

## Sudden Illness Unit Notes

<p style="text-align: center;"><b><u>SHOCK</u></b></p> <p>1. What are the signs and symptoms for a person who is experiencing shock?</p>	<ul style="list-style-type: none"> <li>• Restlessness or irritability</li> <li>• Changes in level of consciousness</li> <li>• Pale, ashen or grayish, cool, moist skin</li> <li>• Rapid breathing and heartbeat</li> <li>• Excessive thirst</li> <li>• Nausea or vomiting.</li> </ul>
<p>2. A person who is in shock needs advance medical care. What do you do with the patient while waiting for EMS personnel to arrive?</p>	<ul style="list-style-type: none"> <li>• Have the person lie down, if possible.</li> <li>• Control bleeding, if necessary.</li> <li>• Cover the person with a blanket to prevent loss of body heat.</li> <li>• Do not give the person anything to drink or eat, even if the person complains of thirst.</li> <li>• Reassure the person until EMS personnel arrive.</li> </ul>
<p style="text-align: center;"><b><u>HEART ATTACK</u></b></p> <p>3. What is a heart attack?</p>	<p>A heart attack occurs when blood flow to part of the heart muscle is blocked (for example, as a result of coronary artery disease). Because the cells in the area are not receiving the oxygen and nutrients they need, they die, causing permanent damage to the heart muscle.</p>
<p>4. What are the signs and symptoms of a heart attack?</p>	<ul style="list-style-type: none"> <li>• Chest pain, discomfort, pressure or squeezing that lasts longer than 3 to 5 minutes and is not relieved by resting, changing position or taking medication, or that goes away and then comes back</li> <li>• Discomfort or pain that spreads to one or both arms, the back, the shoulder, the neck, the jaw or the upper part of the stomach</li> <li>• Dizziness or light-headedness</li> <li>• Trouble breathing, including noisy breathing, shortness of breath and breathing that is faster than normal</li> <li>• Nausea or vomiting</li> <li>• Pale or ashen (gray) skin</li> <li>• Sweating</li> <li>• A feeling of anxiety or impending doom</li> <li>• Extreme fatigue</li> <li>• Unresponsiveness</li> </ul>
<p>5. What are the differences between heart attack symptoms for a male and a female?</p>	<p><u>Men:</u> "classic" signs and symptoms of a heart attack (such as chest pain that radiates down one arm)</p> <p><u>Women:</u> often have more subtle signs and symptoms chest pain or discomfort may be milder and/or accompanied by more general signs and symptoms</p> <ul style="list-style-type: none"> <li>• Shortness of breath</li> <li>• Nausea or vomiting</li> <li>• Extreme fatigue</li> <li>• Dizziness or light-headedness</li> </ul>

6. What are some reasons people may delay seeking medical attention when they are experiencing signs and symptoms of a heart attack?	<ul style="list-style-type: none"> <li>• Lack of knowledge about, or failure to recognize, the signs and symptoms of a heart attack</li> <li>• Denial or fear related to potentially having a life-threatening condition</li> <li>• Concerns about feeling foolish or embarrassed for seeking advanced medical care for a “false alarm”</li> <li>• Inadequate access to healthcare or a lack of healthcare insurance</li> </ul>
7. In addition to calling 911, what can you do if you think someone is having a heart attack?	<ul style="list-style-type: none"> <li>• Be prepared to give CPR and use an AED if the person becomes unresponsive and stops breathing, if you are trained in giving CPR and using an AED.</li> <li>• Help the person to rest in a comfortable position, and loosen any tight clothing. Many people find it easier to breathe when sitting.</li> <li>• If the person takes a prescribed medication for chest pain (e.g., nitroglycerin), offer to get the medication for the person and assist him or her with taking it.</li> <li>• Reassure the person and monitor his or her condition until EMS personnel arrive and take over.</li> </ul>
<b><u>BREATHING EMERGENCIES</u></b>  8. What are some causes of breathing emergencies?	<ul style="list-style-type: none"> <li>• Choking</li> <li>• A severe allergic reaction (anaphylaxis)</li> <li>• An acute flare-up of a chronic respiratory condition, such as asthma or chronic obstructive pulmonary disease (COPD)</li> <li>• Cardiac conditions, such as heart failure or heart attack</li> <li>• A respiratory infection, such as pneumonia or bronchitis</li> <li>• Emotional distress</li> <li>• Drug overdose</li> <li>• Poisoning</li> <li>• Trauma to the head, chest, lungs or abdomen</li> <li>• Drowning</li> </ul>
9. What are some signs and symptoms of breathing emergencies?	<ul style="list-style-type: none"> <li>• No breathing</li> <li>• Shortness of breath or trouble breathing</li> <li>• Being unable to talk without stopping for a breath in between every few words</li> <li>• Changes in breathing rate (fast, slow), depth (shallow, deep) or rhythm (irregular)</li> <li>• Gasping, wheezing, gurgling or high-pitched noises</li> <li>• Changes in skin color (pale, ashen, bluish, flushed), temperature (cool) or condition (moist)</li> <li>• Dizziness or light-headedness</li> <li>• Chest pain</li> <li>• Apprehension or anxiety</li> </ul>

