

So here we are again with my **4th blog on medical emergencies.**

Always let's stick to basics, please.

If the casualty is unconscious its normally due to low levels of Oxygen or low levels of Carbohydrates, another mnemonic for you to remember

F.I.S.H.S.H.A.P.E.D.

Keep it simple

- F** **Faint**, may also be called "passing out," "blackout" or "syncope." This is a sudden drop in blood pressure & could be caused by so many different reasons, e.g., stress, heavy periods, standing up suddenly.

- I** **Imbalance of heat or Infantile Convulsion.** Infants from the age of 6 months to 3 years will have a convulsion if too hot, normally due to an infection.

- S** **Stroke.** This is caused when part of the brains blood vessels either become blocked (75% of cases & known as a Clot) or rupture (25% cases & known as a bleed. Use the FAST (Face, Arms, Speech & Time of onset) test.

- H** **Heart Attack**, generally the patient will be pale, sweating, scared, uncomfortable, with a fast heart rate & fast breathing rate.

- S** **Shock.** Shock is basically lack of Oxygen to the tissues and there are many causes of shock, e.g., heart attack is Cardiogenic shock or stung by a wasp, Anaphylactic shock

- H** **Head Injury.** 2 main sorts of head injury: - Concussion (jarring of the head & generally getting better) or Compression (pressure on the brain & generally getting worse).

- A** **Asphyxia** is choking/strangulation or can also be caused by crush injury.

- P** **Poisoning.** Taking too much of a substance, e.g., Paracetamols, Alcohol. It's important to know the time the patient took the substance and how much.

- E **Epilepsy.** Patients you suffer with Epilepsy are prone to having convulsions, if they have a convulsion, protect their head, DO NOT put anything in their mouth & DO NOT try to restrain them.

- D **Diabetes.** Always remember a rule of thumb with Diabetics, when their Blood Sugar is HIGH their Insulin is LOW and when their Blood Sugar is LOW their insulin is HIGH. If they are alert with a clear airway try and coax them to eat sugar and/or carbohydrates.

Thank you and stay healthy. Please visit my webpage as I provide the necessary, 1 day emergency First Aid at Work courses, needed for the qualification of Fencing Coaches.

www.evexiatraining.co.uk

