were clinically acceptable for pH, base excess, sodium, ionized calcium and glucose in hemodynamically stable patients. Authors concluded that analysis of IO samples with a bedside point-of-care analyzer is feasible and in emergency situations may be useful to guide treatment.

This article describes a case study of a 5-month old infant that suffered a head injury resulting in shock. She received 100 mL of red blood cells via the EZ-IO in the proximal tibia, resulting in rapid hemodynamic improvement. A literature search was completed for cases of IO blood transfusion in pediatric trauma. Authors note IO availability and knowledge play an important role in hemorrhagic shock; and RBC infusions via the IO route are feasible in this age group.

7/15/2015

This randomized, controlled study compared tissue concentrations at the surgical site of regionally and systemically administered prophylactic vancomycin, in 30 patients undergoing total knee arthroscopy. The antibiotic was administered using three methods: 250mg through IO regional administration in the proximal tibia (IORA); 500mg through IORA; and 1g administered systemically through IV. Results showed the tissue concentration of vancomycin was greater in the 250mg IORA group than the systemic IV group, and the 500mg IORA group had higher concentrations than both groups.

YEAR: 2012


Preclinical study using a porcine model comparing the maximum concentration and time to maximum concentration of epinephrine administered via the tibial IO, sternal IO and IV routes during CPR. The IV route of administration of 1mg of epinephrine resulted in a serum concentration 5.87 and 2.86 times greater than the tibial route and sternal route respectively. The times to peak concentration was similar for IV and sternal IO groups but delayed for the tibial route. Authors conclude that due to limitations of their study the guidelines of administering 1mg of epinephrine via the IO route should not be changed; further studies using larger sample size, larger volume flush, arterial blood samples and the use of a more precise method of measuring serum epinephrine should be done.


This pre-clinical study evaluated IO flow rates obtainable with infusion of lactated Ringer’s and hetastarch 6% through the proximal tibia and sternum IO insertion sites, using a swine model. The EZ-IO 25mm was used to facilitate tibial IO access; sternal access was established using a Jamshidi needle. Results showed that hetastarch flow rates were lower than lactated Ringer’s flow rates at both insertion sites; sternal infusion of hetastarch is likely to provide greater estimated intravascular volume expansion than lactated Ringer’s, despite the lower infusion rates; resuscitation using the IO route is likely to benefit from pressure bag or high-pressure pump delivery. This study was sponsored by Vidacare Corporation.


PALS 2012 guidelines on pharmacotherapy and toxicological emergencies.


This abstract presented at the 2012 ACEP Research Forum discusses a swine pre-clinical study evaluating CT image opacification when contrast is delivered via IV and proximal humerus IO access. The EZ-IO 25mm was used to facilitate IO access. Results showed that under blinded radiology review the IV and IO images were judged adequately opacified to meet diagnostic criteria. Authors concluded that IO administration of contrast material may be a viable alternative if other vascular access is unavailable or if establishing other access will lead to a delay in diagnostic evaluation. This study was sponsored by Vidacare Corporation.


Physicians from two different emergency department settings reported 2 cases of supraventricular tachycardia (SVT) in infants (2 and 4 month old) in which IO administration of adenosine failed to convert SVT to a normal rhythm.


Pharmacokinetics of IO drug delivery was compared using the tibia or sternum, versus central venous delivery during CPR. Anesthetized swine with KCl arrest were used for this study, CPR was initiated 8 minutes post arrest. Using 2 study groups, dye was injected as a bolus with adrenaline through either the IO sternal and tibial needles or through the IO sternal and IV central venous needles. Results showed peak arterial blood concentrations were faster for sternal IO vs tibial IO administration. Tibial IO delivered 65% of the total dose delivered with sternal administration. Peak blood concentrations were similar for sternal IO and central venous administration. Sternal IO delivered 86% of the total dose delivered by central venous administration. The EZ-IO and Jamshidi were used to facilitate IO access. This research was sponsored by Vidacare Corporation.
Intraosseous Vascular Access Bibliography
Pharmacokinetics/Dynamics


In this preclinical swine study, investigators sought to evaluate whether intraosseous blood samples can be used to measure opioids, and if so, to determine the level of accuracy of those measurements. Blood samples were drawn from bilateral tibial IO catheters and from a central venous catheter for six hours. Authors concluded that IO blood samples can be used for the analysis of opioids if an IV route is not available.