10. What could happen when one fails to recognize a person is having a breathing emergency?	It is important to recognize when someone is experiencing a breathing emergency and take prompt action because a breathing emergency can lead to cardiac arrest if not treated early.
11. What can you do assist a person who is having a breathing emergency?	<ul style="list-style-type: none"> <li>• Determine whether to summon EMS personnel.</li> <li>• Help the person to rest in a comfortable position. Sitting and leaning forward slightly often helps to make breathing easier.</li> <li>• If the person is finding it difficult to talk, phrase questions so that they can be answered by nodding or shaking the head.</li> <li>• If you know that the person is having difficulty breathing as a result of a medical condition such as asthma or a severe allergic reaction, offer to help the person with his or her medication, such as an asthma inhaler or an epinephrine auto injector.</li> <li>• Continue to watch for changes in the person's condition.</li> </ul>
<b><u>ANAPHYLAXIS</u></b>	
12. What is anaphylaxis?	Severe allergic reaction that can affect the person's ability to breathe and is another type of breathing emergency
13. What is the name of the drug that slows anaphylaxis?	Epinephrine
14. What should you do when a person is showing signs and symptoms of anaphylaxis?	Have someone call 9-1-1 or the designated emergency number immediately. Help the person use medication (e.g., epinephrine) for the emergency treatment of anaphylaxis.
15. What do you do if you are alone and there is no one to call 911 during an anaphylaxis emergency?	Help the person use medication for the emergency treatment of anaphylaxis and then call 9-1-1 or the designated emergency number.
<b><u>DIABETIC EMERGENCIES</u></b>	
16. What is diabetes?	Condition that makes it difficult for the body to process glucose (sugar) in the blood.
17. When a person is hypoglycemic, what does that mean?	Excessively low blood glucose levels) can occur if the person eats too little food, exercises more than usual, vomits or takes too much medication.
18. When a person hyperglycemic, what does that mean?	Hyperglycemia (excessively high blood glucose levels) can occur if the person eats too much food, takes too little medication or exercises less than usual.

19. What are the signs and symptoms of a diabetic emergency?	<ul style="list-style-type: none"> <li>• Dizziness or shakiness</li> <li>• Headache</li> <li>• Cool, moist skin</li> <li>• Changes in behavior (e.g., irritability, aggression, argumentativeness)</li> <li>• Confusion or disorientation</li> </ul>
20. In the situation of a severe hypo- or hyperglycemia, what can happen to a person?	Severe hypo- or hyperglycemia can result in loss of consciousness, seizures or both and may be life threatening.
21. If a person is known to be a diabetic and requests some sugar, what should you check?	Able to answer simple questions and able to swallow, you may be able to help by giving the person a small amount of sugar.
22. How much sugar can you give a person? What are some acceptable forms of sugar?	<p>Give 15 to 20 grams of sugar</p> <ul style="list-style-type: none"> <li>• Glucose tablets</li> <li>• Candies that can be chewed</li> <li>• Fruit juice</li> <li>• Fruit strips</li> <li>• Regular (non-diet) soda</li> <li>• Milk</li> <li>• A spoonful of sugar mixed into a glass of water</li> </ul>
<b><u>SEIZURES</u></b>	
23. What is a seizure?	It is abnormal electrical activity in the brain, which leads to temporary and involuntary changes in body movement, function, sensation, awareness or behavior.
24. What is a febrile seizure?	Febrile seizures, seizures brought on by a rapid increase in body temperature, are most common in children younger than 5 years.
25. A person having a grand mal seizure is experiencing:	<p>A person having a grand mal seizure experiences:</p> <ul style="list-style-type: none"> <li>• Loss of consciousness.</li> <li>• Convulsions (uncontrolled body movements caused by contraction of the muscles).</li> </ul>
26. An absence seizure symptoms include:	<p>The person experiences a brief, sudden lapse of consciousness. The person becomes very quiet and has a blank stare.</p> <ul style="list-style-type: none"> <li>• Let the seizure run its course.</li> <li>• Remove nearby furniture or other objects that could cause injury if the person hits them during the seizure.</li> <li>• When the seizure is over, check the person for responsiveness and breathing. If the person is responsive and breathing normally, check the person from head to toe (looking for injuries that may have occurred as a result of the seizure) and place the person in the recovery position if there are no apparent injuries.</li> <li>• Stay with the person until he or she is fully recovered and aware of his or her surroundings.</li> </ul>
27. What should you do for a person who is having a seizure?	

