



Home Medical Emergencies

First Aid & Medical Emergencies



Basics-Who is the "best" responder? YOU!



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The best person to respond is YOU.

Being prepared to help is the number one way to help someone in an emergency.

Knowing what to do and how to help is priceless, even if only calling 911, you are there to help.

This book is for YOU!

Please feel free to make notes, doodle, or just use it as a reference when needed

**If you want more information or to take a class with hands-on learning
join us at AED Institute for our
Community Responder Essentials Course.**

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Assessing the Scene

 **Stop - Think - Act**

 **Assess Surroundings**

 **First Aid Kit & AED**

 **Exposure Protection**



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Stop, Think, Act

- Asses the Scene:
- Is the scene safe?
- Is it safe to approach?
- How many victims?
- How many responders?
- What are the entrances?
- What are the exits?
- What kind of equipment is available?
- Are there any hazards?
- Are there any additional risks?
- Find and locate a First Aid Kit, AED, other supplies
- Be aware of potential exposures, use precaution: gloves, etc



**If you think you need to call 911
you probably do!**

Questions the dispatcher might ask:

What's your emergency?

Fire, ambulance, or police?

Is the person awake?

Is the person breathing normally?

Did you see what happened?

Where are you?



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Always call early!

You can cancel the call if things improve.

Stay on the phone with 911, do not hang up until help arrives to the victim's side

Know your plan.

Practice the plan often.

- Don't be afraid to call.
- Know your address and surroundings.
- Who do you ask for?
- All 3!
 - Police
 - Fire
 - Ambulance

Questions the dispatcher might ask you:

- Is the person awake?
- Is the person breathing?
- Did you see what happened?
- Where are you?

Universal Precautions



**#1 way to prevent
infection is...**

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Time for some skills.

Gloves are overused and are used inappropriately. They are only meant to touch the victim and nothing else. If you need more equipment, ask another responder to hand it to you.

Gloves are a one-time use item!

When using gloves, who are we protecting? Ourselves and others.

All body fluids are considered infected until proven otherwise.

Best method to control infection is good hand washing.

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The person you are helping is not a stranger.
It will be a friend or loved one.
The concern will be how do I help the best I can.
If in doubt, call 911

Diabetes-Low Blood Sugar

Symptoms of Low Blood Sugar

Irritability
Confusion
Dizziness
Sweating, chills, clamminess
Fast heart rate
Shaky
Blurred vision



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Today, approximately 120,971 people in Hawaii, or 10.6% of the adult population, have diagnosed diabetes.

There are many, many more that are undiagnosed.

Sign & Symptoms of Diabetes:

- Being very thirsty
- Urinating often, especially at night
- Having blurry vision from time to time
- Feeling very tired much of the time
- Losing weight without trying
- Having very dry skin
- Having sores that are slow to heal
- Getting more infections than usual
- Losing feeling or getting a tingling feeling in the feet
- Nausea, vomiting, or stomach pains may accompany

Signs and Symptoms of Low Blood Sugar or Hypoglycemia:

- Irritability
- Confusion
- Dizzy
- Sweating
- Fast heart rate
- Shaky
- Blurred Vision
- The victim may become unconscious

This is a medical life-threatening emergency

Diabetes-Low Blood Sugar-Treatment

Treatment-If in doubt, CALL 911

Step 1:

- Give the person something sugary to eat

Step 2:

- Wait 15 minutes. If you are able, check their blood sugar to see if it is above 70.


Step 3:

- If the person continues to have symptoms, or if your blood sugar is less than 70, repeat step 1.


Step 4:

- When the symptoms are gone, eat a meal or snack with protein to keep your symptoms from returning.

Step 1: Treat low blood sugar. Choose **one** sugary food or drink, such as:



Half a glass of
real fruit juice
(not sugar free)



Half a can of
soda pop
(not sugar free)



4 to 5 pieces of hard candy
(not chocolate)



3 teaspoons
or packets
of real sugar,
jelly or honey



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If in doubt, call 911

If the person is awake and can safely swallow, get the person to eat or drink something with sugar, not diet soda.

