

Common medical problems

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- First aid – end of course
- Fever
- Febrile seizures
- Abdominal pain
- Vomiting, diarrhoea
- Chest pain
- Headache, meningism
- Asthma

End of first aid course

- Test available after the last lecture on is.muni
- Unlimited number of attempts
- Time delay in unsuccessful attempt
- Once passed, can apply for oral exam
- Oral exam – 2 questions + practical BLS – 1 min.

...thereafter



Fever

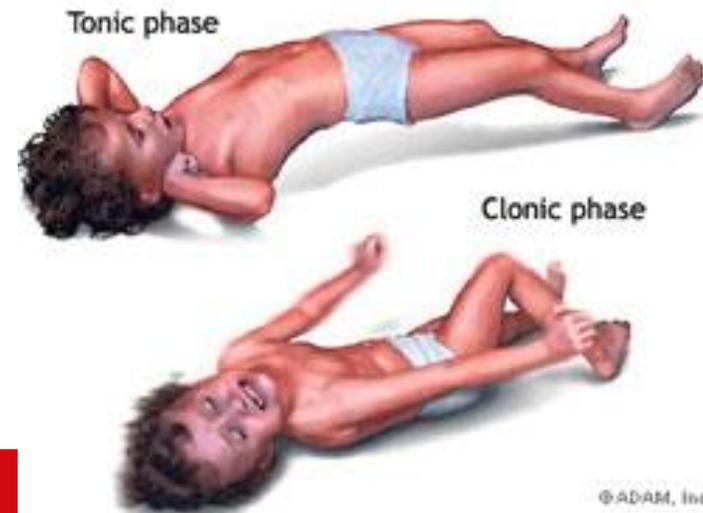
- Sustained body temperature above 37°C
- Infectious: bacterial, viral infection
- Non-infectious: drugs, head injury with bleeding
- Earache, sore throat, measles, chickenpox, meningitis or local infection – abscess
- Pallor with goose skin, shivering, chattering teeth
- Later : hot, flushed skin, sweating

Fever

- Cave: dehydration
- EMS : seizures, loss of consciousness, not-decreasing temperature, meningism
- First aid
 - Decrease the temperature
 - Keep the casualty cool and comfortable
 - Plenty of cool drinks
 - Recommended dose of paracetamol/ibuprofen
 - Do not give aspirin in child under 16
 - Monitor vital signs

Febrile seizures in children

- Often associated with throat or ear infection and high temperature
- Violent twitching with clenched fists and arched back
- Breath holding, red face, drooling
- Loss/impaired consciousness



Febrile seizures in children

- First aid
 - Protect from injury during fits
 - Decrease the temperature – remove clothing, fresh air
 - Once the seizure stopped – maintain open airway, call EMS and turn to recovery position
 - Monitor vital signs

Abdominal pain

- Causes: food poisoning, stress, infection of digestive tract, celiakia, liver, gall bladder, pancreatic disease, urinary tract infection, gynae origin, rupture of abdominal aorta, pneumonia, heart attack..
- Symptoms : nauzea, vomiting, diarrhoea, tiredness, blood in stool, melena, obstipation, wight loss, problems with breathing, urinating, blood in urine...

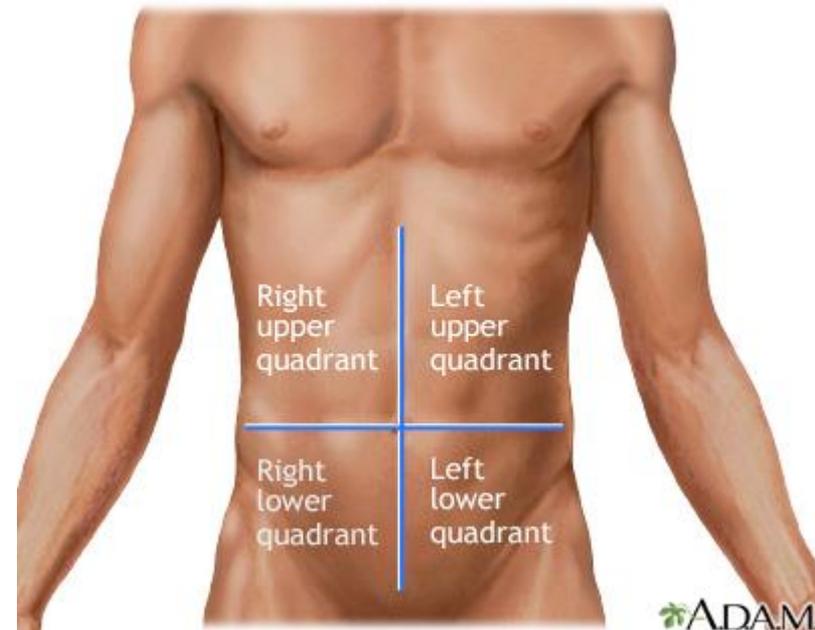
Abdominal pain

- Often food poisoning – often mild
- Colic pain – comes and goes in waves
- Peritonitis – intense pain (appendicitis)
 - Pain often starts at the centre of abdomen – moving to right lower abdominal quadrant
 - Vomiting
 - Nausea, loss of appetite
 - High temperature



