of collapse. Minimising the time above the critical threshold for cell damage decreases the extent of tissue and organ damage within the body. Demartini and colleagues showed that, when body temperature was reduced below the critical threshold in 274 individuals who had succumbed to EHS, there was 100% survival without any known sequelae. Second, the mode of body cooling should be such that the cooling rate is optimal (>0.15°C/min) for EHS treatment. Alternative options such as tarp-assisted cooling have been shown to be just as effective as cold-water immersion and can be implemented with ease.

To optimise the treatment and care of individuals suffering EHS, it is essential that patient care take an interdisciplinary approach. Coordinating care between onsite medical providers (for example, athletic trainers, other sports medicine professionals), emergency medical services, and primary care physicians allows for a seamless transition of care between medical providers to optimise patient outcomes.

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Minimising iatrogenic nerve injury in primary care

Wallis and colleagues did not find any cases of nerve injury relating to contraceptive implant insertion/removal in the New Zealand claims dataset. However, such injuries were first reported more than 20 years ago with the 6-rod Norplant and frequently lead to litigation. I have seen 11 such cases in my medicolegal practice. The site for such injuries is the sulcus between biceps and triceps in the upper arm, 8–10 cm above the medial epicondyle. Three nerves run in a neurovascular bundle just below the fascia: the median, ulnar, and medial cutaneous nerve of the forearm. All three have been injured at the time subdermal implant procedures are performed. These injuries continue to happen, despite the recommended site for insertion having been moved away from the sulcus in 2008. The injuries generally occur when blind instrumentation is performed during attempts to remove implants that are situated deeply or are tethered. Some women have suffered permanent neurological deficit, despite undergoing neurolysis procedures. In my view, routine removals should only be carried out by the ‘pop-out’ technique (for a nice demonstration of this, see this videoclip: bigphile.com/popout). Attempts at removal should be abandoned if not straightforward or if the woman complains of sensory symptoms.

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Corrections

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In the study by Davies J et al, Long-term benzodiazepine and 2-drugs use in the UK: a survey of general practice. Br J Gen Pract 2018; DOI: https://doi.org/10.3399/bjgp17X691865, the data for the general population of NHS patients in 2014 were for England only, rather than the UK as a whole. The correct article title is ‘Long-term benzodiazepine and 2-drugs use in England: a survey of general practice’, and there are changes throughout the article to reflect this. The online version has been corrected.

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