A preclinical study evaluating the effects of propofol on selected blood parameters and physiological variables during general anesthesia in rabbits when administered via intraosseous and intravenous routes. Results showed the IO route was as effective as the IV route for propofol administration at doses inducing general anesthesia. The authors concluded that use of IO propofol could be recommended as a safe method of anesthesia in small animals with limited vascular access.


A preclinical study evaluating the time to loss of consciousness and effective maintenance of anesthesia following IO and IV administration of propofol in 24 rabbits. The authors concluded that in all evaluated aspects of anesthesia, IO administered propofol was as effective as IV administration in rabbits.


This abstract presented at the 2012 ACEP Research Forum describes a preclinical swine study evaluating the ability to induce therapeutic hypothermia by infusing chilled saline via IV and IO access. The EZ-IO was used to facilitate IO access. Results showed statistical equivalence between IV and IO routes when used to deliver chilled saline to induce therapeutic hypothermia. Results also showed that use of chilled saline and infusion tubing submerged in an ice water bath provides the most effective means of cooling. This study was sponsored by Vidacare Corporation.


A pre-clinical study evaluating the systemic bioavailability of antidotes when administered via the intraosseous (IO), intravenous (IV), and intramuscular (IM) routes is described. Results showed rapid and substantial antidote bioavailability after IO administration similar to that of the IV route. Authors concluded that the IO route of antidote administration should be considered when IV access is difficult.


An overview of IO vascular access including a review of currently available literature. The author discusses various IO devices available and their performance metrics, IO access sites, flow rates, advantages and disadvantages of IO access compared to conventional access methods, complications and recommendations on use of the approach. The author concludes that while IO access may not be appropriate for all patients, it deserves a place in the modern provider's armamentarium.


An observational study evaluating use of the EZ-IO in a Swiss pre-hospital EMS system between January 1, 2009 and December 31, 2011 and comparing those results to the literature. Sixty IO insertions were performed on 58 patients; the proximal tibia was used in all attempts except 1 attempt made in the proximal humerus. Overall success rate was 90%; the 6 failures were attributed to impossibility to infuse, difficult needle insertion, and incorrect insertion site (tibial plateau). Some of the indications for IO access included cardiopulmonary arrest, major trauma, and shock; general anesthesia was successfully inducted in 7 patients. Drugs infused are listed. There were no serious complications.


This preclinical study sought to determine the accuracy of IO blood lab values by comparing lab results obtained using an I-Stat for IO blood and arterial blood. The authors concluded that the agreement between intraosseous and arterial analysis seemed to be good enough to be clinically useful, and that there were no clinically significant differences between samples collected from the right and left tibia.
This article discusses alternative rehydration methods for pediatric patients, including the intraosseous route.


This article describes an animal trial that assessed the ability of protected, experienced first responders and limited-experience first receivers to place IO lines for antidote administration using the Vidacare EZ-IO device. First responders placed IO lines successfully in 91% of the cases. Investigators concluded that IO lines may facilitate earlier administration of antidotes to hazardous material victims.


This abstract describes a study comparing the return to baseline of mean arterial blood pressure between two groups of swine (total n=24) in acute cyanide toxicity and treated with hydroxocobalamin via IV or IO. They also compared blood cyanide lactate, pH, nitrotyrosine levels, cerebral near infrared spectrometry oxygenation, and inflammatory markers. Results showed that all test values in both groups were similar. The author concluded that IO infusion of hydroxocobalamin was found to be equally efficacious to IV administration in the animal model.

Several studies were conducted to evaluate the effectiveness of IO administration during adult cardiac arrest. Authors reported a lack of literature (only two studies met their level of evidence criteria) but concluded IO access in adults appears to be a fast, reliable method to deliver drugs and fluid during CPR allowing adequate drug concentrations and pharmacological response; and should be considered if other medication delivery methods have failed. (Presented at the March 2011 International Symposium on Intensive Care and Emergency Medicine)


This comparative study evaluating the effectiveness of IO access in relation to IV access for infusion of anesthetics (ketamine, midazolam, and fentanyl) and fluids during hemodynamic studies in 21 infants with congenital heart disease. IO access was established in the proximal tibia (n=11). Results showed, time to access was significantly shorter with IO access (3.6 vs 9.6 minutes); anesthetic onset was shorter with IV access (56.3 vs 71.3 seconds); and no significant difference between groups for hydration volume and anesthesia recovery time. The authors concluded that due to its easy manipulation and efficiency, hydration and anesthesia by IO access was satisfactory without necessity of other infusion access.