28. What actions can cause harm during a seizure and should be avoided?	<ul style="list-style-type: none"> <li>• Holding or restraining the person during the seizure</li> <li>• Putting something between the person's teeth to prevent the person from biting his or her tongue</li> </ul>
29. What situations should you call 911 during a seizure?	<ul style="list-style-type: none"> <li>• The seizure lasts more than 5 minutes, or the person has multiple seizures.</li> <li>• The person was injured as a result of the seizure</li> <li>• The person is unresponsive and not breathing or only gasping after the seizure.</li> <li>• The person is pregnant or has diabetes.</li> <li>• The person is a young child or infant and the seizure was brought on by a high fever</li> <li>• The person is elderly</li> <li>• This is the person's first seizure or the cause of the seizure is unknown.</li> <li>• The seizure took place in the water.</li> </ul>
<b><u>FAINTING</u></b>	
30. What is fainting?	Fainting is a temporary loss of consciousness caused by a sudden decrease in blood flow to the brain.
31. What are some common causes of fainting?	Dehydration Being too hot Being in a crowded or stuffy room Intense emotion Low blood pressure Standing up too quickly after sitting or bending over for an extended period of time
32. If a person is exhibiting warning signs or symptoms of fainting, what can you do?	<ul style="list-style-type: none"> <li>▪ The person became pale</li> <li>▪ The person began to sweat</li> <li>▪ The person complained of dizziness or weakness</li> </ul>
33. If a person faints, what do you do?	<ul style="list-style-type: none"> <li>▪ Check for responsiveness and breathing</li> </ul>
34. If the person is responsive after fainting, how would you check them?	<ul style="list-style-type: none"> <li>• Check the person from head to toe for injuries that might have happened as a result of the fall.</li> <li>• Put the person into the recovery position, if there are no injuries.</li> <li>• Call 9-1-1 or the designated emergency number if the person is injured or you have any concerns about the person's condition. Have the person follow up with his or her healthcare provider.</li> </ul>
35. If a person is not responsive after fainting and not breathing, what should you do?	<ul style="list-style-type: none"> <li>▪ Begin CPR immediately and use an AED as soon as one is available, if trained in giving CPR and using an AED.</li> </ul>

## **STROKE**

36. What is a stroke?

- A stroke occurs when blood flow to part of the brain is interrupted, resulting in the death of brain cells.

37. What are the signs any symptoms if a stroke?

- Trouble with speech and language, including slurring of words, being unable to form words or being unable to understand what others are saying
- Drooling or trouble swallowing
- Drooping features on one side of the face (for example, the eyelid and the corner of the mouth)
- Trouble seeing in one or both eyes
- Weakness
- Paralysis or numbness of the face, arms or legs, especially on one side of the body
- A sudden, severe headache
- Dizziness or loss of balance
- Confusion
- Unresponsiveness

38. What does FAST mean?

- Face- ask the person to smile
- Arms- ask person to raise both arms
- Speech- ask person to repeat the simple sentence, "the sky is blue"
- Time- Call 911

39. If you think a person is having a stroke, what should you do?

- Call 9-1-1 or the designated emergency number immediately.
- Note when the person first started having signs and symptoms of stroke. This is important information to give EMS personnel because some of the medications used to treat stroke are only effective within a certain timeframe after the onset of signs and symptoms.
- Reassure the person and monitor his or her condition until EMS personnel arrive.
- If the person is responsive and breathing normally but not fully awake, or if the person is drooling or having trouble swallowing, put the person in the recovery position and monitor the person's condition until EMS personnel arrive.