



First Aid

Bleeding – Internal

Mgr. Zdeňka Kubíková
Bc. Barbora Zuchová and others

...and sport sometimes hurts



Internal bleeding – head

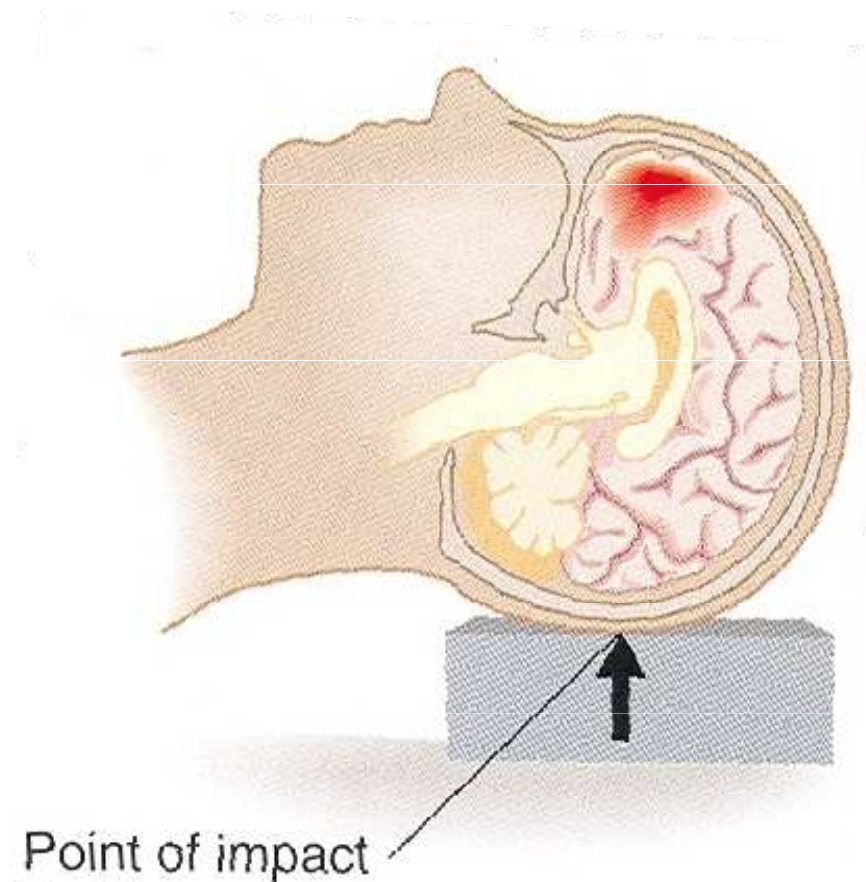
Unconsciousness:

- see unconsciousness

When being consciousness, don't underrate!

- vomiting
- somnolence
- nausea
- confused patient
- short – term unconsciousness

Always dial EMS 155 !



Flegel, 2004

Internal bleeding – abdomen

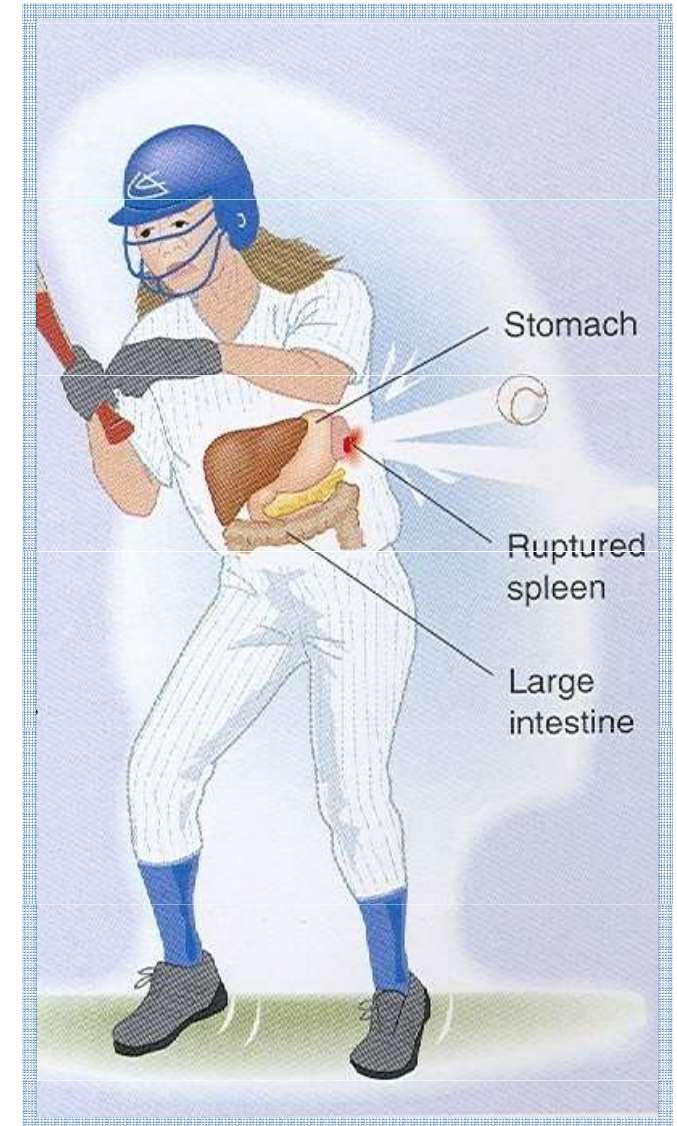
Accident mechanism – blunt stroke (contusion)

- ice-hockey, skiing, cycling, fighting sports

Position after accident: favourable position

Shock development:

- Pale and cold skin, cold perspiration
- Rapid, weaker pulse... irregular
- Rapid and shallow breathing
- Feeling of thirst
- Anxiety, fear
- Nausea, vomiting



Flegel,2004

Internal bleeding – abdomen

First aid:

- dialling of EMS **155**
- keep the patient in his position
- measures against shock:
 - ▶ **liquids** – don't give any liquids!
 - ▶ **heat** – care about heat comfort
 - ▶ **subside** – tactful encouragement...
 - ▶ **transport** – don't transport... **dial 155!!!**
 - ▶ **silence**...



Keggenhoff,2006

Chest injury

Accident mechanism: car accident, falls...

Symptoms: dyspnoea, cyanosis

First aid:

- **dialling of EMS 155**
- **check on vital signs – breathing and circulation and level of consciousness**
- **conscious patient – measures against shock**
- **half-sitting position**

Pneumothorax

- When the chest is injured, by the lung can occur collapse