This abstract reports a literature review using both MEDLINE and Embase databases up to August 2010 to determine feasibility and safety of IO administration during adult cardiac arrest. Authors reported a lack of literature (only two studies met their level of evidence criteria) but concluded IO access in adults appears to be a fast, reliable method to deliver drugs and fluid during CPR allowing adequate drug concentrations and pharmacological response; and should be considered if other medication delivery methods have failed. (Presented at the March 2011 International Symposium on Intensive Care and Emergency Medicine)
Intraosseous Vascular Access Bibliography
Pharmacokinetics/Dynamics


In this pre-clinical study, IO and arterial blood samples were collected over a 6-hour timeframe from the tibia of anesthetized swine, analyzed using an iStat and compared. Results showed compliant values between IO and arterial blood for electrolytes, hemoglobin, pH, and pCO2. Lactate, BE, PO2 and SO2 were less compliant. There were high correlations between SO2 and PO2 although the levels in arterial blood were higher.


In this preclinical study, 30 swine in ventricular fibrillation received IO epinephrine, IV epinephrine, or placebo. Return of spontaneous circulation, 24-hour survival, and 24-hour survival with good neurological outcome was evaluated. Results showed ROSC to be nearly universal for the IV and IO groups with no differences between rates; 24-hour survival was substantially more likely in the IO group than the IV group; survival with good neurological outcome was more likely in the IO group than the IV group.

YEAR: 2010


This article explores the use of epinephrine during cardiac arrest to evaluate the lack of demonstrated efficacy in human trials of out-of-hospital cardiac arrest as compared to the laboratory animal model. The author concluded that the value of epinephrine as an adjust to resuscitation of cardiac arrest depends on the dosage, timing of administration and the initiating factor the cardiac arrest, and suggests that IO administration of epinephrine may help address the issue of timing of administration.


This case study describes a 25 year-old woman who had a massive pulmonary thromboembolism and was administered thrombolysis via IO route (internal tibial malleolus) in the air-transfer pre-hospital setting. The patient recovered.


This article in Chinese, describes a study that evaluated the effects to the bone marrow following IO infusion of hypertonic saline-hydroxyethyl (HSH) in the dog model; using a normal saline group (NS) and a non-infusion group. The test subjects were put into shock and resuscitated. Results showed that at 48 hours post infusion and 1 week post infusion changes were seen in the bone marrow and peripheral blood in the HSH and NS groups as compared to the non-infusion group. At 4 weeks post infusion, the NS group and HSH group recovered to normal level. Bone marrow morphology changed slightly but no bone necrosis occurred. The author concluded that HSH in small amounts via IO is safe and effective as a fluid resuscitation measure for shock, and little change in bone marrow has been found after infusion.

YEAR: 2009


In a goat study, researchers assessed the hemodynamics of hydroxocobalamin (OHCo) and normal saline (NS) by the IO route and concluded that the effects of OHCo given by the IO route in non-CN-poisoned goats are mild and well tolerated.


This abstract describes a retrospective study to determine the time from EMS dispatch to IV or IO drug delivery, time savings to drug delivery if vascular access preceded intubation, the internal validity of that point estimate using matched cases in which IV/IO was performed first, and the theoretical increase in rate of return to spontaneous circulation. Investigators concluded that time from dispatch to IV/IO delivery could be reduced by 4 minutes if vascular access preceded intubation and could, potentially double ROSC.


This abstract for a presentation at the 2009 ACEP Research Forum describes a swine study that evaluated crystalloid fluid flow through an IO needle following nitroglycerin infusion in a swine model. Investigators concluded there was not a significant increase in flow rate after administration of IO nitroglycerin.
Intraosseous Vascular Access Bibliography
Pharmacokinetics/Dynamics

Von Hoff DD, Kuhn JG, Burris HA, Miller LJ. La perfusion intraosseuse est-elle equivalente a la perfusion intraveineuse?.. Urgence Pratique 2009;36:36-40
This French version of an article previously published in American Journal of Emergency Medicine describes a 25-patient clinical study that compared the pharmacokinetics of intraosseous using the VidaPort (a predecessor of the Vidacare EZ-IO) vs. intravenous administration of morphine sulfate in adults. Results showed no differences between IO and IV administration of morphine for nearly all pharmacokinetic parameters, including maximum plasma concentration, time to maximum plasma concentration, and area under plasma concentration-time curve. There was a significant difference in the volume of distribution in the central compartment, which investigators attributed to a minor deposition effect near the IO port or in the bone marrow. Investigators concluded that the results support the bioequivalence of IO and IV administration of morphine in adults.