If they cannot safely swallow then call 911!

Once they are feeling better, be sure to follow the sugary snack with protein, this will help them from getting low blood sugar again.

Monitor blood sugar closely.

Follow up with doctor if needed.

Seizure Symptoms

Sudden collapse
Spastic jerking motions
Staring



Seizures can be classified as:

- Tonic/Clonic seizures (big)
- Petite Mal seizures (small)
- Febrile seizures (in kids with rapidly high fevers)



Causes

Head Injury
Medications/drugs
Neurological problems
Rapid spike in fever in children



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Seizures can be very scary for both the victim and the responder.

When to see a doctor

Seek immediate medical help if you have a seizure or if you see someone have a seizure and any of the following occurs:

- The seizure lasts more than five minutes.
- The person isn't breathing after the seizure stops.
- A second seizure follows immediately.
- The seizure is accompanied by a high fever.
- The seizure is accompanied by heat exhaustion.
- The person who had the seizure is pregnant.
- The person who had the seizure has diabetes.
- The seizure resulted in an injury.

If you experience a seizure for the first time, seek medical advice.

Seizures Treatment-Do and Don't

Treatment-Do's

- Do clear the area around the victim
- Do time the length of the seizure
- Do put something soft under their head
- Do turn them on their side once the seizure passes



*Call 911 if unsure
what to do!*



Treatment-Don'ts

- Do not put anything in their mouth, drinks, pills, sticks, or food unless they are fully awake.
- Do not hold the victim down or restrain them
- Do not try to move the victim until the seizure passes

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Treatments change all the time.

Know what the best treatment is today, not a decade ago, or the last time you took a class.

Fainting and Dizziness

Causes

Pain	Low blood sugar	Anxiety
Fear	Stroke	Standing too long
Dehydration	Cardiac Arrest	Head Injury

Treatment

- Help to the floor to prevent further injury
- Keep victim calm and reassure
- Cushion under the head
- Elevate feet
- Call 911 if not better



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Fainting and dizziness can be for so many reasons, but it is never normal.

Helping a person experiencing these symptoms can be life saving.

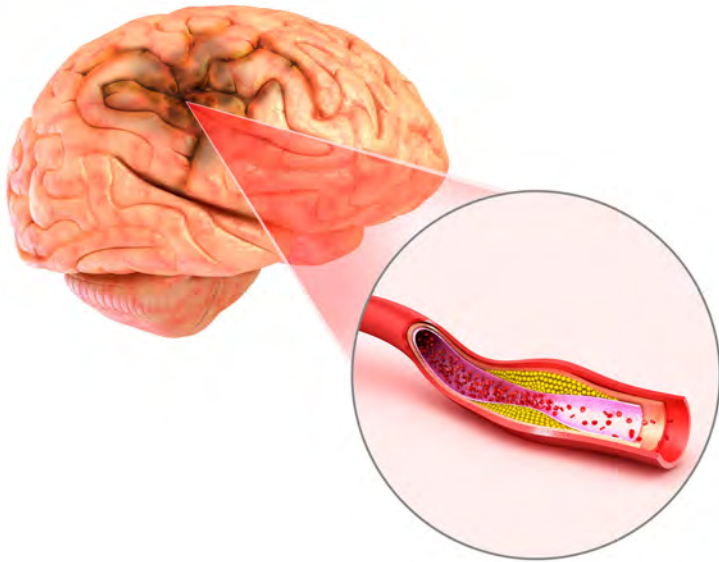
The dizziness may not be too much of a concern but if they fall and hit their head, 'now we have a much bigger problem.

Always help the person to the floor, you cannot fall when on the floor, and get help if needed. This should be followed up with your doctor.

