

BREATHING AND CIRCULATION EMERGENCIES



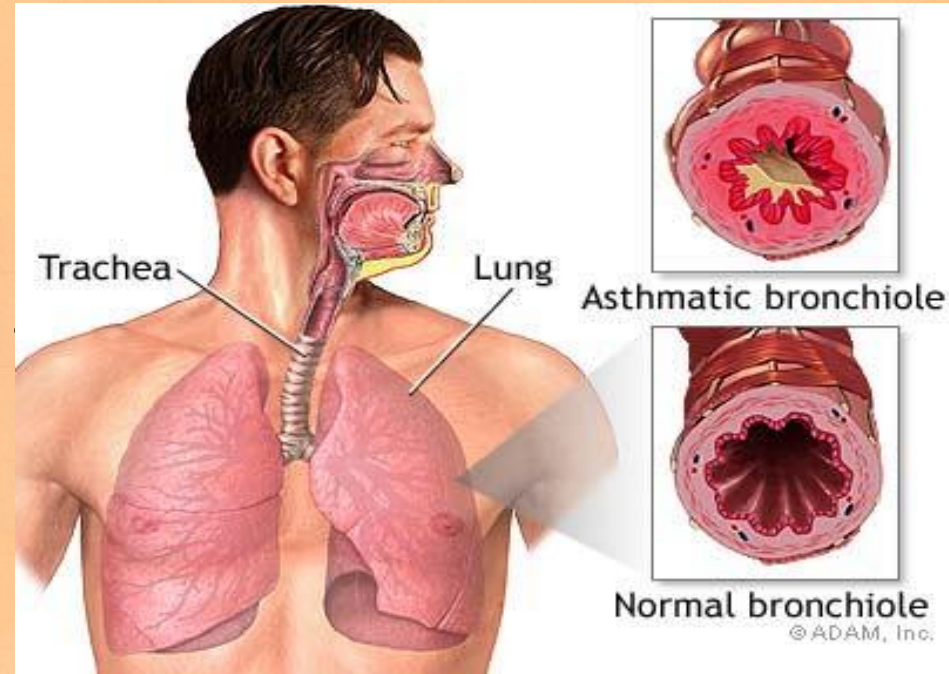
BREATHING EMERGENCIES

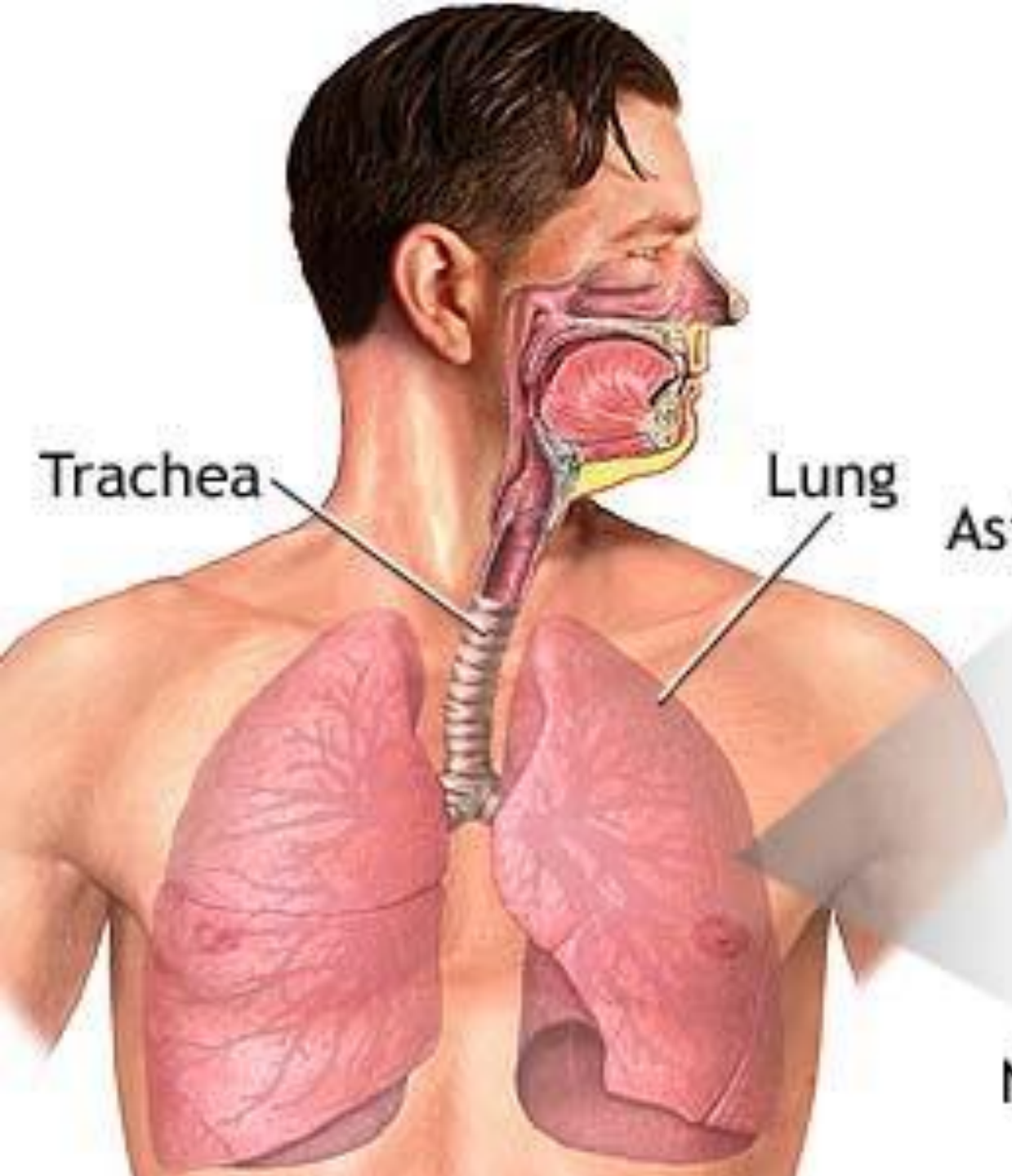
- A person who is having difficulty breathing is in **RESPIRATORY DISTRESS**
- A person who has stopped breathing is in **RESPIRATORY ARREST**
- Both are respiratory emergencies
- Brain cells and other vital cells in the body cannot function without adequate oxygen delivery to these cells at all times



ASTHMA

- Narrowing of airway passages
- **What to look for:**
 - Wheezing when exhaling
 - Gasping for air or unable breath
 - Upset
 - Feeling of tightness in tingling in hands or feet
- **What to do:**
 - CHECK SCENE, CHECK PERSON
 - CALL 9-1-1 if the person is struggling to breathe or if the person is not responding to their medications (puffer)





Trachea

Lung



Asthmatic bronchiole



Normal bronchiole

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- **CARE:**

- Move the person away from the environment triggering the asthma attack
- Try to keep the person calm (anxiety will worsen symptoms)