This swine study was designed to determine if intraosseous infusion is suitable to delivery recombinant human factor VIIa (rFVIIa) during hemorrhagic shock. Investigators concluded that administration of rFVIIa via IO infusion is a safe route for delivery and is likely to produce blood levels required to improve hemostasis during shock.

YEAR: 2008

Animal (goat) study to determine the capacity and time required for protected hazardous materials responders and receivers to accomplish vascular access and hydroxocobalamin administration for antidotal treatment for exposure to cyanide and other poison agents. Using the EZ-IO device, researchers concluded that the time required for IO administration of the drug was shorter than intravenous administration; and that IO placement is readily accomplished wearing all levels of chemical protective garments and equipment.

The objective of this study was to determine the anesthetic efficacy of repeated intraosseous injections of 2% lidocaine with epinephrine given 30 minutes following a primary injection for pain management for dental procedures. Results found that a repeated injection provided 15 minutes of additional pulpal anesthesia.

Two letters to the editor regarding use of IO blood for sampling in the emergency setting. One letter states it should no longer be done and only arterial or femoral venous samples should be used during resuscitation; the second notes the importance of IO blood sampling in emergency situations when time cannot be delayed for central line access, stating it is key that the sample be properly labeled as IO blood.

Two letters to the editor regarding use of IO blood for sampling in the emergency setting. One letter by S. Nicoll and S. Rochester states it should no longer be done and only arterial or femoral venous samples should be used during resuscitation. The second by R. Salter notes the importance of IO blood sampling in emergency situations when time cannot be delayed for central line access, stating it is key that the sample be properly labeled as IO blood.

UK

This article describes a 25-patient clinical study that compared the pharmacokinetics of intraosseous vs. intravenous administration of morphine sulfate in adults. Results showed no differences between IO and IV administration of morphine sulfate for nearly all pharmacokinetic parameters. Investigators concluded that the results support the bioequivalence of IO and IV administration of morphine in adults.

YEAR: 2007

Article describes the IO route to deliver epinephrine.
Overview article of IO vascular access describes technique, efficacy in medication delivery, utility in pediatric emergencies, use in neonates, complications, and commonly-infused medications.

Hoskins SL, Kramer GC, Stephens CT, Zachariah BS. Efficacy of epinephrine delivery via the intraosseous humeral head route during CPR. Circulation 2006;114:II_1204
Results from this study which sought to determine the efficacy of intraosseous drug delivery using the proximal humerus during CPR in swine showed that the humeral route generated higher mean arterial pressures than central venous or endotracheal delivery.

YEAR: 2005

This animal study compared IO drug delivery in the tibia versus the sternum during CPR. Researchers concluded that during CPR IO infusions delivered via both sites were effective—although sternal delivery was faster; and that IO sternum access is comparable to IV access for drug delivery during CPR.

This study abstract discusses use of the EZ-IO to determine the pharmacokinetics (PK) and efficacy of tibial IO drug delivery during treatment of cardiac arrest in the swine model, as compared to IV access. Results showed that PK analysis of IO drug delivery via the tibial route showed a delay of 20-50 seconds compared to IV; however, physiologically significant levels of epinephrine were reached as MAP. This research was sponsored by Vidacare Corporation.

Animal study comparing distribution of technetium Tc 99m pertechnate following IO or IV injection. Both routes resulted in effective perfusion of the distal portion of the forelimb and similar distribution in the phalanges of horses.

Multicenter, prospective study of cardiopulmonary resuscitation data over 18 months. The study was design to evaluate the impact of survival of IV or IO high-dose epinephrine compared to standard doses in children with cardiorespiratory arrest. Limited conclusions showed that there is no significant difference between the two treatments.

Veterinary study of IO and IV pharmacokinetics of vancomycin in horses. Found no significant differences in pharmacokinetic variables and plasma drug concentrations between IO and IV administration.

Retrospective study over a 14-year period examining 129 IO insertions among 23,489 pediatric trauma patients. Patients receiving IO fluids and medications tended to be younger and sicker. Concludes that IO is an essential skill for anyone involved in pediatric trauma resuscitation.

Prospective randomized dental study of the pharmacokinetics and pharmacodynamic effect of lidocaine and epinephrine administered via IO and infiltration injections. Found no difference in plasma levels of lidocaine for maxillary anterior IO and infiltration injections. Found a significant increase in heart rate with IO administration compared to infiltration injection.