Calling 911 is always an options.



Stroke-Clot within the brain



Stroke-Symptoms

Facial Drooping
Arm weakness
Speech difficulties

Treatment

Call 911
Note the time of first symptoms
Need to get to a hospital as quickly as possible

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Every stroke is unique but all strokes are a medical emergency and need to be taken seriously. Every second counts and time is of the essence. The victim needs to be in a Stroke Center Emergency Department immediately. the best way to care for the victim is to CALL 911 right away!

If the clot is on the left side of the brain:

If the stroke occurs in the left side of the brain, the right side of the body will be affected, producing some or all of the following:

- Paralysis on the right side of the body
- Speech/language problems
- Slow, cautious behavioral style
- Memory loss

If the clot is on the right side of the brain:

If the stroke occurs in the right side of the brain, the left side of the body will be affected, producing some or all of the following:

- Paralysis on the left side of the body
- Vision problems
- Quick, inquisitive behavioral style
- Memory loss

If the clot is in the brain stem:

When stroke occurs in the brain stem, depending on the severity of the injury, it can affect both sides of the body and may leave someone in a 'locked-in' state. When a locked-in state occurs, the patient is generally unable to speak or achieve any movement below the neck.

Heart Attack- Clot within the heart



Heart Attack Symptoms

Chest Pain
Difficulty breathing
Left arm and jaw pain
Difficulty Breathing
Nausea

Treatment

Call 911 immediately!
Note the time of first symptoms
Need to get to a hospital as quickly
as possible

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A heart attack, also called a Myocardial Infarction, is a medical emergency and every minute counts. The person experiencing these symptoms has only a short time to get to the hospital, be evaluated, and the clot to be removed from the coronary artery or a cardiac arrest could occur.

Men and women can both have a heart attack although the symptoms may be different.

Common heart attack symptoms include:

- Chest pain that may feel like pressure, tightness, pain, squeezing or aching
- Pain or discomfort that spreads to the shoulder, arm, back, neck, jaw, teeth or sometimes the upper belly
- Cold sweat
- Fatigue
- Heartburn or indigestion
- Lightheadedness or sudden dizziness
- Nausea
- Shortness of breath

Women may have atypical symptoms such as brief or sharp pain felt in the neck, arm or back. Insomnia, fatigue, anxiety, and flu-like symptoms can also be present in women.

Sometimes, the first symptom sign of a heart attack is sudden cardiac arrest.

Some heart attacks strike suddenly. But many people have warning signs and symptoms hours, days or weeks in advance. Chest pain or pressure (angina) that keeps happening and doesn't go away with rest may be an early warning sign. Angina is caused by a temporary decrease in blood flow to the heart.

Asthma Symptoms

Difficulty breathing
Wheezing
Panic

Treatment

Keep calm
Help administer inhaler-
Using a spacer helps with delivery
Call 911 if no relief



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In the United States, asthma affects an estimated 26 million people — many of whom may not be aware that they have it, especially if their symptoms aren't severe. The most common signs of asthma are:

- Coughing, especially at night, during exercise or when laughing
- Difficulty breathing
- Chest tightness
- Shortness of breath
- Wheezing (a whistling or squeaky sound in your chest when breathing, especially when exhaling)

Any asthma symptom is serious and can become deadly if left untreated. If you're experiencing one or more of these symptoms, see your doctor for a diagnosis — and then develop an asthma action plan.

Common Symptoms

Asthma Cough

Frequent coughing, especially at night, may be a sign of asthma — an inflammation and constriction of the breathing tubes in the lungs that affects 26 million Americans. Your only symptom may be a dry, nonproductive cough; you may also experience difficulty breathing, shortness of breath, a tight feeling in the chest, or wheezing.

Asthma Attack

An asthma attack can be a terrifying experience. It can feel as if someone is sitting on your chest or there's a cloud in your lungs. You struggle to draw in a full breath. Your chest tightens. Your breathing quickens.

