



First Aid

Non-accidental Cases

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others**

Heart 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, restlessness, 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 glyceryltrinitrate (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**

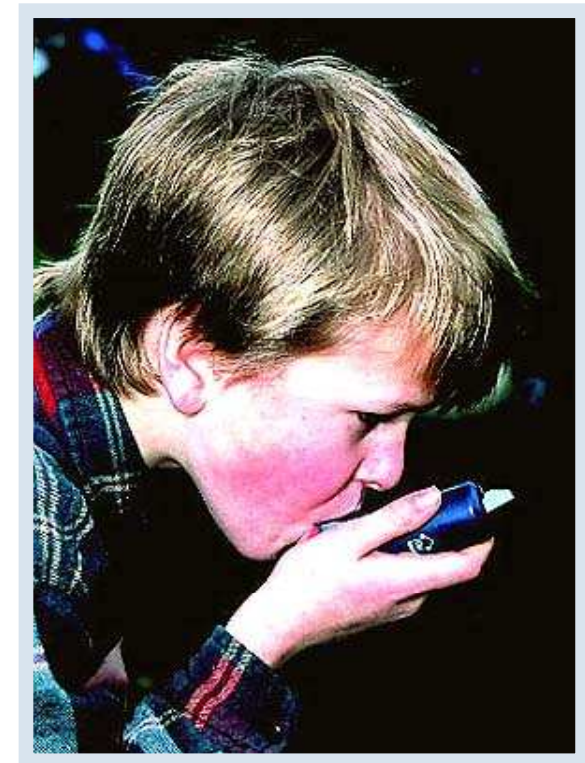
Asthmatic attack

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



Appeal for apply of drugs – spray

EMS 155

Diabetes mellitus

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 always)
- 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



Keggenhoff, 2006

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

Convulsionary forms

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.

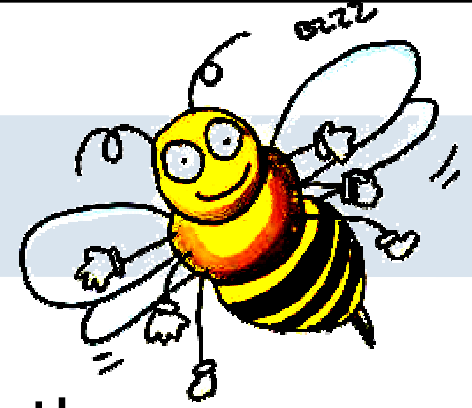
Collapse – fainting

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, distraughtnes

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!**

