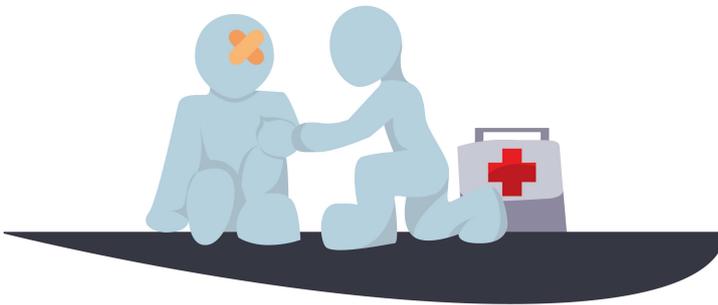




The E - Bulletin is a service provided from the in-house team of physicians (Specialists, GP's & the CEDARS Training Center) at the **CEDARS – Jebel Ali International Hospital** in order to raise awareness about health issues.

## First Aid Guide



**First Aid** is the immediate care given to a person who has been injured, or who has become ill prior to the arrival of qualified medical assistance.

### 3 P's of First Aid (Main aims of First Aid)

- *Preserve life*  
Administer immediate effective first aid to a casualty in order to save life.
- *Prevent the condition from worsening*  
Recognizing and treating the cause will assist with preventing the condition from worsening.
- *Promote recovery*  
Administer ongoing treatment and offer constant support until the arrival of qualified medical assistance.

## Bleeding

### • Internal Bleeding

When blood escapes from the circulatory system but remains inside the body. Internal bleeding can occur in various places such as within the tissues, organs, cavities or spaces inside the body (Chest, head and abdomen). Sometimes sign of internal bleeding can be visible such as when the casualty coughs up blood or vomits blood but most of the time internal bleeding is not apparent.

### • External Bleeding

Where blood escapes from the circulatory system to the outside of the body, for example, from a wound.



# 999

*Emergency number  
in Dubai*

### TREATMENT: (General)

- Ensure that you put on your disposable gloves for safety
- Sit or lay the casualty down on a firm, flat, stable base
- Examine the wound
- Do not attempt to remove any embedded or penetrating foreign objects
- Apply direct pressure onto the wound
- Dress the wound with a sterile dressing
- If blood seeps from the first dressing then apply a second dressing directly over the top of the first one
- Support the wounded part and be prepared to treat the casualty for shock
- Do not allow the casualty to smoke or to consume any food or drink
- Contact the emergency services and monitor the casualty

## Shock

Physiological shock is a life threatening condition that occurs when the body's vital organs such as the heart and brain are deprived of oxygen due to a problem that affects the circulatory system.

### Causes

- Severe bleeding (internal and external)
- Severe diarrhea and vomiting
- Poisoning
- Spinal trauma or injury
- Head trauma
- Heart attack

### Recognition:

- A visible associated wound
- Pale, blue/grey, cold clammy skin
- A rapid weak pulse
- Rapid shallow breathing
- Nausea and thirst

### Treatment

- Treat the cause if apparent
- Lay the casualty down on a flat surface and raise the legs; the legs are above the heart level
- Keep the casualty warm with a blanket
- Monitor the casualty's airway and breathing
- Do not allow any food or drink (may induce vomiting)
- Contact the emergency services



- Place the victim in shock position
- Keep the person warm and comfortable
- Turn the victim's head to one side if neck injury is not suspected



## 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, eggs) and medicine such as penicillin.

### Recognition

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

### Treatment

- Contact the emergency services
- Encourage the casualty to use their medication if applicable (antihistamine or auto injector)
- Sit the casualty down (if responsive)
- Remove the trigger if possible
- Monitor the casualty's airway and breathing
- Be prepared to carry out basic life support (CPR)



## Seizures

An epileptic seizure is caused by a sudden burst of excessive electrical activity in the brain causing a temporary disruption to signals passing between brain cells. There are many different forms of epilepsy.

To keep recognition and treatment on a generalized level, we have placed these differing forms of epilepsy into two main groups: **partial and generalized seizures.**

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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 JCI and located next to JAFZA Gate 2.

**Partial Seizures**

A brief loss of responsiveness for a few seconds or minutes

**Recognition**

- Staring blankly
- Mood swings
- Tingling sensations
- Twitching (face/body)

**Treatment**

- Ensure the casualty's safety. Make sure people or objects are kept away
- See if the casualty can be seated
- Stay with the casualty and time the episode
- If it is the first time refer the casualty to a doctor immediately

**Generalized Seizures**

May cause the casualty to lose consciousness and suffer massive muscle spasm

**Recognition**

- Convulsions
- Shallow breathing
- Bluish skin (cyanosis)
- Confusion/fatigue
- Rigidity
- Muscle jerks
- Lack of consciousness
- Loss of bladder and bowel control

**Treatment**

- Ensure the casualty's safety by removing dangerous items from within the vicinity where possible
- Remove any spectacles and loosen tight clothing
- Do not restrain the casualty
- Record the time and duration of the seizure
- If the seizure continues or there are multiple seizures then contact the emergency services
- When the seizure stops, clear any excess saliva and check airways and breathing
- Place the casualty into the recovery position (side lying position)
- Be conscious of the casualty's embarrassment
- Reassure the casualty
- If it is their first seizure contact the emergency services



## Medical Emergencies

**Heart Attack** occurs when blood flow to a part of your heart is blocked for a long enough time that part of the heart muscle is damaged or dies. It is also called myocardial infarction.