Preclinical study in young pigs comparing IO and IV administration of hypertonic saline solution in an uncontrolled hemorrhagic shock swine model. Found no significant difference between IO and IV administration. 
Abstract only


Cadaver study demonstrating immediate entry of methyl green dye into the venous system after IO infusion via the calcaneus in 14 of 20 cadaver legs (70%).


Dental study finding successful injections of 2% lidocaine with epinephrine in 27 of 33 (82%) X-tip IO injections (82%) for anesthesia in mandibular teeth.


IO infusion of 7.5% hypertonic saline in this model was associated with a high rate of local complications (soft tissue or bone marrow necrosis).


Veterinary study comparing the B.I.G. with the manually driven Jamshidi IO needle. Concludes the B.I.G. provides more rapid access to the IO space.


Veterinary study comparing IO and IV pharmacokinetics of Amikacin in horses. Found that maximal concentration of Amikacin concentration was significantly higher with IV perfusion.


Preclinical study in micropigs investigating the short and long term efficacy and safety of an implantable IO device. The study compared serum concentrations of Amikacin and Vancomycin administered through the implantable IO device, an intra-tibial needle, and a central IV line. Found similar concentration curves among all 3 routes for both antibiotics, though vancomycin levels did not reach therapeutic levels for both IO routes. Concludes that long term administration of antibiotics through an implantable IO device is feasible and safe in micro-pigs.

Donati F, Guay J. The substitute for the intravenous route. Anesthesiology 2001;95(4):1041

This letter is in response to an editorial on management of laryngospasms without previous intravenous access. The authors debate the use of intramuscular succinylcholine vs. intraosseous administration.


Preclinical study in pigs. Found that blood flow in the IO space is responsive to both physiologic stress response caused by electroshock and to vasopressors given during resuscitation after hypovolemic cardiac arrest. Blood flow in the IO space was nearly absent following successful resuscitation with high-dose epinephrine, but was maintained after high-dose vasopressin. Concludes there may be a need for a pressurized intraosseous infusion during hemorrhagic shock.
Intraosseous Vascular Access Bibliography
Pharmacokinetics/Dynamics

YEAR: 2000

Dental study of IO injection of lidocaine in 20 human volunteers. Found a statistically significant increase in heart rate immediately after IO injection (12 beats per minute) but no effect on blood pressure.

Dental study demonstrating that intraosseous injection of 1.8 ml of 3% mepivacaine to augment nerve block in the first molar significantly increased the anesthetic success over 30 minutes and had a minimal effect on heart rate.

Pharmacokinetic study in piglets comparing IO and IV administration of fosphenytoin and phenytoin. Therapeutic plasma levels were achieved with both administration routes for both drugs. Concludes no need to adjust the standard drug doses of phenytoin for IO administration. Cautions slow infusion rates for fosphenytoin due to concerns over neurotoxicity.

Intraosseous transplantation of bone marrow in combination with long-acting Adriamycin may inhibit acute and chronic graft versus host reactions.
Abstract only. Russian

Dental study in 48 volunteers finding IO injection of etidocaine resulted in a significant increase in anesthetic effect. The majority of subjects receiving IO etidocaine solution experienced a transient increase in heart rate.

YEAR: 1999

This article describes use of intraosseous injection of anesthetic for dental applications.

Efimov IuV, Zaitsev VG, Sychugov AV. [The treatment of patients with complicated mandibular fractures using a method for the intraosseous administration of biologically active drug agents]. Stomatologiya (Mosk) 1999; 78; 26-7. [Russian]
Article in Russian; no English translation.
No abstract available

This case study described administration of iodinated contrast via IO infusion in the tibia, for an abdominal CT scan in a 7 week old infant. CT imagining demonstrated adequate enhancement of the solid organs and vasculature.

Preclinical study in hypovolemic pigs finding no significant difference in pharmacokinetic and pharmacodynamic parameters between IO and IV infusion of hydroxyethyl starch.

Dental study in 42 volunteers finding most subjects receiving IO Lidocaine-epinephrine solution experienced a transient increase in heart rate. No significant increase in heart rate was observed with the intraosseous injection of 3% Mepivacaine.

Preclinical study in pigs finding that plasma levels of vasopressin, hemodynamic variables, and return of spontaneous circulation were comparable for IO and IV administration. Concludes IO vasopressin may be a viable alternative during CPR when IV access is delayed or not available.

**YEAR:** 1998


Veterinary study in 14 iguanas were finding that IO propofol resulted in a significant decrease in heart rate that appeared 35 minutes after induction of anesthesia and persisted for 120 minutes. Serum pO2 values decreased after induction of anesthesia.