- Help the person to take any prescribed medications
- Continue to monitor ABCs
- Provide secondary survey





Airomir^{MC}



Ventolin[®]



Atrovent[®]



Becloforte[®]

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Beclovent[®]

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Berotec[®]



Combivent[®]



Flovent[®]



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Serevent[®]



Intal[®]



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QVAR[®]

ALLERGIC REACTIONS

- Allergic reactions are sensitivities to certain substances that can be ingested, breathed in, swallowed, injected or absorbed through the skin
- **What to look for:**
 - Rash, itching, hives
 - Slight difficulty breathing possible
 - Weakness
 - Dizziness
 - Confusion

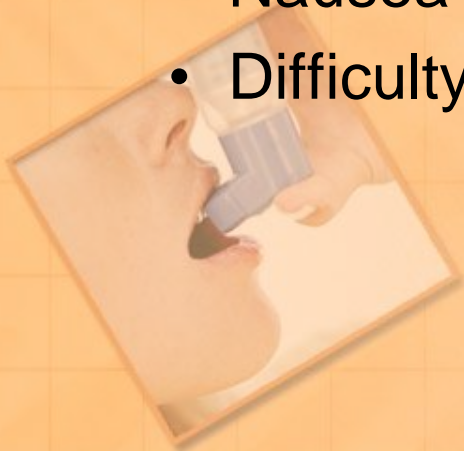


- **What to do:**
 - **CHECK** the scene, **CHECK** the person
 - **CALL** 9-1-1 and get an AED if the reaction is severe or the person is having trouble breathing
- **CARE:**
 - Ensure ABCs
 - Calm and reassure the person because anxiety can make the symptoms worse
 - Continue to monitor ABCs



