First Aid
Overview of Content

- Obstructed Airway
- Chest pain/Heart Attack
- Bleeding-Internal, External
- Shock
- Burns
- Nose Bleeds
- Bites
- Fractures, Sprains, Strains, Dislocations
Overview

- Poisoning
- Diabetic Emergencies
- Stroke
- Seizures
- Head Injuries
- Weather Related Injuries
Order of Priority in an Emergency

- Assess the scene
- Determine if help is needed
- Send someone for help if victim is unconscious
- Look, Listen, Feel
- ABCs
  - Airway
  - Breathing
  - Circulation
Obstructed Airway

- Can they speak or cough?

- If a victim is choking, and CANNOT speak or cough, an airway obstruction exists which must be treated immediately!
- Encourage the victim to cough

- Use hard blows with the heel of your hand on the upper back of the victim
Heimlich Illustrations
The Heimlich Maneuver

- base of rib cage
- fist of rescuer
- navel
Heart Attack and Chest Pain

Recognize the signs and symptoms

- Pressure, tightness, pain or a squeezing or aching sensation in your chest or arms that may spread to your neck, jaw or back
- Nausea, feeling of indigestion, heart burn or abdominal pain
- Shortness of breath
- Cold sweat
- Fatigue
- Lightheadedness or dizziness
First Aid for Heart Attack

- Have the person lie down
- Summon for help
- Call 911
- Be prepared to administer CPR if trained to do so

Never attempt to drive a person you suspect is having a heart attack to the hospital
Shock

Shock can occur due to sudden illness or accident

Signs and Symptoms include:

- confusion
- weakness
- very fast or very slow pulse and breathing
- trembling and weakness in the arms or legs
- cool and moist skin
- pale or bluish skin, lips, and fingernails
- enlarged pupils
Treatment for Shock

- Have victim lie down
- Elevate arms and legs if possible
- Keep victim warm, but do not overheat
- Seek medical attention immediately
Burns

- Types of Burns
  - Heat
  - Chemical
  - Electrical
  - Radiation (Sun)
Types of Thermal Burns and Treatments

- **First Degree** – outer layer of skin is affected

- **Second Degree** – Damage extends to the next layer of skin

- **Third Degree** – Damage extends to muscles, tendons, sometimes even bones

- Run area under cool water

- Rinse burn with cool water until the pain stops, usually 15 to 30 minutes.

- Cover area with a clean, moist cloth and seek medical attention immediately.
Chemical and Electrical Burns and Treatments

- **Chemical Burns**
  - Remove clothing if chemical has spilled onto. Flush skin with copious amounts of water. Wrap area in clean dry cloth.

- **Electrical Burn**
  - Look first, don’t touch. Check ABCs. Cover burned areas with clean dressing.
Third Degree Burn
Burns—What NOT to do

- Do not touch the burn with anything except a clean covering.
- Do not try to clean a severe burn.
- Do not break blisters.
- Do not use any kind of ointment on the burn unless prescribed by a physician.

NO!
Sunburns

- Can cause skin changes, skin cancer risk increases

- Medications that increase sun and heat sensitivity:
  - Oral contraceptives
  - Acne medications
  - Anti depressants
  - Some antibiotics

- Can be viewed as neglect
When to Apply Sunscreen

- Apply 30 minutes prior to being in the sun for the best absorption
- Use enough sunscreen to cover all exposed skin
- Reapply sunscreen while swimming
- Apply sunscreen often throughout the day if you are outdoors. Wear hats and protective clothing.
Sun Damaged Skin
Animal or Human Bites

- Both carry high risk for infection

- Signs and symptoms of infection
  - Pain & tenderness at the wound site
  - Redness
  - Heat
  - Swelling
  - Pus at the wound site
  - Red streaks in the skin around the wound
  - Swollen glands closest to the wound.
Wound Infection
Animal or Human Bites Cont.