*Abstract only*

**YEAR:** 1997


Review article highlighting preclinical data and 1 clinical study. Demonstrates that IO administration can be used for safe and rapid infusion of hypertonic saline dextran with the hemodynamic effect as IV administration.

**YEAR:** 1996


Case report of successful resolution of supraventricular tachycardia in an infant following IO administration of adenosine.

**YEAR:** 1995


Preclinical study in piglets demonstrating successful resuscitation from hemorrhagic shock with IO administration of hypotonic saline.

**YEAR:** 1995


Nursing article on pharmacologic management of cardiac arrest discussing administration routes for cardiac medications.

Kristensen BB, Mikkelsen SS. Pharmacological routes of administration in circulatory collapse. Ugeskr Laeger 1995;157(49):6864-8

Review article discussing medication administration routes during CPR when patient is in shock. Recommends IO access for medications, crystalloids and colloids as a viable alternative. Cautions against IO for hypovolemic shock due to lower infusion rates.

*Abstract only. Article in Danish*


Preclinical study of IO versus resuscitation in hemorrhagic shock with an infusion of small volume hyperosmotic saline. Found that plasma catecholamine levels returned to normal 90 minutes after IO infusion. Found no significant differences in catecholamine levels between IV and IO infusion.

**YEAR:** 1995


Preclinical study in pigs demonstrating that IO hyperosmotic resuscitation increases circulatory performance and reduces the plasma and catecholamines concentrations during hemorrhagic shock.

**YEAR:** 1995


Clinical study of IO anesthesia during orthopedic surgery. Satisfactory anesthesia was obtained in 106 of 109 patients. Concludes that IO regional anesthesia is a valuable technique when IV anesthesia fails or is not feasible.
Intraosseous Vascular Access Bibliography
Pharmacokinetics/Dynamics

YEAR: 1994

Preclinical study comparing IO administration of adenosine with peripheral and central venous routes to induce atrioventricular block during pacing. Found that IO administration was effective. Required dose of adenosine was highest for the peripheral venous route, lowest for central venous route.

Veterinary study comparing IO and IV administration of amikacin. Found no significant differences in pharmacokinetic parameters between the 2 administration routes.

Preclinical study in 86 injured dogs with hemostasis disorders. Plasma and platelet disorders normalized 3 hours after the onset of infusion therapy. The response was enhanced by IO infusion of isotonic saline.

Preclinical study demonstrating IO infusion of a saturated salt-dextran solution restored cardiac output in a pig model of hemorrhage. Suggests that IO-adminstered concentrated salt-dextran solution is a viable alternative during harsh field conditions where conventional resuscitation techniques may be impractical.

Ummenhofer W, Frei FJ, Urwyler A, Drewe J. Are laboratory values in bone marrow aspirate predictable for venous blood in paediatric patients.. Resuscitation 1994;27(2):123-8
In this study bone marrow aspirate from the iliac crest and peripheral venous blood samples from 30 pediatric patients were compared to investigate the predictive value of bone marrow aspirate in performing laboratory studies. Laboratory tests with high predictability, moderate but clinically useful predictability are summarized. Tests that were systematically different from venous blood are also summarized.

Pharmacokinetic study comparing IO and IV administration of both sodium bicarbonate and a radioactive tracer. Found no significant differences in end tidal CO2 concentrations between the 2 routes of administration. Also found no differences in time for radiotracer to reach the central circulation. Suggests that dosage adjustments are not required for IO administration and that IO is an acceptable alternative to IV drug administration.

YEAR: 1991

Review of indications and benefits of intraosseous infusion. Concludes IO access may be especially valuable for medical personnel who rarely care for critically ill children because the IO technique is easily mastered even with limited practice.

A pre-clinical study comparing IV and IO blood serum levels of antibiotics: ceftriaxone, cefotaxime, ampicillin and gentamicin in weaning pigs. Blood levels were compared at 15, 30, 45, 60 and 90 minutes and each animal served as their own control. Results showed that IO levels were initially lower than IV levels though the difference became indistinguishable after 30 minutes. Ceftriaxone levels however remained lower throughout the 90 minute sample period. The authors concluded that standard IV doses may be administered intraosseously though further study may suggest higher doses of ceftriaxone may be more beneficial.
Preclinical study comparing a sternal IO infusion device to IV fluids for resuscitation. Blood pressure and cardiac output were normalized at 10 minute post infusion in both groups. Advocates use of IO infusion as a way for pre-hospital rescuers to consistently incorporate fluid therapy in their scoop and run policies.

