



E-Bulletin



Issue 52

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The E - Bulletin is a service provided from the in-house team of physicians (Specialists, GP's & the CEDARS Training Center) at the **CEDARS – Jebel Ali International Hospital** in order to raise awareness about health issues.

Medical Emergencies

There are times when a typical ordinary day takes a turn into a life threatening event. You find your child not gasping for breath as he accidentally swallowed his toy or the person beside you fainted while waiting for the bus to come. During these emergencies, what you know and do not know can help save a person's life.



Some medical emergencies and its corresponding first aid

CHOKING is when food or another object gets stuck in the airway in the throat. The object stops air from getting to the lungs.

Type	Signs	Action
Mild Choking	- can make sounds - can cough loudly	- standby and let her cough - if worried about breathing, phone the emergency response number (999)
Severe Choking	- cannot breath - has a cough but has no sound - cannot talk or make a sound - makes the choking sign	-act quickly, perform ABDOMINAL THRUST



Universal choking sign: holding the neck with one or both hands.



Steps to follow to help a choking adult:

1. If you think someone is choking, ask "Are you choking?" if he nods yes, tell him you are going to help.
2. Get behind him. Wrap your arms around him so that your hands are in front.
3. Make a fist with 1 hand.
4. Put the thumb side of your fist slightly above the belly button and well below the breast bone.
5. Grasp the fist with your other hand and give quick upward thrusts into his abdomen.
6. Give thrusts until the object is forced out and he can breath, cough, or talk, or until he stops responding.

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CEDARS - Jebel Ali International Hospital is a full-fledged multi-specialty hospital offering services ranging from Pediatrics to Occupational Health, Laparoscopic Surgery to Internal Medicine. The Hospital is equipped with ICU for medical and surgical emergencies, with two major and one minor operation theatres and runs fully equipped Laboratory and Radiology departments. **CEDARS – Jebel Ali International Hospital** is accredited by TUV and JCI and located next to JAFZA Gate 2.

Medical Emergencies *cont...*



If someone is choking and is in the late stages of pregnancy or is very large and you cannot wrap your arms fully around the waist, give thrusts on the chest instead of thrusts on the abdomen.

Follow the same steps except for the location where you place your arms and hands. Put your arms under the armpits and your hands on the lower half of the breastbone. Pull straight back to give the chest thrusts.

If you give someone thrusts but cannot remove the object blocking the airway, the person will stop responding. You need to do the following steps:

1. Check if he needs CPR. Give it if needed and if you know how.
2. Check the mouth for objects after each set of 30 compressions.
3. Continue CPR until he speaks, moves, or breathes or until someone with more advanced training arrives and takes over.

SEIZURE is abnormal electrical activity in the brain. Most seizures stop within a few minutes. A medical condition called epilepsy often causes seizures. Not all seizures are due to epilepsy. Some seizures happen when the heart suddenly stops beating. Seizures can also be caused by:

- Head injury
- Low blood pressure
- Heat related injury
- Poisons

The person may bite his tongue during a seizure. You can give first aid for that injury after the seizure stops. After a seizure it is not unusual for the person to be confused or get sleepy.

Signs: During some types of seizures, the person may:

- Lose muscle control
- Fall to the ground
- Jerk arms, legs, or other parts of the body
- Stop responding

Actions during a seizure

1. Make sure the scene is safe
2. Protect the person by
 - Moving furniture or other objects out of the way
 - Placing a small pad or towel under the person's head if it's easy to do so
3. Phone or have someone phone the emergency response number (999)

Actions after a seizure

1. See if the person needs CPR. If he does, give CPR.
2. Stay with the person until someone with more advanced training arrives and takes over.
3. If the person is vomiting or has fluids in his mouth and you think the person doesn't have a head, neck, or spine injury, **roll him to his side**.

ANAPHYLAXIS (Severe Allergic Reaction) – is an extreme and potentially life threatening allergic reaction which results in rapid chemical changes in the body. Anaphylaxis can be caused by a trigger such as insect stings, foods (nuts, sea foods) and medicines (penicillin).

Signs & Symptoms:

- Swelling of the tongue, face, neck
- Difficulty in breathing
- Red, blotchy and itchy skin
- Nausea
- Anxiety

Action

- Call 999 immediately
- Help get and use an Epinephrine pen if available
- Sit the casualty down (if responsive)
- Remove the trigger of possible
- Monitor the casualty (airway & breathing)
- Be prepared to perform CPR if needed



Medical Emergencies *cont...*

NEAR DROWNING

Near drowning happens when a casualty has been immerse in water and has suffered respiratory or cardiac arrest and was revived.

Signs & Symptoms:

- Unconscious, pulse less, and not breathing
- Cyanosed (blue) or pale skin
- Wet, cold (possibly hypothermic)
- Water may be found in upper airway
- Patient may vomit water and cough

First aid action:

1. Rescue of a drowning victim may involve a lot of risk. Do not attempt a water rescue beyond your swimming ability. If the water is too deep or dangerous to enter or if the casualty is too far out of reach with a long object, a throwing assist may be wisest.
2. Assess the safety of the scene.
3. Remove the casualty from water quickly and carefully (using a spine board if available). Be aware of possible spinal injury when handling the victim
4. If casualty is unconscious, start CPR immediately.
5. Oxygen therapy will benefit the casualty, but do not delay resuscitation by waiting for it to be brought
6. Near drowning casualties must be transported to hospital because life threatening secondary complications may develop due to the fluid in the lungs.