- **Treatment**
  - Wash wound well with soap and water for 20 minutes
  - Notify your supervisor and/or the agency nurse
  - Nurse will determine if medical attention is needed
Insect Bites

- Insect bites, especially bee stings, can cause allergic reactions in some individuals

- Signs and symptoms of normal reaction
  - Pain, redness or discoloration at the site of the bite
  - Itchy rash

- Signs and symptoms of anaphylactic allergic reaction
  - Swelling of the throat and/or face
  - Difficult or noisy breathing
  - Decreased consciousness
Treatment for Bites

- Get help immediately if someone shows signs of anaphylactic allergic reaction

- If stinger remains in victim remove it carefully by scraping the area with the edge of a credit card

- After stinger is removed wash with soap and water

- Cold compresses can help to relieve itching, redness, or swelling
Fractures, Sprains, Strains & Dislocations

Signs and symptoms
- “Grating" sensation of bones rubbing together,
- Pain
- Tenderness
- Swelling
- Bruising
- Inability to move the injured part
Fractures, Sprains, Strains & Dislocations

- Treatment
  - Control bleeding, if present
  - Monitor for signs/symptoms of shock
  - Splint affected area to prevent further movement
  - Do not move obvious deformed areas
  - Cold packs may help reduce pain and swelling
  - Elevate area, if possible
  - If unable to move affected area, seek medical attention
Bleeding

First Aid is Intended to:

1. Stop the bleeding
2. Prevent shock
3. Prevent infection
How to Control Bleeding

- Apply DIRECT PRESSURE on the wound
  - Use a clean dressing if available; does not have to be sterile

- For uncontrolled bleeding, apply a pressure bandage and elevate the area

- Once pressure is applied keep dressing in place – reinforce as necessary
Signs of Internal Bleeding

- Bruised, swollen, or rigid abdomen
- Bruises on chest or signs of fractured ribs
- Blood in vomit
- Wounds that have penetrated the chest or abdomen
- Abnormal pulse and difficulty breathing
- Cool, moist skin
First aid for internal bleeding is limited.

If you suspect severe internal bleeding
  ◦ Monitor for shock
  ◦ Reassure the person, keep them calm
  ◦ Prepare to administer CPR if necessary
  ◦ Seek medical attention ASAP
Nose Bleeds

- Treatment
  - Sit up and tip head slightly *forward*
  - Firmly pinch the nostrils closed—hold for a full 10 minutes, may hold longer if needed
  - Seek medical attention if bleeds are difficult to control
Poisoning

- Treatments for poisoning vary depending upon the substance ingested
- Do not induce vomiting unless instructed to do so by Poison Control
- Secure container of ingested poison before calling Poison Control
Poisoning

- National Poison Control Hotline 1-800-222-1222

- Call the on-call supervisor quickly then call Poison Control
Diabetic emergencies occur when there is an imbalance between sugar and insulin in the body.

Two types:
- Hypoglycemia
  - Low blood sugar
- Hyperglycemia
  - High blood sugar
Hypoglycemia vs. Hyperglycemia

- Can occur quickly
- Weakness
- Headache
- Fast breathing and pulse
- Profuse sweating
- Changes in level of consciousness

- Usually occurs slowly over days
- Confusion
- Deep and fast breathing
- Thirst with dehydration
- Frequent urination
- Sweet or fruity smelling breath
Diabetic Emergencies—Treatment

- Can be difficult to distinguish between hypo and hyperglycemia
- Ask the person if they have eaten or taken their medicine today
- If the victim loses consciousness, call for emergency help immediately
- Call on-call supervisor or agency nurse

Follow the consumer’s outlined plan
Stroke

A stroke is a rupture of OR a blockage in a blood vessel in the brain

Risk factors
- high blood pressure
- high blood cholesterol
- high blood sugar
- cigarette smoking
- heart disease
Stroke—Signs and Symptoms

First Aid is aimed at recognizing signs and symptoms and obtaining help immediately.

Signs and Symptoms:
- Weakness/numbness of face arm, leg, especially on one side of the body.
- Sudden confusion, trouble speaking or understanding.
- Severe headache.
- Unconsciousness.
- Unequal pupils.
- Difficulty breathing and/or swallowing.
- Loss of bowel and/or bladder control.