Preclinical study of the pharmacokinetics of emergency medications in a canine model of shock. Found that endotracheal administration was unreliable, while IO administration was comparable to central and peripheral venous administration.

Preclinical study comparing the pharmacokinetics of 6 emergency medications in dogs. Found that IO administration resulted in similar physiologic effect and/or serum drug levels as central and peripheral venous administration.

This article describes two cases of IO administration of succinylcholine for emergency airway management in children that resulted in adequate intubating conditions within 45 seconds for both cases.

Vinsel PJ, Moore GP, O’Hair KC. Comparison of intraosseous versus intravenous loading of phenytoin in pigs and effect on bone marrow. American Journal of Emergency Medicine
A 15mg/kg dose of phenytoin was administered over 15 minutes to 6 pigs using the IV route and 6 pigs using the tibial IO route. Blood samples were taken every 5 minutes for 35 minutes to determine phenytoin levels. There was no statistical difference between the two groups. Bone cortex and marrow were microscopically examined and were normal after 5 weeks. Authors concluded the IO route is an effective alternative to the IV route for administering phenytoin without permanent damage to the marrow.

Article advocating IO infusion over endotracheal administration of medications. Asserts that IO infusion is equivalent to IV infusion.

Preclinical study in pigs and mathematical model using mean frequency of the ECG during ventricular fibrillation to predict downtime.

A pre-clinical study evaluating resultant serum levels when administering phenobarbital and phenytoin via intraosseous infusion as compared to IV administration in domestic swine. Results showed that current IV dosing of phenobarbital 20 mg/kg obtains and maintains therapeutic serum levels when given IO; Phenytoin 15 mg/kg does not maintain therapeutic levels and cannot be recommended for IO administration.

Preclinical study in pigs finding equivalence in physiologic response between IO an IV administration of antiepileptic drugs.

Preclinical study in dogs examining lung samples for fat and bone marrow emboli following IO infusion. Found no significance difference in embolism formation or density between dogs receiving IO infusion of emergency drugs and control group.
Intraosseous Vascular Access Bibliography
Pharmacokinetics/Dynamics

YEAR: 1987

Letter to the editor written by Dr. Edgren and Dr. Tilelli regarding a prior article by Dr. Spivey in which he suggested use of IO route for administration of diazepam for treatment of status epilepticus. They note a few complications of IO use such as osteomyelitis, epiphyseal damage and pulmonary embolism as reasons to use rectal administration over IO. Dr. Spivey responded noting IO administration should be considered as an option and that the complications they noted are very rare or never reported.

YEAR: 1986

Review of medical literature and research on the problem of difficult intravenous access.

YEAR: 1985

This preclinical study compared CBCs and routine blood chemistries drawn from IO and IV blood. The authors concluded that IO blood chemistries reflected venous blood chemistries and may be used if venous blood cannot be obtained; CBC cannot be reliably obtained from IO blood.

YEAR: 1984

This preclinical study compared pH changes induced by administration of IV and IO sodium bicarbonate. The results showed that the rapidity and effectiveness of sodium bicarbonate administered via IO was clinically equivalent to that given by the IV route.

YEAR: 1979

Preclinical study of IO flow and pharmacokinetics in the bovine tibia. Mean time to initial effect of IO administration of epinephrine was 17 seconds with 90% maximal effect in 45 seconds. Concludes that experiment provides quantitative evidence of utility of IO infusion for resuscitation.
Intraosseous Vascular Access Bibliography

Pre-Clinical Studies

**YEAR:** 2015

Frascone RJ, Salzman JG, Adams AB, Bliss P, Wewerka SS, Dries DJ. Evaluation of intraosseous pressure in a hypovolemic animal model. J Surg Res 2015;193(1):383-90. http://dx.doi.org/10.1016/j.jss.2014.07.007. Preclinical study to determine whether intraosseous pressure (IOP) could be consistently recorded and similarity of IOP to central venous and arterial pressure in a porcine hemorrhagic shock model. IOP tracings were tracked reliably from the proximal humerus, distal femur, and proximal tibia. Baseline IOP ranged from 16-18 mm Hg among the three sites, which was approximately 23% of arterial pressure. This study was sponsored by Vidacare LLC.

