



# First Aid

## Bleeding – Internal

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# ...and sport sometimes hurts



# Internal bleeding – head

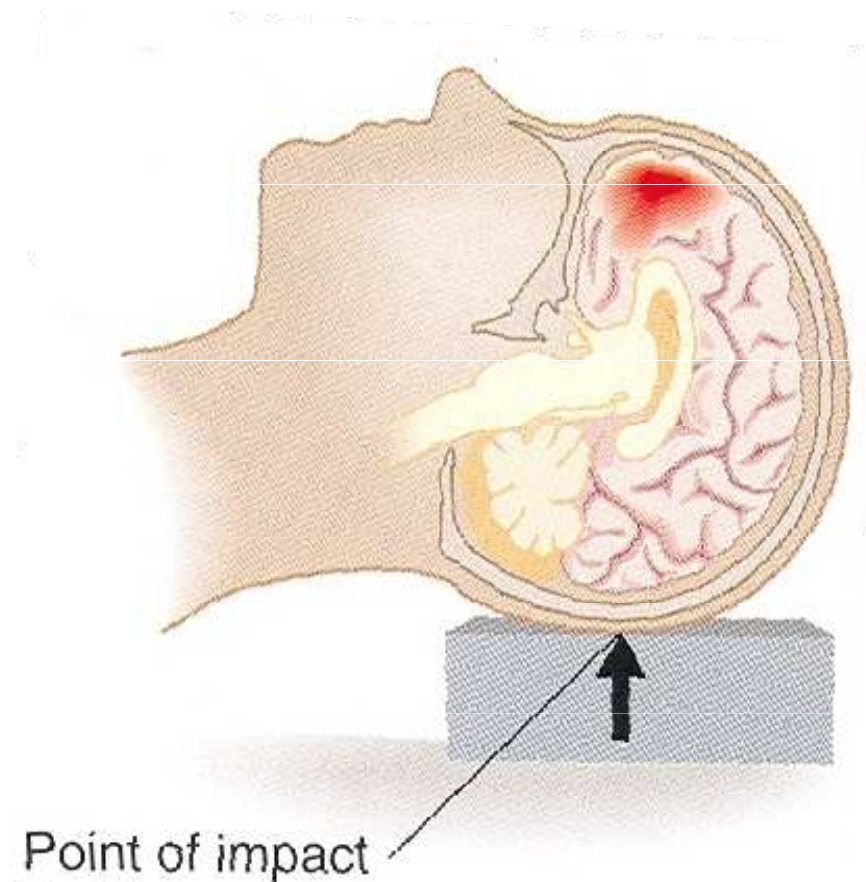
## Unconsciousness:

- 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

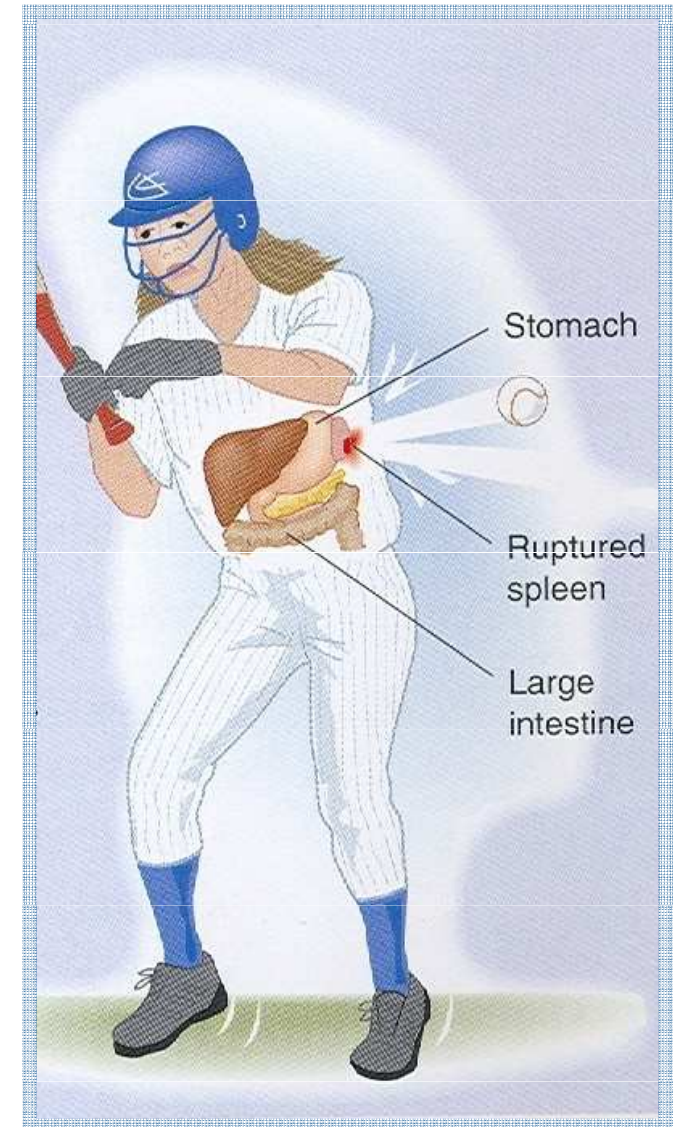
## Accident mechanism – blunt stroke (contusion)

- 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