Abdominal pain

- Never underestimate
- Call EMS - when unsure, bleeding from digestive tract, jaundice, severe nor prolonged pain + vomiting and fever, weight loss
- Nil per os



Abdominal pain

First aid

- Calm down, minimal manipulation
- Hot-water bottle – might help from pain
- Causative treatment
- Rehydration, diet, antiemetics – suppository, probiotics



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Vomiting and diarrhoea

- Vomiting: protective repulsive reflex
 - Irritation of digestive system
 - Toxines, viruses, bacterias – contaminated food or person to person
 - Increased intracranial pressure, drugs
- Leads to loss of water, salts – dehydration
 - hypovolemic shock

Vomiting and diarrhoea

- First aid
 - Identifying the cause
 - Rehydration – sips of still mineral water, fruit juice
 - Diet 48 hours: pasta, potatoes, buckwheat
 - EMS : severe and prologed vomiting+/- diarrhoea, exhaustion, dehydration, letargy, impaired consciousness

Chest pain

- Not always heart attack
- Causes: heart disease, high blood pressure, arrhythmias, pulmonary embolism, lung disease, vertebral problems – affected intervertebral disk, GI tract, tumors
- Other symptoms: shortness of breath, nausea, vomiting, cold and clammy, palpitations, pain on inspiration/expiration/after swallowing, cough, impaired consciousness...

Chest pain

- Information from patient
- **A**llergies
- **M**edications
- **P**ast medical history
- **L**ast meal
- **E**vent leading to

Chest pain

- Angina
 - Narrowing of coronary arteries – inadequate blood (O₂) supply to heart muscle
 - Increased demand – exercise, stress
 - Central chest pain – may spread to jaw, arm
 - Pain easing with rest
 - Shortness of breath
 - Tiredness, anxiety

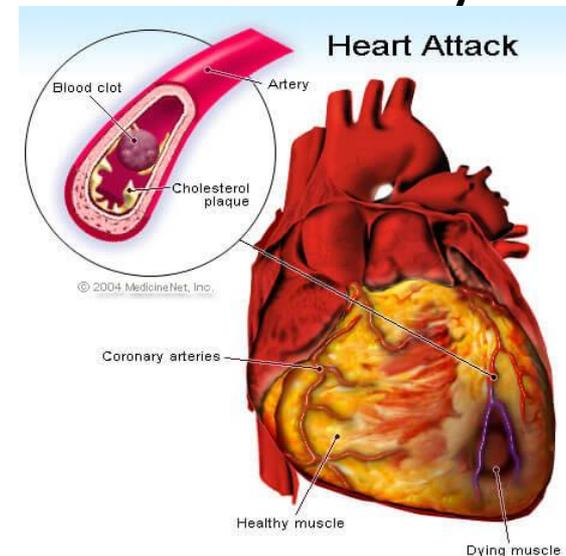


Angina – first aid

- Reassure, calm down
- Treat in sitting position
- The pain should ease within few minutes
- Help with angina medication – tablets, aerosol
- If the chest pain persists or returns suspect heart attack - EMS

Heart attack

- Sudden obstruction of blood supply to part of heart muscle
- Symptoms
 - Angina-like but persistent, recurrent pain
 - Faintness, dizziness, sweating, 'cold and clammy'
 - Rapid, weak, irregular pulse
 - Gasping for air



Heart attack

- First aid
- Make as comfortable as possible – sitting position
- Call EMS
- Aspirin 300 mg – chewable
- Assist with angina medication
- Monitor and record vital signs
- If loss of consciousness - CPR