**Heart disease is the single biggest cause of death.**

The first minutes of a heart attack are the most important. This is when the person is likely to get worse and may die. Also many of the treatments for heart attack will be most successful if they are given quickly.

**Warning Signs:**

- ◆ Chest discomfort (uncomfortable chest pressure, squeezing, fullness, or pain)
- ◆ Discomfort in other areas of the upper body (one or both arms, back, neck, jaw, or abdomen)
- ◆ Shortness of breath
- ◆ Sweating, nausea, or light-headedness

**Actions:**

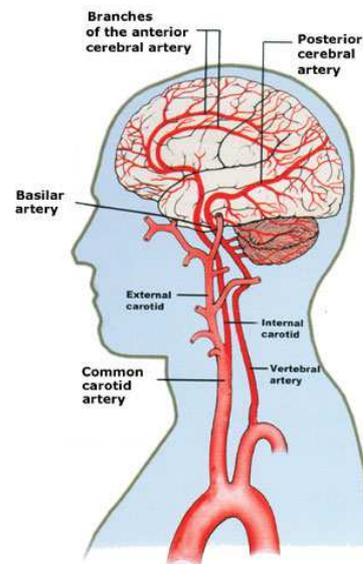
- Have the person stay calm and rests.
- When the body works, the heart pumps blood to supply oxygen to the muscles and clear the waste products of metabolism. When heart function is limited because of inadequate blood supply, asking it to do more work may cause more damage and risk further complications.
- Phone your emergency response number (e.g. For Dubai is 999).
- The first step to take when chest pain occurs is to call the emergency response number and activate the Emergency Medical System. First responders, EMTs, and paramedics can begin treating a heart attack en-route to the hospital, alert the Emergency Department that the patient is on the way, and treat some of the complications of a heart attack should they occur.
- Get the first aid kit and an AED (Automated External Defibrillator if available)
- Give aspirin if their is:
  - NO allergy
  - NO serious bleeding
  - NO signs of a stroke
- See if the person needs CPR. If he does, give CPR. If you don't know how, give hands-only CPR.



**Stroke** occurs when blood stops flowing to a part of the brain. This can happen if there is bleeding or a blocked blood vessel in the brain.

Stroke is a medical emergency and seconds count. Brain cells begin to die within 4 minutes of the beginning of a stroke. Call the emergency response number (999) for emergency medical transport to a hospital's emergency department.

• Current treatments for acute stroke must be given by a doctor and within a short time of the onset of symptoms. It is crucial for the person experiencing a stroke to get to the emergency department as quickly as possible to get the most benefit from any treatment. If you think you are having a stroke or someone with you is having a stroke, call the emergency response number (999).



**Warning Signs:**

- ♦ Sudden numbness or weakness of the face, arm or leg, especially on one side of the body
- ♦ Sudden confusion, trouble speaking or understanding
- ♦ Sudden trouble seeing in one or both eyes
- ♦ Sudden trouble walking, dizziness, loss of balance or coordination
- ♦ Sudden severe headache with no known cause

**Actions:**

- ♦ Make sure the scene is safe.
- ♦ Phone or ask someone to phone your emergency response number (999)
- ♦ Note the time the signs of stroke first appeared.
- ♦ See if the person needs CPR. If he does, give CPR. If you don't know how, give hands-only CPR.
- × Do **not** wait to see if symptoms go away.
- × Do **not** take aspirin. This will be given later if needed.
- × Do **not** drive yourself. Wait for a ride to the hospital.

**Sudden Cardiac Arrest (SCA)** is a condition in which the heart suddenly and unexpectedly stops beating. When this happens, blood stops flowing to the brain and other vital organs.

**Warning Signs:**

- ♦ Person will collapse or becomes unconscious
- ♦ Stopped breathing
- ♦ No blood circulation

**Actions:**

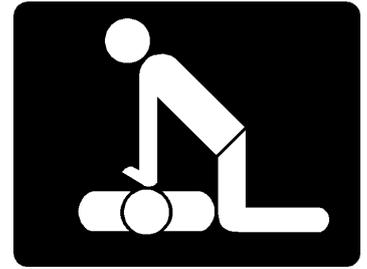
- ♦ Make sure the scene is safe.
- ♦ Phone or ask someone to phone your emergency response number (999)
- ♦ Give CPR. If you don't know how, give hands-only CPR.

F		F	Face is uneven
A		A	Arm is weak
S		S	Speech is strange
T		T	Time to call 999

*Sudden cardiac arrest usually causes death if it is not treated within minutes.*

## 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



### Check the Scene

- 1** - make sure it is safe for you to help.  
\* **Don't become another victim.**

### Check the Victim

- 2** - tap the shoulder and shout "Are you okay?"

### Yell for Help

- 3** call 999, or send someone to call and get an AED (Automated External Defibrillator)

### Check breathing

- 4** - Look for no breathing or only gasping.

### Start Compression

- 5** - give 30 compressions, push hard and fast

### Give Breaths

- 6** - 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

### Medical Contributor for August 2014



**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.

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