ANAPHYLAXIS

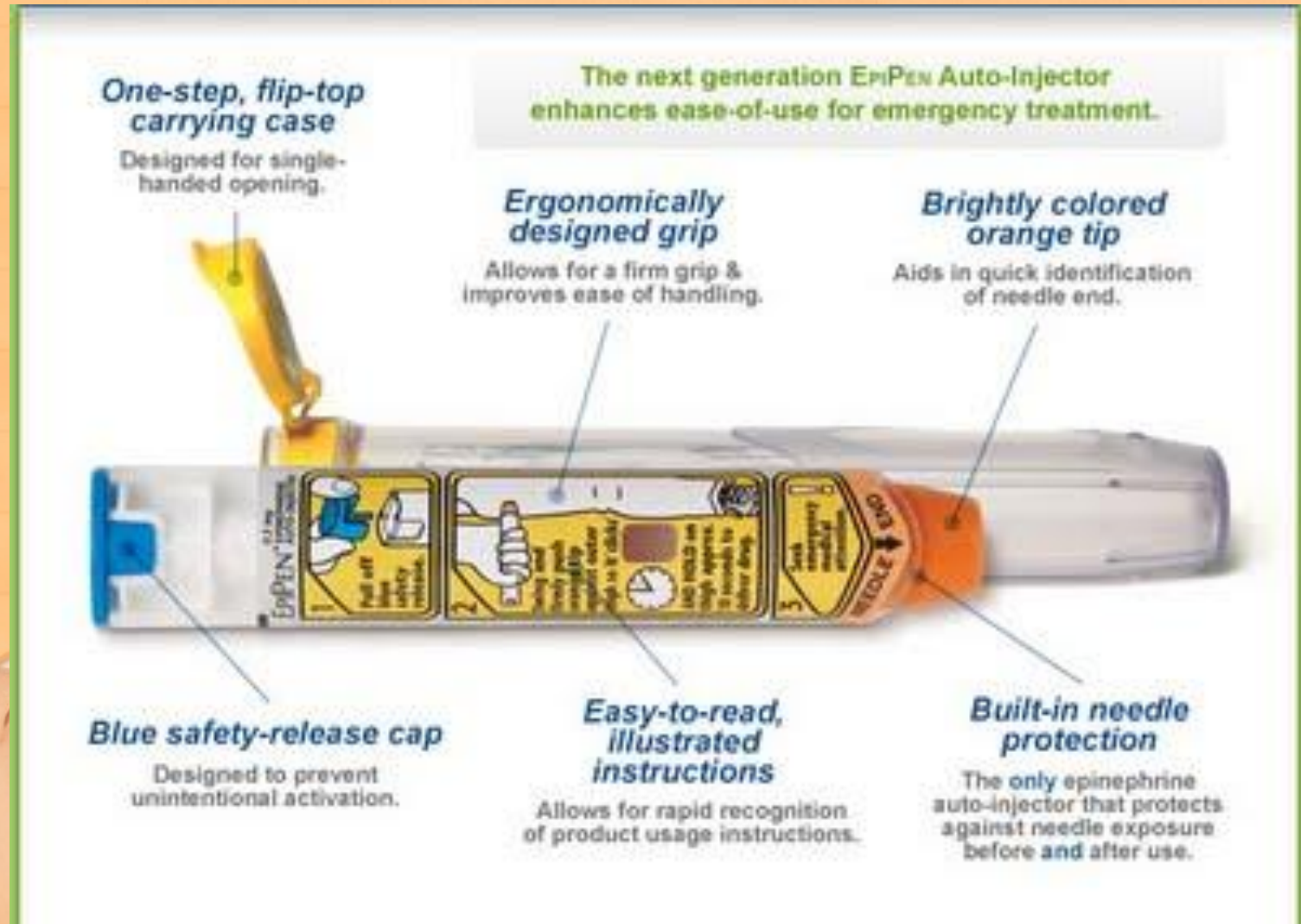
- Is a severe allergic reaction
- The air passages may swell causing respiratory distress and in extreme cases respiratory arrest
- **What to look for:**
 - Swelling of face, neck, lips, ears, hands, tongue
 - Red, itchy blotches on the skin
 - Weakness or dizziness
 - Nausea or vomiting
 - Difficulty breathing, wheezing