Headache

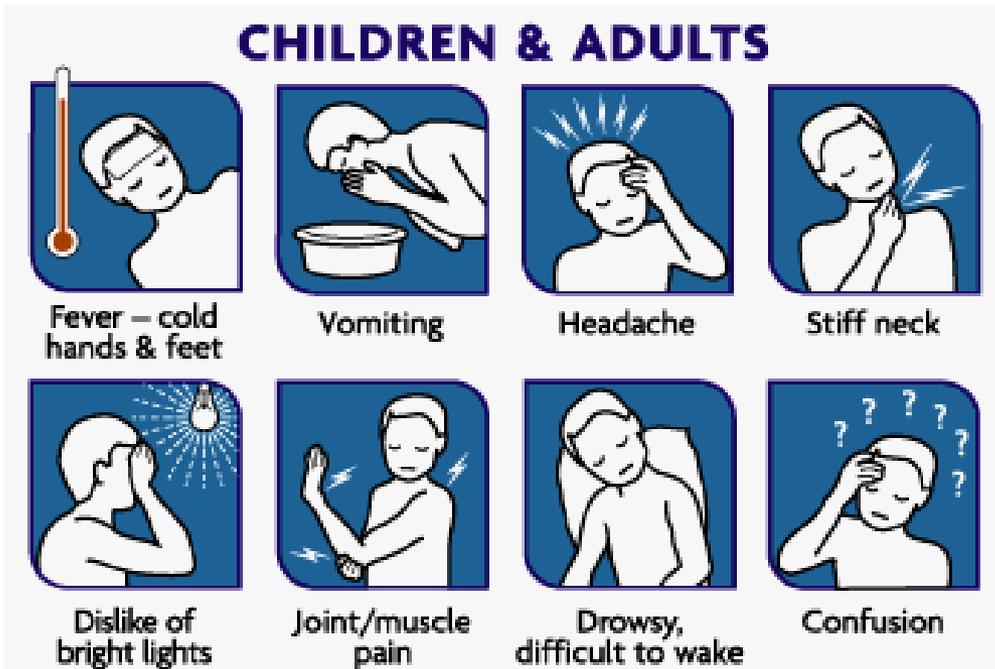
- May accompany any illness or for no reason
- Causes: tiredness, stress, fever, meningitis, migraine, tumors, intoxications...
- Other symptoms : fever, muscle and joint pain, neck stiffness, vomiting, pain can be unilateral, epileptic fit, intolerance of light/noise

Headache

- First aid
 - Look for reason
 - Quiet, dark place – sit, or lie down
 - Cold compress againsts head
 - Painkillers: paracetamol, aspirin (not under 16y)
- Seek medical help if
 - Develops very suddenly
 - Severe, recurrent or persistent
 - Accompanied by loss of sensation/strength/stiff neck/head injury, fits

