First Aid
Non-accidental Cases

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Hearth attack

- Interrupted supply of oxygen to the heart muscle

Symptoms:
- chest pain (typical gripping chest pain, spreading to the neck, upper limbs, abdomen)
- nausea, vomiting, sweating, restlisness, fear of death, breathlessness (dyspnoea)
First aid

- dialling of EMS
- keep the casualty calm
- half-sitting position
- don’t give any liquids

By treated patients ask about drugs actively. Appeal for apply of glycercyltrinitrate (GTN) – in spray or a tablet.
Cerebellar apoplexy (stroke)

- interrupted supply of blood into the brain – ischaemia
- hemorrhage involving a vessel of the brain
- various stages of relevance

**Symptoms:** from confusion, paralysis of the part of body, aggravation of communication, dizzinesses, *(reminds drunkenness)* up to immediate death
First aid

- check on vital signs
- conscious patient – absolute calmness, without motion!!!
- unconscious patient…
- immediate dialling of EMS 155
Asthmatic attack

Asthma bronchiale is chronic inflammatory disease of airways, appearing by bronchiostenosis during attack

Evocating factors: psychical stress, strain, external allergens, cold air, infection

Symptoms: attacking breathlessness, elongated expiration with wheezing, insult to coughing

First Aid: position, clothing, calmness relieve

EMS 155

Appeal for apply of drugs - spray
Diabetes mellitus: Regulation failure of the level of sugar in blood (glycaemia). Patient applies insulin or takes drugs.

Every treated diabetic should have a warning card with himself!

Hyperglycaemia
- not yet treated or worse treated patient
- coma within decades of hours and days

Hypoglycaemia
- after apply of insulin the patient doesn´t eat or does the sport inadequately, eventually applies more quantity of insulin
- coma within decades of minutes!
First aid – Diabetes mellitus

**Symptoms:** failure of consciousness, faint smell from the mouth, hunger, headache, weakness, motory distress, sweating, nausea

**First aid:** we suppose hypoglycaemia
- **conscious** – sweet drink or sugar, eat after that!
- **unconscious** – check on vital signs

**EMS 155**

**NEVER GIVE INSULIN**
Sudden abdominal incidence

- acute event of several causes

Symptoms:

- planary or localized pain, often shocking
- boardy contractures of muscles of abdominal paries (not allways)
- vomiting, weaker pulse, progress of shock, diarrhoea, sometimes temperature
Sudden abdominal incidence

First aid:
- dialling of EMS 155 or visit of emergency
- don´t give any liquids
- favourable position

Never give drugs for damping of pain!!!
Convulsionary forms

Epilepsy, hyperthermia of organism, head injuries, febrile spasmus, poisonings and others

**Symptoms:**

- failure of consciousness, inability of communication
- during the great attack spasmus and subsultus of the whole body, high risk of general injury, possible of enuresis, defile and foam by mouth
First aid:

- avoid from accidental injuries – especially with head, without force..!
- don’t put anything into the mouth
- **after attack** – check on vital signs
- by febrile convulsions (children from 6 months to 5 years) reduce fever by tepid dressing. Apply in to groins and armpits. Never on the chest.

**Emergency Medical Service 155**
Collapse – fainting

- sudden failure of consciousness
- coming up from the low level of blood in the brain from various causes – e.g. by fatigue, exhaustion, shock, rapid standing, dehydration etc.
Collapse – fainting

First aid:
- fresh air, relieve clothing,
- position, check on vital signs

If the casualty does not regain consciousness quickly, or if the status of the casualty is not getting better after giving of First Aid – dialling of EMS 155
Allergic reaction

- after insects stings (bee, wasp), food and other allergies

And by sensitive persons to allergies could occur closure of the airway with swelling

Symptoms:
- breathlessness during inspiration, cough,
- then cyanosis, itching, nettle rash, nausea, anaphylactic shock

First aid:
- Emergency Medical Service 155, cooling down

Increases percentage of sensitive persons to allergies in overall population!!
Hyperventilation

**Cause:** forms with rapid breathing, which leads into a loss of the carbon dioxide level and to characteristic convulsions (tetany)

**Symptoms:** tingling in around the mouth, characteristic distortion of hands, distraughtness

**First aid:** sedation, breathing to a paper bag

Hyperventilation is very dangerous under water level !!!
Remember!

As early as the patient is in the ambulance car, the crew afford him professional care.

Don’t be afraid to call 155!