The Signs of Drowning:

- Facing shore
- Mouth at water level
- Head tilted back
- Look of panic or eyes glassy or closed
- Hyperventilating or gasping
- Vertical in water. Not using legs for forward swimming movement.
- Ladder climbing motion, rarely out of the water.
- Hair over forehead or eyes
- Trying to swim in a particular direction but not making head-way

Do not attempt a water rescue beyond your swimming ability.

FACTS: At two minutes of submersion, a drowning victim has a 92% survival rate if recovered and CPR and artificial respiration is performed properly. | At ten minutes of submersion, a drowning victim has a 14% survival rate if recovered and CPR and artificial respiration is performed properly. (These survivors will usually have moderate to severe brain injury.)

Heat-related emergencies

Heat Emergency

Signs & Symptoms

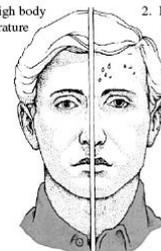
First Aid Care

1. Heat Cramps	<ul style="list-style-type: none"> - painful muscle cramps - moist, cool skin - heavy sweating 	<ul style="list-style-type: none"> - move to a cool place - give water or saline solution - massage muscle
2. Heat Exhaustion	<ul style="list-style-type: none"> - cold and clammy - heavy sweating - weak pulse - shallow breathing - nausea - stomach cramps - weakness - fatigue 	<ul style="list-style-type: none"> - move to cool place - elevate legs - remove sweat soaked clothing - apply cold packs - give water
3. Heat Stroke	<ul style="list-style-type: none"> - hot, dry, red skin - confusion - unconsciousness - little or no sweating - full, rapid pulse 	<ul style="list-style-type: none"> - move to cool place - immediately cool casualty by fanning and applying cool water, cold packs - remove any excess clothing - call 999 (life-threatening)



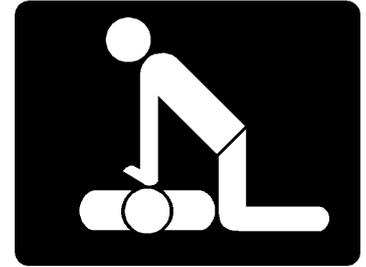
Heat Stroke
1. Dry, hot skin
2. Very high body temperature

Heat Exhaustion
1. Moist clammy skin
2. Normal or subnormal temperature



CPR

Cardiopulmonary resuscitation (CPR) is an emergency procedure which is performed in an effort to manually preserve intact brain function until further measures are taken to restore spontaneous blood circulation and breathing in a person



- 1 Check the Scene**
 - make sure it is safe for you to help.
 - * ***Don't become another victim.***
 - 2 Check the Victim**
 - tap the shoulder and shout "Are you okay?"
 - 3 Yell for Help**
 - call 999, or send someone to call and get an AED (Automated External Defibrillator)
 - 4 Check breathing**
 - Look for no breathing or only gasping.
 - 5 Start Compression**
 - give 30 compressions, push hard and fast
 - 6 Give Breaths**
 - open the airway and give 2 breaths
- Steps 5 & 6 should be continued until:**
- the ambulance team arrives or a medical practitioner takes over
 - the person is revived/ shows signs of life (breathing, coughing, movement)
 - the scene/ environment becomes unsafe
 - the rescuer is totally exhausted and cannot perform well anymore

Medical Contributor for August 2013



CEDARS Training Center is a registered training provider with qualified and dedicated instructors offering a wide range of courses for both individuals and companies. We are committed to improve health and safety at home, at any public place or in the workplace providing classes in Basic First Aid and Basic Life Support through an alliance with the American Heart Association (AHA).

CEDARS Training Center is authorized by Environment, Health and Safety (EHS), approved by Dubai Health Authority (DHA) and Dubai Corporation for Ambulance Services (DCAS) to conduct Basic First Aid and Basic Life Support courses. Our courses are approved for Continuing Professional Development (CPD) activity from DHA Accreditation Committee (3.5 CPD Points for BLS course).

All courses are designed and delivered with a hands-on approach. The learner is encouraged to practice and demonstrate both necessary skills and knowledge to save lives. Our classes are valuable as they touch both laypersons and health care providers. Our instructors are AHA certified and use educational adjuncts and realistic scenario-based teaching to target specific provider needs.

The education provided at CEDARS Training Center has the potential to save thousands of people in their most dire hour of need. Through education, we hope to make a difference in the everyday lives of everyday people throughout the community.

Current Life Support Training Classes available:

- Basic Life Support for Healthcare Providers (BLS)
- Heartsaver First Aid with CPR + AED (Automated External Defibrillator)
- Heartsaver AED First Aid
- Heartsaver CPR & AED

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