



# MEDICAL EMERGENCIES AT A GLANCE

Emergency	Overview	Signs & Symptoms	Treatment
<b>Syncope</b>	Transient loss of consciousness and postural tone most often caused by loss of cerebral oxygenation and perfusion	<p><b>Pre-syncope:</b></p> <ul style="list-style-type: none"> <li>• Pupil dilation</li> <li>• Diaphoresis</li> <li>• Weakness</li> <li>• Dizziness</li> <li>• Nausea</li> <li>• Yawning</li> <li>• Visual changes</li> <li>• Increased BP and pulse</li> <li>• Shortness of breath</li> <li>• Heart palpitations</li> </ul> <p><b>Syncope:</b></p> <ul style="list-style-type: none"> <li>• Loss of consciousness</li> <li>• Weak, slow pulse</li> </ul>	<ul style="list-style-type: none"> <li>• Remove objects from oral cavity</li> <li>• Supine position with feet slightly elevated</li> <li>• Open airway</li> <li>• Assess circulation</li> <li>• Loosen tight clothing</li> <li>• Administer O2 4-6 liters/ min. if needed or pulse oximeter &lt; 95</li> <li>• If unconsciousness persists contact EMS and use ammonia towelette if sure there is no neck injury and no allergy</li> </ul>
<b>Hyperventilation</b>	Increased respirations that are faster and/or deeper than the metabolic needs of the body while eliminating more CO2 than is produced	<ul style="list-style-type: none"> <li>• Prolonged, rapid and deep respirations</li> <li>• 22 – 40 breaths/min</li> <li>• Heart palpitations</li> <li>• Impaired problem solving, motor coordination, balance and perceptual tasks</li> <li>• Lightheadedness</li> <li>• Impaired vision</li> <li>• Muscle twitching or carpopedal spasms</li> <li>• Diaphoresis</li> <li>• Circumoral parasthesia</li> </ul>	<ul style="list-style-type: none"> <li>• Position patient upright</li> <li>• Loosen tight clothing</li> <li>• Work with patient to control breathing</li> </ul>
<b>Generalized Tonic-Clonic Seizures</b>	Generalized electrical abnormality throughout the brain with a loss of consciousness	<p><b>4 Phases:</b></p> <ol style="list-style-type: none"> <li>1. Prodromal – aura (sensation that precedes seizure)</li> <li>2. Pre-Ictal – loss of consciousness</li> <li>3. Ictal – muscle contraction &amp; relaxation</li> <li>4. Post-ictal – cessation of seizure</li> </ol>	<ul style="list-style-type: none"> <li>• Supine position</li> <li>• Maintain open airway</li> <li>• Prevent injury to patient</li> <li>• Gently restrain patient</li> <li>• Monitor vital signs</li> <li>• Administer O2 if pulse oximeter &lt;95</li> <li>• Monitor patient closely for respiratory arrest</li> </ul>
<b>Cerebrovascular Accident</b>	Abnormal condition of the brain characterized by occlusion or hemorrhage of a blood vessel resulting in a lack of oxygen to brain tissues	<ul style="list-style-type: none"> <li>• Severe headache</li> <li>• Increased BP</li> <li>• Inability to stand or walk</li> <li>• Unequal pupils</li> <li>• Vision changes</li> <li>• Difficulty swallowing</li> <li>• Nausea and vomiting</li> <li>• Facial paralysis</li> <li>• Parasthesia on one side of body</li> <li>• Speech impairment</li> <li>• Altered level of consciousness</li> </ul>	<ul style="list-style-type: none"> <li>• Position patient semi-upright</li> <li>• Contact EMS</li> <li>• Administer O2 if needed</li> <li>• Monitor vital signs</li> <li>• Use glucometer to rule out hypoglycemia</li> </ul>
<b>Angina Pectoris</b>	Transient and reversible chest pain due to inadequate blood supply to heart muscle	<ul style="list-style-type: none"> <li>• Chest discomfort: pressure, burning, heaviness, squeezing, choking radiates from shoulder down arm to neck, lower jaw, tongue</li> <li>• Diaphoresis</li> <li>• Nausea</li> <li>• Pallor</li> <li>• Lasts 1-15 minutes</li> </ul>	<ul style="list-style-type: none"> <li>• Terminate procedure</li> <li>• Upright or semi-supine position</li> <li>• CABs</li> <li>• Administer O2 4-6L/min if dyspnea or pulse oximeter &lt;95</li> <li>• Monitor vital signs</li> <li>• Administer nitroglycerin if patient not hypotensive</li> <li>• Can administer 3 doses in 15 minute period</li> <li>• If episode ceases can resume treatment if patient feels well enough</li> <li>• If pain more severe than normal or if pain does not cease contact EMS and treat as MI</li> </ul>



