

Heart Attack/Angina (p. 132)

1. Recognize signals of a heart attack
2. Assist with Nitroglycerin
3. Assist with ASA
4. Rest and Comfort
5. Oxygen
6. More advanced medical care

Breathing Emergencies (p. 105)

- **Anaphylaxis**
- **COPD**
- **Emphysema**
- **Chronic Bronchitis**
- **Asthma**
- **Pneumonia**
- **Acute Pulmonary Edema**
- **Pulmonary Embolism**
- **Hyperventilation**

1. Rest in a comfortable sitting position
2. Open a window to provide more air
3. Ask questions in yes or no format
4. Maintain normal temperature
5. Oxygen
6. Calm patient to slow breathing
7. Help with prescribed medication

Stroke/TIA (p.146)

1. Ensure an open airway
2. Position on one side
3. Rest
4. Comfort and reassure
5. Rapid advanced medical care
6. Nothing to eat or drink
7. Finger sweep if necessary
8. oxygen

Shock (p. 157)

1. Control external bleeding
2. Nothing to eat or drink
3. Rest comfortably
4. Maintain normal temperature
5. Oxygen

Chest Injuries (p. 256-257)

1. Rest in position that makes breathing easier
2. Stabilize with pillow or blanket
3. Oxygen
4. Secure bulky dressings with tape
5. Occlusive dressing with downside open

Abdominal Injuries (p. 259)

1. Supine with knees bent
2. Oxygen
3. Moist, Sterile Dressings
4. Plastic Wrap
5. Cover with Folded Towel
6. Maintain Body Temperature

Pelvic Injuries (p. 261)

1. Supine with knees bent
2. Maintain Body Temperature
3. Oxygen

Frostbite (p. 308)

• **Frostnip**

1. Warm gently in water
2. Check water with thermometer
3. Keep body part away from container sides
4. Keep in water until red and warm
5. Bandage with dry sterile dressing
6. Avoid breaking blisters

Hypothermia (p. 310)

1. Warm body gradually
2. Warm liquids to drink
3. Do NOT immerse in water
4. Check pulse for 45 seconds

Musculoskeletal Injuries (p.212)

- Strains
- Sprains
- Fractures
- Dislocations
 1. Rest
 2. Immobilize
 3. Elevate
 4. Ice 20 minutes per hour
 5. Splint without causing further injury
 6. Splint above and below injured area
 7. Check circulation before and after

Breech Birth (p. 340)

1. Place index and middle fingers into vagina
2. Form a V with fingers to allow air entry
3. Oxygen
4. Create airway after 3 minutes

Prolapse Cord (p. 339)

1. Oxygen
2. Knee chest position

Minor Open Wounds (p. 196)

- Lacerations
- Avulsions
- Punctures
- Abrasions
 1. Cleanse with soap and water
 2. Rinse with running water for 5 minutes
 3. Antibiotic ointment if not allergic
 4. Sterile dressing
 5. Bandage/tape

High Altitude Illness (p. 280)

- Acute Mountain Sickness
- High Altitude Pulmonary Edema
- High Altitude Cerebral Edema
- 1. Record vital signs regularly
- 2. Rest for acclimatization
- 3. Rapid descent
- 4. Hyperbaric bag
- 5. 4-6 liters of fluid per day

Heat Stroke (p. 307)

1. Immerse in cool water
2. Move out of heat/sun
3. Cool wet cloths
4. DO NOT apply isopropyl
5. Half glass of cool water every 15 minutes
6. No fluids if unconscious or vomiting
7. Minimize shock
8. Remove tight or heavy clothing
9. Fan patient to increase evaporation
10. Ice packs on wrists, ankles, armpits and neck

Insect Stings (p. 292)

1. Examine sting site for stinger
2. Scrape stinger with fingernail or plastic card
3. Do not use tweezers
4. Wash site with soap and water
5. Cold compress
6. Observe for allergic reaction

Poisoning (p. 289)

1. Look for containers, pills etc...
2. Remove from source of poison
3. Contact poison control
4. NPO unless advised
5. Save vomitus

1. Contact poison control
2. Determine type and amount of substance
3. Minimize movement and loud noises
4. Maintain normal temperature
5. Save vomitus
6. Notify advanced care of designer drugs
7. Withdraw if patient threatens violence

Diabetic Emergencies (p. 273)

1. Ensure patient is semi-prone
2. Remove OPA
3. Place half tube of glucogel in lower cheek
4. Repeat dosage in 3-5 minutes
5. Ask about diabetes
6. Look for medic alert
7. Sugar, candy or fruit juice if conscious
8. DO NOT assist with Insulin
9. Maintain normal temperature
10. Oxygen

Eye Injuries (p. 246)

1. Do not flush except chemicals
2. Force eyelid open only to flush chemicals
3. NPO
4. Grasp upper eyelid and turn up over cotton swab
5. Pull down lower lid
6. Pull upper lid over lower lid
7. Remove object with sterile gauze
8. Rigid eye shield over injured eye