Worst Case Scenario

Down and not responding

No normal breathing

Call 911, state Cardiac Arrest

Start Compressions, hard and fast

Use an AED if you have one



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Saving a friend or family member's life will be the scariest day of your life but the most important day for them.

Myths vs Facts

You can make someone worse with chest compressions?

You can get sued for doing CPR? You need to be "certified" to do CPR?

You can hurt someone with an AED?

Women and men have the same chance of getting bystander CPR?

CPR_CardioPulmonary Resuscitation va CCR-CardioCerebral Resuscitation

CCR saves more lives!

For every minute you delay chest compressions there is a 10% less chance of survival.

A shock from AED is the only effective treatment for a true cardiac arrest

To perform CPR:

C: Call 911, report a cardiac arrest

P: Push hard and fast in the center of the chest

R: Respond with an AED

Physical Emergencies



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Strains & Sprains

Symptoms

Pain
Swelling
Inability to bear weight

Treatment-R.I.C.E.

Rest
Ice
Compression
Elevation



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A sprain is a stretching or tearing of ligaments — the tough bands of fibrous tissue that connect two bones together in your joints. The most common location for a sprain is in your ankle.

Initial treatment includes rest, ice, compression and elevation. Mild sprains can be successfully treated at home. Severe sprains sometimes require surgery to repair torn ligaments.

The difference between a sprain and a strain is that a sprain injures the bands of tissue that connect two bones together, while a strain involves an injury to a muscle or to the band of tissue that attaches a muscle to a bone.



Strains & Sprains-Do's and Don'ts

Do's

- Remove any jewelry from the affected area
- Take the time to recover

Don'ts

- Never place ice directly on your skin-this can cause burns!
- Always place a towel between your skin and the ice pack



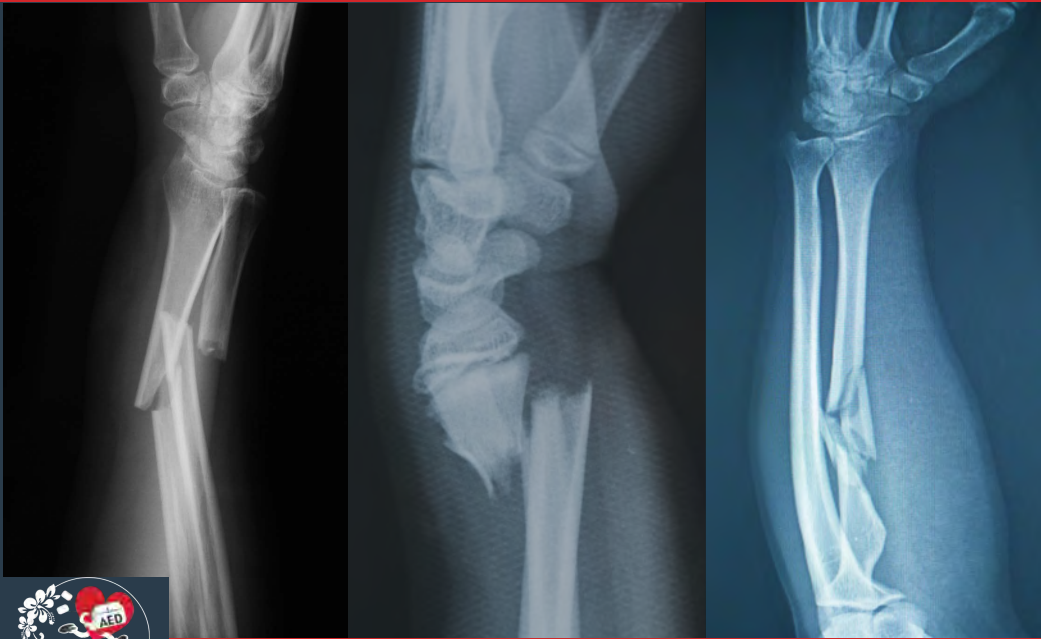
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When to see the doctor