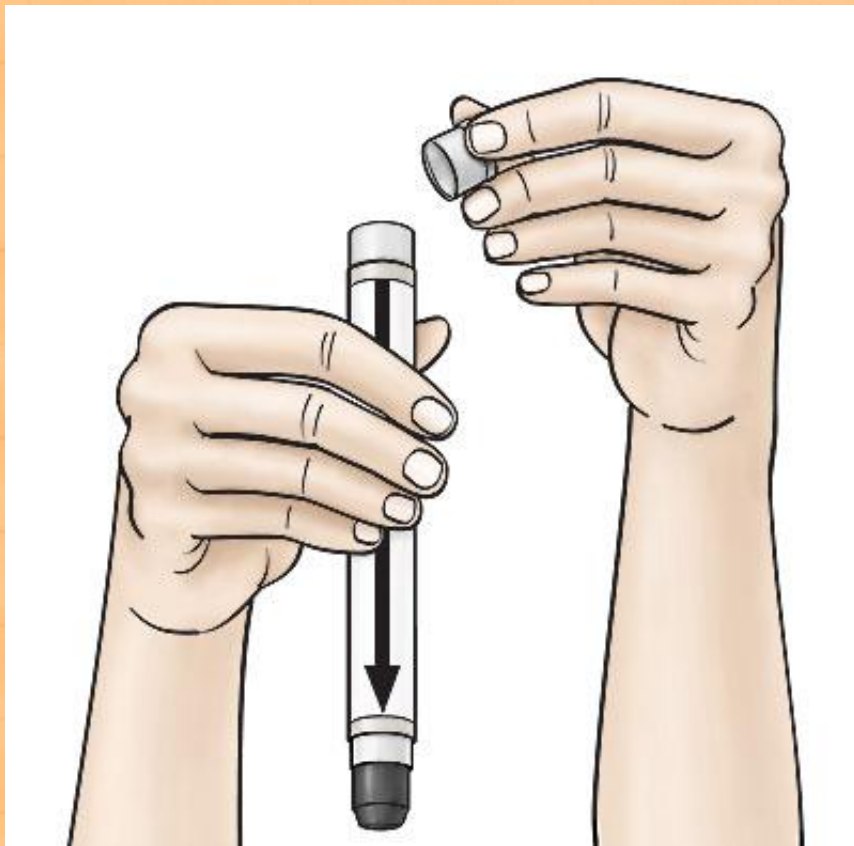


- **What to do:**
 - **CHECK** the scene, **CHECK** the person
 - **CALL** 9-1-1 and get an AED
 - **CARE:**
 - If the person has an EPInephrine pen, help the person use it
 - Ensure ABCs
 - Keep the person calm
 - Provide continual care, monitoring ABCs until EMS arrives



