



Medical Management in Riots and Protests: Experiences and Lessons Learned

Ameneh Marzban ^{1,*}

¹ Department of Health in Disasters and Emergencies, School of Health Management and Information Sciences, Iran University of Medical Sciences, Tehran, Iran

*Corresponding Author: Department of Health in Disasters and Emergencies, School of Health Management and Information Sciences, Iran University of Medical Sciences, Tehran, Iran. Email: amenemarzban@yahoo.com

Received: 17 June, 2025; Accepted: 24 June, 2025

Keywords: Medical Management, Riots, Protests, Experiences, Lessons Learned

Dear Editor,

In recent decades, there has been a significant increase in the number and intensity of social protests and riots worldwide (1). This situation has posed considerable challenges for medical management and the provision of healthcare and emergency services. Police forces and healthcare institutions require comprehensive strategies and plans for medical management in crisis situations (2). In this letter, we examine the experiences and lessons learned from medical management during riots and protests and offer solutions for improvement.

Ability to Respond Quickly and Effectively to the Injured

One of the main challenges in medical management during riots and protests is the ability to respond quickly and effectively to injured and affected individuals. Protests often escalate into violence, necessitating emergency medical services for many people (3). In such situations, police forces and medical teams must collaborate and coordinate effectively to provide timely and quality assistance to the injured. Successful experiences in this area show that creating rapid response teams and training police and medical personnel in crisis management can improve performance in these situations (2).

Provision of Necessary Equipment and Resources

Another significant challenge is the provision of necessary equipment and resources for medical services in crisis situations (4). Access to medical equipment and medications is often limited during riots and protests.

Therefore, precise planning and preparation of suitable equipment for these situations are of utmost importance. Police forces and medical teams must be equipped with self-care equipment, emergency equipment, and essential medications to meet the immediate needs of the injured. Various experiences indicate that establishing emergency warehouses and appropriately distributing equipment can improve responses in crisis situations (2).

Stress Management and Psychological Support

The need for stress management and psychological support for police forces and medical teams is also crucial. The critical conditions of riots and protests can negatively impact the mental and emotional health of individuals (5). Providing psychological support and counseling services can reduce stress and increase efficiency. Additionally, training in stress management techniques and psychological exercises can improve the mental readiness of personnel facing crisis situations (2).

The Role of Communication and Information in Management

Communication and information dissemination play a crucial role in medical management during riots and protests. Creating efficient communication systems and rapid information dissemination can enhance coordination among police forces, medical teams, and various institutions. The use of modern technologies such as mobile applications and radio systems can improve performance in crisis situations. Successful experiences show that establishing effective communication systems and timely information

dissemination can reduce casualties and improve performance in critical conditions.

Conclusions

In conclusion, experiences and lessons learned from medical management during riots and protests demonstrate the need for precise planning, continuous training and readiness, and the provision of appropriate equipment and resources. Cooperation and coordination among police forces, medical teams, and various institutions play a key role in improving performance in crisis situations. Additionally, providing psychological support and counseling services to police and medical teams can enhance their mental health and increase their efficiency.

In summary, medical management in riots and protests requires comprehensive planning, precise training, provision of suitable equipment and resources, and the creation of efficient communication systems. Based on successful experiences and lessons learned, it is possible to improve performance in facing crisis situations, reduce casualties, and increase the efficiency of personnel. We hope this letter to the editor raises awareness and highlights the importance of medical management in riots and protests, offering practical solutions for improvement.

Footnotes

Authors' Contribution: Study concept and design: A. M.; Acquisition of data: A. M.; Analysis and interpretation of data: A. M.; Drafting of the manuscript:

A. M.; Critical revision of the manuscript for important intellectual content: A. M.; Statistical analysis: A. M.; Administrative, technical, and material support: A. M.; Study supervision: A. M.

Conflict of Interests Statement: The author declares no conflict of interests.

Data Availability: The dataset presented in the study is available on request from the corresponding author during submission or after its publication.

Funding/Support: The present study was financially supported by the author.

References

1. Gilmore J. Lessons from Orgreave: Police Power and the Criminalization of Protest. *J Law Society*. 2019;**46**(4):612-39. <https://doi.org/10.1111/jols.12190>.
2. El Zahran T, Mostafa H, Hamade H, Mneimneh Z, Kazzi Z, El Sayed MJ. Riot-related injuries managed at a hospital in Beirut, Lebanon. *The American J Emergency Med*. 2021;**42**:55-9. <https://doi.org/10.1016/j.ajem.2020.12.084>.
3. Lee WF, Ooi CK, Phua DH, Wong MH, Chan WL, Ng YY. The Little India riot: experience of an emergency department in Singapore. *Singapore Med J*. 2015;**56**(12):677-80. <https://doi.org/10.11622/smedj.2015188>.
4. Demirel ME, Ali İH, Boğan M. Emergency service experience following the terrorist attack in Mogadishu, 14 October 2017, a scene of lay rescuer triage. *The American J Emergency Med*. 2021;**40**:6-10. <https://doi.org/10.1016/j.ajem.2020.12.005>.
5. Unuvar U, Yilmaz D, Ozyildirim I, Dokudan EY, Korkmaz C, Doğanoglu S, et al. Usage of Riot Control Agents and other methods resulting in physical and psychological injuries sustained during civil unrest in Turkey in 2013. *J Forensic Legal Med*. 2017;**45**:47-52. <https://doi.org/10.1016/j.jflm.2016.11.007>.