

Unit 3: Medical Emergencies

For all emergencies: Make sure the scene is safe, wear PPE, be prepared to give CPR, use recovery position if choking or difficulty breathing and get the first aid kit

Spinal cord injury

Signs: back pain, weakness, numbness, loss of bladder/bowel control, balance difficulty, twisted neck/back
Emergency care: Keep the person still, place cushions/towels/clothes on both sides of the neck to stop it moving.



Head injuries

Signs: unconscious, unresponsive, sleepy, confused, vomiting, memory loss
Emergency care: stop any bleeding with a clean dressing, apply ice to swollen areas



Stroke

F A S T

Signs: face drooping, arm weakness, speech difficulty, time
Emergency care: Take note of the time the symptoms started, stay with the person

Diabetic episode

Hypoglycemia: dizziness, hunger, irritated, pale, shaking, sweating, sleepiness
Emergency care: get them to eat or drink and lie/sit down, call 998 if they can't sit up/swallow,
Hyperglycemia: feeling sick, polydipsia, polyuria, headache



Seizures

Signs: lose control of muscles, fall to the ground, jerking movement, not able to respond
During: protect their head, move furniture out of the way
After: Stay with them until the emergency services arrive



Allergy

Mild signs: stuffy nose, sneezing and itching
Severe signs: difficulty breathing, anaphylaxis
Emergency care: adrenaline autoinjector



Poisoning

Signs: redness, chemical smell on breath, vomiting, difficulty breathing, drowsiness, seizures
Emergency care: Take note of time, look for clues/signs of poison, wash off skin or clothing, don't touch poison, keep an affected eye lower than the other



Burns

Signs: Red skin, blisters & pain
Small burns: Cool the burn, cover with non stick dressing if needed.
Large burns: If they are on fire get them to 'Stop, drop and roll', remove clothing/jewellery that could stick, check for shock



Electrical injury

Signs: Maybe marks where the electricity has gone in and out of the body
Emergency care: Make sure the power is switched off before CPR or other medical care, anyone who has had a shock should be checked over



Dehydration

Signs: weakness, felling thirsty, dizziness confusion, less urination
Emergency care: encourage them to drink some water, call the emergency services if they get worse



Fracture

Signs: Intense pain, numbness, bluish colour, swelling, bone protruding through the skin (compound), heavy bleeding (compound), snap or grinding at the time of injury, tingling/numbness
Closed: advice them to keep still, support the joint above and below injury, take them to hospital
Compound: Cover with a dressing, apply pressure, bandage without pressing injury



Spider bite or insect sting

Signs: pain, itching, cramp, headache fever, vomiting, difficulty breathing, seizure
Emergency care: Do not touch the spider/insect, wash the area with water and soap, put ice in a towel to put on the bite, scratch sting out (do not squeeze it)



Airway obstruction

Signs of a partial obstruction: noisy breathing, wheezing
Signs of a complete obstruction: unable to speak/breathe/cough, grasp neck, no signs of normal breathing
Clearing a complete obstruction: Abdominal thrusts (TB page 111)