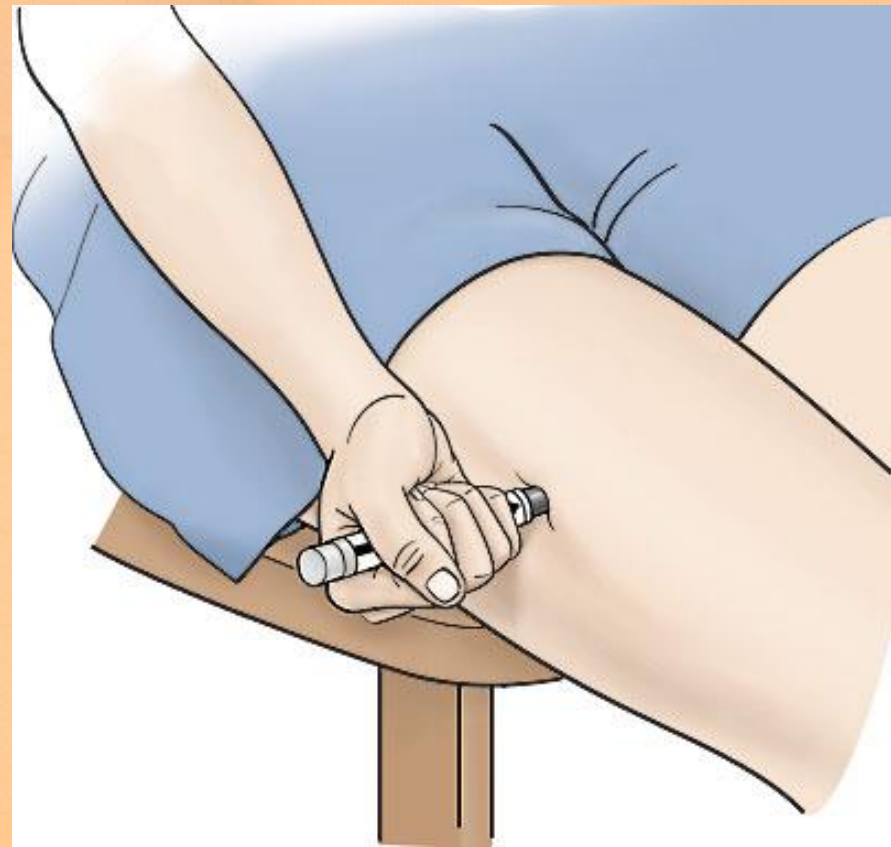
How to assist in the use of an Epi Pen





VIDEO:

<http://www.youtube.com/watch?v=MvvdrYF897Q>



ANGINA AND HEART ATTACK

- The heart has its own blood vessels that supply its muscle.
- When one of these arteries gets blocked (e.g. by plaque, which is junk like fat or cholesterol) the area of heart muscle that the artery feeds is suddenly deprived of circulation and the person experiences chest pain.
- If the blockage opens up after a little bit, the pain goes away (until next time). This is what is called **angina**.
- If the artery stays blocked, the pain remains and the area of affected heart muscle starts to die. This is what most people call a **heart attack**.



- **What to look for:**
 - Squeezing chest pain
 - Problems breathing
 - Abdominal or back pain
 - Cold, sweaty skin
 - Skin that is pale or bluish
 - Nausea or vomiting
 - Denial
 - Jaw pain
 - Chest pain that comes and goes or starts mildly then gets stronger
 - Tiredness
 - Upset stomach
 - Flu-like symptoms
 - **NOT ALL SYMPTOMS** have to be present at the same time

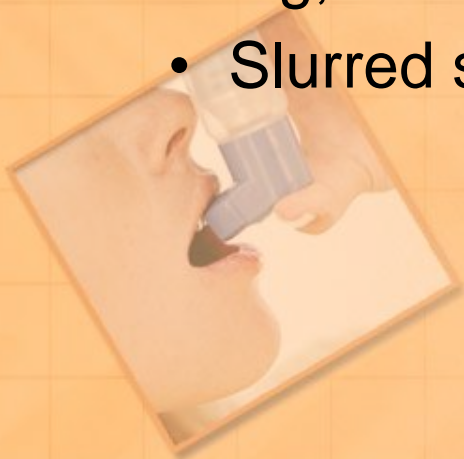
What to do...

- **CHECK** the scene, **CHECK** the person
- **CALL** 9-1-1 and get an AED
- **CARE:**
 - Have the person rest comfortably
 - Help the person take his/ her Nitroglycerin if prescribed
 - Continue to ensure and monitor ABCs
 - Provide care until EMS arrives



TRANSIENT ISCHEMIC ATTACKS AND STROKES

- A Transient Ischemic Attack (TIA) is like a mini-stroke
- The signs and symptoms for a TIA are the same as a stroke **(What to look for?)**
 - Sudden paralysis of the face, arm or leg.
 - Sudden speech problems.
 - weakness, numbness, or tingling in the face, arm or leg, dizziness, and/or sudden headache.
 - Slurred speech or difficulty speaking



What to do?

- **CHECK** the scene, **CHECK** the person
- **CALL** 9-1-1 and get an AED
- **CARE:**
 - Ensure and monitor ABCs
 - Perform secondary survey
 - Have the person rest in the recovery position with the affected side up, if possible
 - Keep the person calm
 - Wait for EMS to come