Meningism

- Inflamed meninges – viral or bacterial
- Symptoms : high temp., headache, rash



Meningism

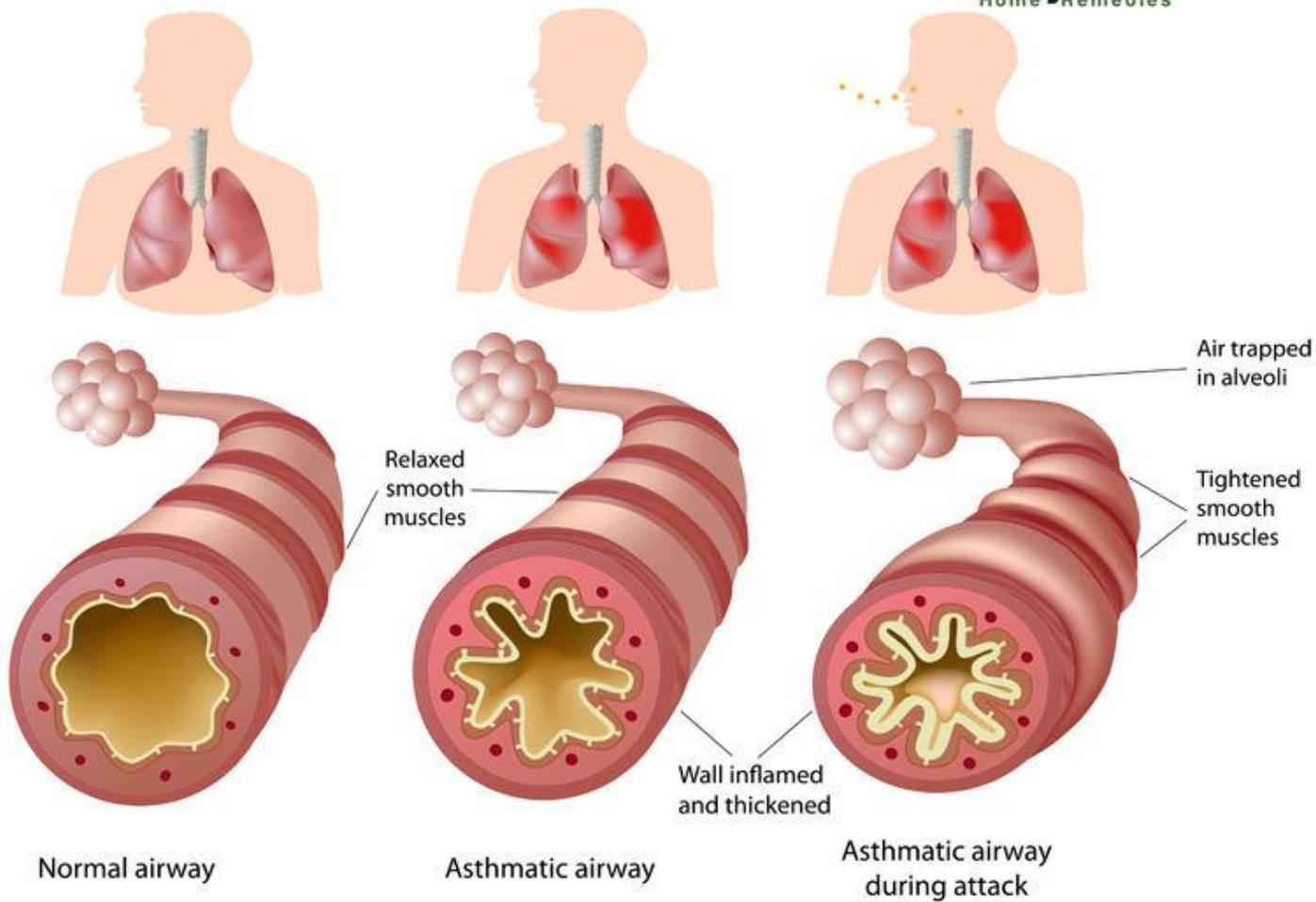
First aid

- Call EMS
- Reassure
- Keep cool
- Monitor vital signs
 - Level of response
 - Breathing
 - Pulse
 - Temperature

Asthma

Pathology of Asthma

Top10
Home Remedies

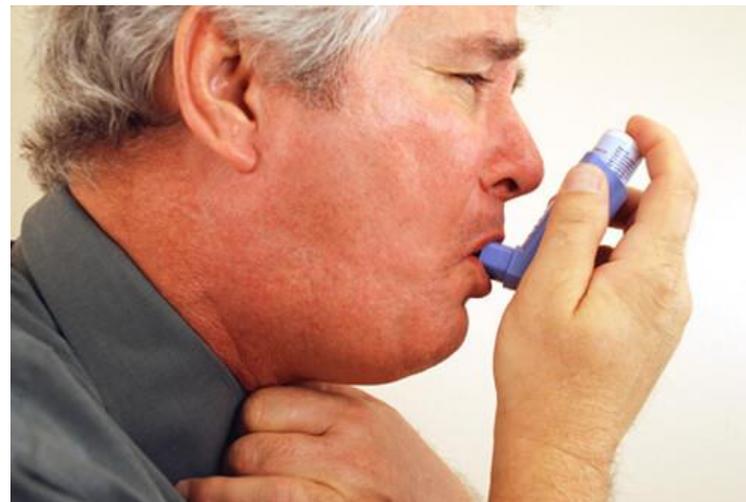
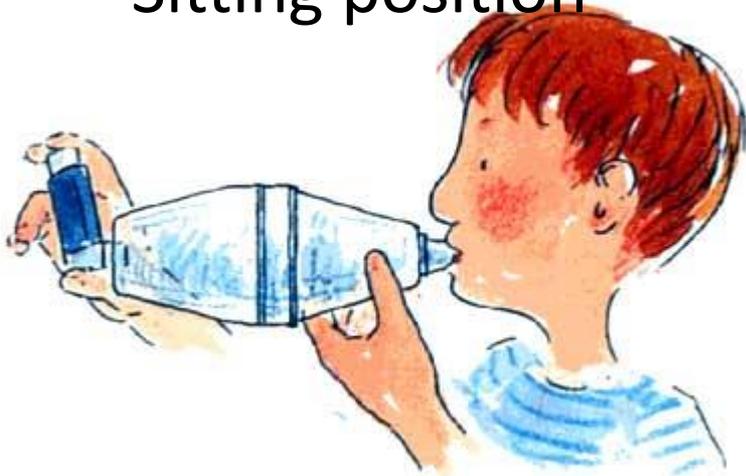


Asthma - recognition

- Difficulty breathing, prolonged expiration
- Wheezing
- Difficulty speaking, shortness of breath
- Coughing
- Distress and anxiety
- Cyanosis
- Exhaustion in severe attack

Asthma

- Trigger – cigarette smoke, pollen
- First aid
 - reliever inhaler +/- spacer
 - Sitting position
 - reliever inhaler +/- spacer
 - Sitting position



Asthma – call 112 if

- No improvement with inhaler
- Breathlessness makes breathing difficult
- Getting blue – cyanosis
- Is becoming exhausted

- Monitor vital signs till EMS arrives

Marry Christmas !

