### Frontline First Aid 2012 Emergency Care Manual Treatments



#### 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

### 2012 Emergency Care Manual Treatments

#### 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



## 2012 Emergency Care Manual Treatments

#### 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

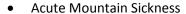
#### Minor Open Wounds (p. 196)

- 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



## 2012 Emergency Care Manual Treatments

#### High Altitude Illness (p. 280)



- 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



# 2012 Emergency Care Manual Treatments

#### Substance Abuse/Misuse (p. 298)

- 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

