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Advanced First-Aid

Information and Skills Presentation

Checking an Ill or injured Person

- Check the Scene
- OBTAIN CONSENT!!!
- Call 911 for any life-threatening conditions
- Q & A
 - What to ask?
 - What happened?
 - Did you hear anything?
 - Have you injured this before?
- Check head to toe
 - Bleeding, Fluids, Wounds
 - Skin Color and temperature
 - Medical ID Bracelets/ Necklaces
 - Observable signs of pain
- Continue to monitor
 - ABC's

Severe Allergic Reactions

- Anaphylaxis
- Bee Sting, Food Allergies
 - call 911 and care for this person until help arrives.
- Epi-pen training
 - If have standing order to give right away then do so
 - Watch for S & S
 - Swelling at site
 - Hives...going systemic...watch closely
 - Respiratory troubles begin
 - Wheezing..give epi pen right away

Asthma Attack

- **First understand very few go in an ambulance today with Asthma**
- **Prevention: Have the inhaler and use as directed..typically before exercise**
- **Symptoms:**
 - **Wheezing**
 - **High pulse and respiration**
 - **Pale, sweaty**
- **-Give Inhaler....How to use?**
- **Rest, Calm, Treat for Shock, warm/cold,**

Seizure

- Stay Calm
- Remove objects that may harm
- Call 911 if indicated (Many times this is handled without medical intervention)
- Be ready when seizure is over to support
 - Support airway
 - Support them as they become more lucid

Poisoning

- **What to look for:**
 1. **Breathing Difficulty**
 2. **Nausea, vomiting ,diarrhea**
 3. **Chest/ abdominal pain**
 4. **Sweating**
 5. **Changes in consciousness**
 6. **Seizure**
 7. **Headache / dizziness**
 8. **Irregular pupil size**
 9. **Burning / tearing of the eyes**
 10. **Abnormal skin color**
 11. **Burns around lips tongue or skin**

•Call the National Poison Control Center

- 1-800-222-1222

Shock

- What is it?
 - Body, in its attempt to save itself, begins to shut down
- Signs of symptoms?
 - Pale, sweaty, fast/slow pulse, fast/slow respiration
- Treatment?
 - Warm or cool the person as needed, as environment dictates
 - Keep blood to vital areas, raise legs
 - Generally no liquids, maybe if dehydrated from sports

Stroke

- What is it?
 - Aneurism: Broken blood vessel in brain
 - Clotted artery in the brain
- Signs & Symptoms

-FAST

- F= Face: drooping**
- A= Arm: cannot raise**
- S= Speech: slurred**
- T= Time: worsens with time**

External Bleeding

- GLOVES, GLOVES, GLOVES!!!
- What to do?
 - Direct pressure with gauze
 - Add more gauze if needed
 - Last resort..tourniquet

Internal bleeding

- S&S

- Pain in abdomen

- Blood in vomit

- Cough up blood

- Tender / swollen / hard bumps

- Confused ,fainting ,drowsy, unconsciousness

- Treatment?

- ASAP to hospital

- All this happens over time, depending on severity

Burn care

- Level 1 Redness, no broken skin
- Level 2 Extends down several layers of skin, blistering
- Level 3 Extends into underlying fat, muscle, bone
- What to do?
 - stop the burning!!!!
- Cold running water level 1,2
- Cover the burn loosely with a sterile dressing? Level 3
- Care for SHOCK!!

Head, Neck, Spine Injuries

- When do we suspect?
 - Head first
 - High velocity/force
 - Height, Motor Vehicle
- Signs / Symptoms?
 - Pain, loss feeling/movement
- What to do?
 - If possible do not move call 911
 - If need to move due to danger then keep spjn in alignment

Splinting / Sling

■ When?

■ How?

-with what? Cardboard, paper, towels/pillow, sticks, body

-what to do with an open fracture (fracture thru skin)? Stop Bleeding then splint

-DO NOT cut off circulation, tie above and below injury

■ Sling

-Protect the limb

- Needs to be snug so that the person cannot move the limb freely.

Diabetes

- What is it? Sugar/Insulin Disease
- What are S & S? Mostly changes in behavior/alertness
- Treatment?
 - When in doubt give sugar
 - Insulin where indicated
 - Know that those who have this disease know way more than you about it

Heat and Cold injuries

- Heat injuries

- Heat cramps: Good luck: water, salt, potassium, calcium

- Heat exhaustion: Coach did his/her job: Pale, sweaty, sick: now stop exercise, rest, rehydrate cool down

- Heat stroke: Body never begins to sweat, true emergency, red, dry, level of consciousness quickly deteriorates, Cool immediately, call 911 after

- Cold injuries

- Frost nip: small cooling of extremity, pale skin, rewarm gently

- Frostbite: Deeper freezing, Various degrees, rewarm gently, typically needs medical attention

Hypothermia: Shaking, teeth chatter, changes in level of consciousness. Rewarm immediately

Practice and Review

- Practice what we learned
- Questions???
- Test time!!!!

THANK YOU!!!