Mild sprains can be treated at home. But the injuries that cause sprains can also cause serious injuries, such as fractures. You should see a doctor if you:

- Can't move or bear weight on the affected joint
- Have pain directly over the bones of an injured joint
- Have numbness in any part of the injured area

Broken Bones - Same as a Fractured Bone



Symptoms

Pain
Disfigurement
Bruising
Swelling
Inability to bear weight

Treatment

Splint or immobilize
Get to a hospital
Do not try to reset or straighten



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Bone fracture vs. break

Bone fractures and broken bones are the same injury and mean the same thing. You might see them used interchangeably. A fracture is the medical term for a broken bone, so your healthcare provider will probably refer to your broken bone as a certain type of fracture after they diagnose it.

Bleeding Control

- Put on gloves
- Apply clean gauze or cloth
- Apply pressure until bleeding stops
- **DO NOT REMOVE DRESSING**
- Wrap with rolled gauze to secure dressing
- Seek healthcare provider for continued care



Nose Bleed

Apply pressure at the bridge of the nose
Lean forward-**NOT BACKWARDS!**
Should stop within a few minutes



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Head Injuries



Concussion Symptoms

Loss of consciousness
Dizziness
Headache
Light sensitivity
Nausea or Vomiting
Seizures

Treatment

Must to be evaluated by a doctor
Resting the brain is a MUST!



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What is a head injury?

A head injury is a knock to the head. It can be mild, resulting in a small lump or bruise, or it can be more serious, leading to brain injuries such as concussions or bleeding on the brain..

Head injuries can be serious even if you can't see them. They can lead to permanent disability or impairment, or even death. More severe head injuries always need to be seen by a doctor.

When should I call an ambulance or go to the emergency department?

You should always keep a close eye on anyone who has had a head injury. Even if the person seems okay, they could develop complications later.

Call 911 if:

- the head injury involved high speeds or a fall from more than one metre
- there is something stuck in the head
- there is bleeding that is difficult to stop
- the person loses consciousness or seems drowsy or does not respond
- the person is dazed or shocked, confused, disorientated
- the person seems unwell and vomits more than once after hitting their head
- there is severe bleeding from the head or face
- blood or fluid is leaking from the nose or ears
- the person has blurred vision or unequally sized pupils
- the person has weakness in an arm or leg
- the person has a seizure (fit)
- the person stops breathing

What should I do while waiting for an ambulance?

If the person is unresponsive, with no signs of breathing or circulation, start CPR.

If they are conscious, keep them still as they may have a spinal injury. Place them in a comfortable position with the head and shoulders slightly raised. If they are wearing a helmet, don't remove it.

If they are bleeding, put firm pressure on the wound using gauze or a clean cloth.

Don't do this if you suspect a skull fracture.

Burns

1st and 2nd Degree Burn Symptoms

Painful
Red
Blisters may form

Treatment

Run under cool tap water for 5-10 minutes
Do not use ice
Cover with breathable dry gauze
Do not pop blisters-Leave intact



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Burns are tissue damage from hot liquids, the sun, flames, chemicals, electricity, steam and other causes. Kitchen-related injuries from hot drinks, soups and microwaved foods are common among children.

Major burns need emergency medical help. Minor burns can usually be treated with first aid.

When to seek emergency care

Call 911 or seek immediate care for major burns, which:

- Are deep, involving all layers of the skin
- Cause the skin to be dry and leathery
- May appear charred or have patches of white, brown or black
- Are larger than 3 inches (about 8 centimeters) in diameter
- Cover the hands, feet, face, groin, buttocks or a major joint, or encircles an arm or leg
- Are accompanied by smoke inhalation
- Begin swelling very quickly

Electrical burns, including those caused by lightning, and major chemical burns need emergency medical care. A minor burn might need emergency care if it affects the eyes, mouth, hands or genital areas. Babies and older adults might need emergency care for minor burns as well.