Saul T, Siadecki SD, Berkowitz R, Rose G, Matilsky D. The accuracy of sonographic confirmation of intraosseous line placement vs physical examination and syringe aspiration. Am J Emerg Med 2015; http://dx.doi.org/10.1016/j.ajem.2014.12.034. A preclinical study evaluating 3 IO placement confirmation techniques to determine if there is one that more consistently identifies the accurate needle tip location either within the bone or within the soft tissue. The identification of the IO needle tip location based upon the confirmation technique used were physical examination: 100%; ultrasound: 93.8%; and aspiration of the IO catheter: 68.5%.

Strandberg G, Larsson A, Lipcsey M, Michalek J, Eriksson M. Intraosseous and intravenous administration of antibiotics yields comparable plasma concentrations during experimental septic shock. Acta Anaesthesio Scand 2015;doi: 10.1111/aas.12454. Preclinical study using a porcine model to determine whether there were differences in intraosseous (IO) and intravenous (IV) antibiotic (cefotaxime and gentamicin) concentrations during septic shock. Both methods of administration yielded comparable concentrations. Authors concluded in an emergency, IO administration of these antibiotics may be considered in severe infections when venous access is difficult.

*Sweden*
Intraosseous Vascular Access Bibliography

Proximal Humerus

YEAR: 2015


A cadaveric study evaluating intraosseous (IO) vascular access insertion sites for attainable flow rates under 300 mmHg. The EZ-IO was used to establish IO access at the proximal humerus and proximal tibia sites; the FAST1 was used to establish sternal IO access. The total volume of fluid infused at the three IO access sites was 469 ± 190 mL for the sternum; 286 ± 218 mL for the humerus; and 154± 94 mL for the tibia. The mean flow rate infused at each site was as follows: 93.7 ± 37.9 mL/min for the sternum; 57.1 ± 43.5 mL/min for the humerus; and 30.7± 18.7 mL/min for the tibia. First attempt placement success was 100% for the sternum and proximal humerus and 81% for the tibia.

YEAR: 2014


A prospective observational study that evaluated use of intraosseous vascular access for delivery of rapid sequence intubation (RSI) drugs. Data was collected between January and May 2012 at a combat hospital in Afghanistan. Thirty-four (34) patients underwent RSI with drug delivery via the IO route. Access was established in the proximal humerus and tibia using the EZ-IO and in the sternum using the FAST-1. All placements were successful on first attempt; first pass intubation success rate was 97%; a Cormack-Lehane (C-L) laryngoscopical grade view of 1 was reported 91%. Authors concluded that IO access is a safe and feasible route for delivery of anesthetic drugs for RSI.


This retrospective study reported IO use over a 7-year period during combat operations in Afghanistan by the UK Defence Medical Services. The EZ-IO and FAST1 IO devices were available for use; IO use data was collected from the front line, during helicopter evacuation and at the combat hospital. A total of 1014 IO devices were inserted into 830 adult patients; various medications infused via IO access are listed. Across all cases there were no serious IO complications and 14 minor complications. The author concluded that in the pre-hospital setting in particular and in severely injured trauma patients, IO access should be considered a primary method of obtaining vascular access.


This report describes a study conducted by the Air Force Research Laboratory comparing intraosseous infusion rates between IO sites in a cadaveric model to determine if there is a site that is most effective for volume resuscitation. Using 16 cadavers procured within 72 hours of death, IO access was established in the proximal tibia and proximal humerus using the EZ-IO and in the sternum using the FAST1. Results showed the mean flow rate in the sternum was 1.6 times greater than the humerus and 3.1 times greater than the tibia. An abstract describing this report was presented by oral presentation at the 2014 annual scientific assembly for the Eastern Association for the Surgery of Trauma meeting.
Intraosseous Vascular Access Bibliography

Sternum

YEAR: 2015


A cadaveric study evaluating intraosseous (IO) vascular access insertion sites for attainable flow rates under 300 mmHg. The EZ-IO was used to establish IO access at the proximal humerus and proximal tibia sites; the FAST1 was used to establish sternal IO access. The total volume of fluid infused at the three IO access sites was 469 ± 190 mL for the sternum; 286 ± 218 mL for the humerus; and 154± 94 mL for the tibia. The mean flow rate infused at each site was as follows: 93.7 ± 37.9 mL/min for the sternum; 57.1 ± 43.5 mL/min for the humerus; and 30.7± 18.7 mL/min for the tibia. First attempt placement success was 100% for the sternum and proximal humerus and 81% for the tibia.

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Intraosseous Vascular Access Bibliography

Tibia

YEAR: 2015


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