# MEDICAL EMERGENCIES AT A GLANCE

Emergency	Overview	Signs & Symptoms	Treatment
<b>Myocardial Infarction</b>	Necrosis of the myocardium due to total or partial occlusion of a coronary artery	<ul style="list-style-type: none"> <li>Chest pain or discomfort lasting 20 minutes or longer: pressure, tightness, heaviness, burning, squeezing or crushing – may radiate down arms, shoulders, neck, jaw or back</li> <li>Weakness</li> <li>Dyspnea</li> <li>Diaphoresis</li> <li>Irregular pulse</li> <li>Nausea</li> <li>Vomiting</li> <li>Sense of impending doom</li> <li>Women may have atypical discomfort, upper abdominal pain, shortness of breath, fatigue</li> </ul>	<ul style="list-style-type: none"> <li>Terminate treatment</li> <li>If hx of angina treat for angina</li> </ul> <p><b>If no hx of angina:</b></p> <ul style="list-style-type: none"> <li>Position comfortably</li> <li>CABs</li> <li>Contact EMS</li> <li>Administer O2 4-6L/min only if dyspnea or pulse oximeter &lt;95</li> <li>Monitor vital signs</li> <li>Administer nitroglycerin from kit if patient not hypotensive</li> <li>If pain not relieved administer up to 2 more doses of nitroglycerin and administer 325 mg chewable low dose aspirin</li> <li>Monitor vital signs</li> <li>Prepare for CPR if necessary</li> <li>Prepare AED for use</li> </ul>
<b>Asthma Attack</b>	Chronic respiratory disorder with narrowing of the bronchial airways	<ul style="list-style-type: none"> <li>Dyspnea</li> <li>Wheezing</li> <li>Coughing</li> <li>Chest tightness</li> <li>Pallor</li> </ul>	<ul style="list-style-type: none"> <li>Position patient upright with arms forward</li> <li>Have patient self-administer own bronchodilator</li> <li>If patient does not have bronchodilator administer 2 puffs of albuterol</li> <li>Administer O2 4-6 liters/min.</li> <li>Monitor vital signs</li> <li>If symptoms not relieved administer additional dose of albuterol using spacing device</li> </ul>
<b>Mild Allergic Reaction</b>	Hypersensitive reaction to an allergen  IgE response followed by the release of histamine and other chemical mediators	<ul style="list-style-type: none"> <li>Localized redness, pruritus, edema, urticaria</li> <li>Conjunctivitis</li> <li>Pale or flushed skin</li> <li>Rhinitis</li> </ul>	<ul style="list-style-type: none"> <li>Administer oral antihistamine tablets as directed</li> </ul>
<b>Moderate Allergic Reaction</b>	Hypersensitive reaction to an allergen  IgE response followed by the release of histamine and other chemical mediators	<ul style="list-style-type: none"> <li>Systemic redness, pruritus, edema, urticaria</li> <li>Rhinitis</li> <li>Abdominal pain</li> <li>Cramping</li> <li>Diarrhea</li> <li>Bronchospasm/moderate dyspnea</li> </ul>	<ul style="list-style-type: none"> <li>Administer Diphenhydramine 50 mg IM</li> <li>Administer oral antihistamine tablets as directed</li> <li>Administer O2 as needed</li> <li>Monitor vital signs</li> </ul>
<b>Anaphylaxis</b>	Type I allergic reaction with an immediate hypersensitivity  Most severe allergic response	<ul style="list-style-type: none"> <li>Systemic redness, pruritus, edema, urticaria</li> <li>Rhinitis</li> <li>Angioedema of the lips, eyes and larynx</li> <li>Bronchospasm with severe dyspnea and wheezing</li> <li>Hypotension</li> <li>Tachycardia/arrhythmias</li> <li>Decreased consciousness</li> </ul>	<ul style="list-style-type: none"> <li>Contact EMS</li> <li>Position the patient supinely with legs slightly elevated</li> <li>Administer adult/pediatric epipen</li> <li>Administer O2 4-6L/min.</li> <li>Administer diphenhydramine 50 mg IM</li> <li>Monitor vital signs</li> <li>If symptoms persist administer adult/pediatric dose of epinephrine from ampule in kit</li> </ul>
<b>Hypoglycemia</b>	Severe hypoglycemia with a blood glucose level lower than 40 – 50 mg/dL	<ul style="list-style-type: none"> <li>Confusion</li> <li>Seizures</li> <li>Dizziness</li> <li>Weakness</li> <li>Headache</li> <li>Hunger</li> <li>Cold, clammy skin</li> <li>Diaphoresis</li> <li>Irritability or aggressive behavior</li> </ul>	<ul style="list-style-type: none"> <li>Use glucometer</li> </ul> <p><b>Conscious patient:</b></p> <ul style="list-style-type: none"> <li>15 grams of glucose gel or other form of glucose</li> <li>Maintain airway</li> <li>Monitor vital signs</li> </ul> <p><b>Unconscious patient:</b></p> <ul style="list-style-type: none"> <li>EMS</li> <li>Glucagon 1 mg SC of IM</li> <li>20 ml of 50% IV dextrose</li> <li>Monitor vital signs</li> </ul>