Treatment

Remove stinger
Dislodge ticks
safely
Wash with water
Seek medical help
if signs of infection
or allergic reaction

Types of Bites

Rabies
Snakes
Sharks/eels
Turtles/seals
Bee Stings
Centipede
Scorpion
Tick
Mosquito



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Most insect bites and stings are mild and can be treated at home. They might cause itching, swelling and stinging that go away in a day or two. Some bites or stings can transmit disease-causing bacteria, viruses or parasites.

For mild reactions

To treat a mild reaction to an insect bite or sting:

- Move to a safe area to avoid more bites or stings.
- Remove any stingers.
- Gently wash the area with soap and water.
- Apply a cloth dampened with cold water or filled with ice to the area of the bite or sting for 10 to 20 minutes. This helps reduce pain and swelling.
- If the injury is on an arm or leg, raise it.
- Take a nonprescription pain reliever as needed.

Seek medical care if the swelling gets worse, the site shows signs of infection or you don't feel well.

When to seek emergency care

Call 911 if a child is stung by a scorpion or if anyone is having a serious reaction that suggests anaphylaxis, even if it's just one or two signs or symptoms:

- Trouble breathing
- Swelling of the lips, face, eyelids or throat
- Dizziness, fainting or unconsciousness
- A weak and rapid pulse
- Hives
- Nausea, vomiting or diarrhea

Take these actions immediately while waiting for medical help:

- Ask whether the injured person is carrying an epinephrine autoinjector (EpiPen, Auvi-Q, others). Ask whether you should help inject the medication. This is usually done by pressing the autoinjector against the thigh and holding it in place for several seconds.
- Loosen tight clothing and cover the person with a blanket.
- Don't offer anything to drink.
- If needed, position the person to prevent choking on vomit.

Heat Related Emergencies

Dehydration

Takes a few days to get hydrated
Thirst = Dehydration

Heat Exhaustion

Dizziness, headache, nausea
Must cool off immediately
Stop activity, shade, water, AC

Heat Stroke

May be unresponsive or confused
Medical emergency
Call 911 and attempt to cool down
Start CPR if needed



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Heatstroke occurs when your body temperature rises rapidly and you're unable to cool down. It can be life-threatening by causing damage to your brain and other vital organs. It may be caused by strenuous activity in the heat or by being in a hot place for too long.

Heatstroke can occur without any previous heat-related condition, such as heat exhaustion. Heatstroke signs and symptoms include:

- Fever of 104 degrees Fahrenheit (40 degrees Celsius) or greater
- Changes in mental status or behavior, such as confusion, agitation and slurred speech
- Hot, dry skin or heavy sweating
- Nausea and vomiting
- Flushed skin
- Rapid pulse
- Rapid breathing
- Headache
- Fainting
- Seizure
- Coma

Seek emergency medical care

If you suspect heatstroke, call 911 then move the person out of the heat right away. Cool the person by whatever means available. For example:

- Put the person in a cool tub of water or a cool shower.
- Spray the person with a garden hose.
- Sponge the person with cool water.
- Fan the person while misting with cool water.
- Place ice packs or cool wet towels on the neck, armpits and groin.
- Cover the person with cool damp sheets.

If the person is conscious, offer chilled water, a sports drink containing electrolytes or other nonalcoholic beverage without caffeine.

Begin CPR if the person loses consciousness and shows no signs of circulation, such as breathing, coughing or movement.

Know what to do at home, your family depends on it..

Call 911

Check Scene Safety

Assess the Victim

Render First Aid if Needed

Stay Until Help Arrives



Know that you can never make the situation worse.
Always call 911 if in doubt of what to do.
There is no shame in asking for help!

**If you want more information or to take a class with hands-on learning
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