Informaiton courtesy of The American Heart Association.
Other Signs and Symptoms

- Remember **STAR**
  - **S** – have the person **S**mile
  - **T** – have the person to stick out their **T**ongue. If the tongue is ‘crooked’, goes to one side or the other, this can also be an indication of a stroke.
  - **A** – **A**sk the person to talk and speak a simple sentence (coherently) i.e. **C**hicken **S**oup
  - **R** – have the person to **R**aise both arms and hold
What we see is a result of abnormal electrical activity in the brain

Varies per individual, *may* see:
- Shaking
- Loss of muscle tone/falls
- May stare into space
- Loss of bowel/bladder control
- May temporarily stop breathing
Seizures—What to Do (and not to do)

- Note the time and record the duration
- Protect from injury
- Do NOT restrain
- Do NOT place anything in the victim’s mouth
- If the victim is having difficulty breathing, turn his or her head to the side or roll them onto their side
Seizures

- Call 911 (or Priority 3 if in Link HQ) if:
  * Consumer has no history of seizures
  * Consumer isn’t breathing or is turning blue

- Know your consumer and their seizure history, along with what the plan of action is for prolonged seizures (meds/magnet)

- Document on Seizure Report Form
Can be very serious

Signs of a serious head injury ~ watch for 24 hours
- Confusion
- Sleepiness
- Blood or clear fluid dripping from the nose or ears
- Unequal or very large pupils
- Vomiting
- Severe headache
- Garbled speech or inability to understand spoken words
NOT usually an emergency UNLESS accompanied by:
- signs of a heart attack
- signs of shock
- breathing problems
- dehydration
- blood is present in the emesis
Tetanus

- Caused by the toxin of a bacteria which is found in soil
- Affects the nerves and causes muscles to spasm and contract
- Fatal once it spreads
- Standard practice is a booster every 10 years without incident, every 5 years with incident
Heat is exacerbated by the humidity.... = HEAT INDEX
Types of Heat Related Illnesses

- Heat Stroke – can be deadly
- Heat Exhaustion – can progress to heat stroke if left untreated
- Heat Cramps – can usually be avoided with sufficient fluid intake
Heat Stroke vs. Heat Exhaustion

- Red, hot, dry skin
- Pupils are small
- Body temperature very high
- No sweating

- Pale, cool, moist skin
- Dilated pupils
- Normal body temp
- Heavy Sweating
- Nausea/vomiting
Treatments

Heat Stroke

✓ Move victim to a cool place
✓ Cool with wet washcloths
✓ Give nothing by mouth
✓ Seek medical attention

Heat Exhaustion

✓ Move victim to a cool place
✓ Cool with wet washcloths
✓ Give small amounts of water
✓ Monitor for heat stroke
What do I do if there is an emergency?

- Call RN or on call supervisor *if in doubt*
  -- If you feel your consumer is in grave danger, call 911 first.

- For an emergency at the work center, dial “0”, state “Priority 3” and give location (room number) of the emergency. Receptionist will announce this information over the loud speaker
  - This brings Amy Strong, Jim Wilkie, and Cindy Spann to the scene

- If it is an emergency at a residential site call 911
Medical or Health "After Hours" Emergency Procedures

Contact the On-Call Supervisor (205-9869) for situations including, but not limited to:

- Temperatures over 101 degrees, signs of illness (emesis, persistent diarrhea, lethargy)
- Seizures, which are difficult or unusual for that consumer
- Consumers chokes and/or Heimlich is performed on consumer or staff
- Consumer experiences shortness of breath or chest pain
- Approval for PRN medications (other than laxatives, analgesics RCF see medication policy for details)
- Consumer injury/hospitalization, including ER visits
- Any medication missing or unavailable for administration to a consumer
- Medication questions that cannot be answered through use of the drug book
- Medication errors in which:
  1. the consumer has been given a medication that he/she has an allergy to or is displaying an adverse or out of the ordinary reaction.
  2. the consumer did not or will not be receiving a medication 30 minutes before or 30 minutes after the scheduled dose for a significant chronic condition, such as blood pressure, seizures, diabetes, etc.
  3. consumer receives someone else's medications in error

Additional Resources for Health Related Questions

- The consumer's physician, refer to file consumer's file face sheet
- The consumer's pharmacy - majority of consumers use - Medicap Vital Care  515-962-9399
- (see pharmacy after hours guideline)
- Mercy Nurse at (515) 2-HEALTH (243-2584)
- "My Nurse" at Iowa Health Systems  1-800-242-8899

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Poison Center
1-800-222-1222
You must dial 1-800

For TTY: Use Relay Iowa
Dial 7-1-1

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Supervisor's On Call Nursing Procedures

The On-Call Nurse should be contacted by supervisors or the on-call supervisor for situations including, but not limited to, all those listed above.
Wrapping up

- Questions?
- First Aid Test -- Discuss