

SUDDEN ILLNESS

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SUDDEN ILLNESS

❑ HEART DISEASE

- The heart receives its own blood supply; containing oxygen, through the **coronary arteries**. If these arteries become **narrow or blocked** the part of heart muscle will **stop function**.
- If too much **muscle function** is lost, the heart will not **circulate enough blood** to provide for needs. Slow muscle deterioration will result in **shock and death**.

TYPES OF HEART PROBLEMS

The (3)three common heart problems requiring first aid are **angina pectoris, heart attack, and heart failure**

1. Angina Pectoris: chest pain **caused** by a decreased blood supply to the heart muscle.

Cause: arteries are too narrow to supply O_2 adequately, stress or over exertion cause **heart to work harder.**

❖ Sign and symptom

- **Chest pain** that spreads to **neck, shoulder, arms elbow and the finger.** It lasts only to **minutes, relieved by rest and medication.**

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2. Heart Attack

- Heart attack (Myocardial infarction) occurs when the blood flow in a coronary artery or in one of its branches is **decreased or blocked**. It **commonly caused** by a sudden obstruction of the blood supply to part of the heart muscles for example because of **clot in a coronary artery**.

❖ Sign and Symptoms:

- Severe chest Pain which radiates into upper limbs, throat and jaw (unlike angina the pain does not ease when he casualty rests)
- Profuse sweating
- Dizziness
- Shortness of breath
- A rapid, weak, irregular pulse,
- Extreme gasping for air (air hunger)
- Shock or unconsciousness.

3. Heart Failure

- **Heart failure** occurs as result of **chronic heart** disease, when the heart loses some of its ability to pump **blood and oxygen** to the body.

❑ **Sign and Symptoms:**

- shortness of breath on exercise and lying down flat,
- (cyanosis) blueness around lips, nail beds,
- swelling of lower extremities.....

□ Treatment

Aim : to ease (Minimize) the strain on the heart and restore circulation

- Assesse ABC
- Do not move the Casualty unnecessarily
- Put in comfortable position: **semi-sitting** with head and shoulder raised.
- loosening tight clothing at the **neck and chest**
- Reassure to reduce fear and anxiety
- Dial for ambulance, state that you suspect
- Artificial respiration

❑ **STROKE (cerebro-vascular accident)**

- It is a condition in which a part of the **brain** ceases to function because of shortage of **oxygenated blood**.
- **Cause:** **ruptured blood vessel** that is bleeding into the brain or by **blockage in the circulation of blood to the brain**. The condition may occur at any age, but usually in middle aged and elderly person associated with(**HTN**) **high blood pressure**.

❑ **Sign and Symptoms:** stroke differs depending on the part of the brain involved.

- Changes in the level of consciousness
- **Unequal size** of pupils of the eyes
- **Paralysis or weakness of facial muscle** and
- **Difficulty in speaking and swallowing**
- **Numbness or paralysis** of the extremities
- **Mental confusion**
- **Loss of bladder and bowel control, and convulsion (Incontinent).**

❑ **Treatment:** It is limited to protect and support life.

- Put in comfortable and **semi-sitting position** if conscious
- Place unconscious person in **recovery position and loosen tight clothing**
- **(NPO)** Put nothing per mouth; If person request drink, moisten lips and tongue with wet cloth
- Protect from injury when lifted or during convulsion.
- Do not apply heating pads or hot water bottles.

□ FAINTING

- It is a **brief loss of consciousness** **caused** by a **temporarily** reduction of the blood flow to the **brain**.
- A brief **tonic- clonic** fit may follow if perfusion remains impaired.
- **Cause:** Pain, emotional stress, Hypoglycemia, exhaustion, cardiac problem (**arrhythmia, MI**), pulmonary embolism(PTE), hemorrhage, subarchnoid hemorrhage, **postural hypotension**, diabetic mellitus, **Drugs-** phenothiazine, tricyclic-antidepressant, antihypertensive (captopril) diuretics, levodopa.

- **Recovery of consciousness** almost always occurs when the victim falls or is placed in **(Lateral reclining position)** but injury may occur from the fall

❑ **Sign and symptom**

- A brief loss of consciousness that **cause** the victim to fall to the floor
- **A slow pulse**
- Pale, cold skin and sweating
- Dizziness
- **Numbness and tingling** of the hands and the feet
- Possible disturbance of vision

❑ **Management: Assesse ABC**

1. When the casualty **feel faint**, advice him to lie down.
2. make sure that the casualty has plenty of **fresh air**, asks someone to open the window.
3. As he **recovers**, reassure him and help him to **sit up gradually**
4. **Do not pour water over the victims face and Mouth** because of the danger of **aspiration**; instead bath his face gently with cool water
5. Examine the victim to determine whether **no he has suffered injury from falling**
6. Unless recovery is prompt, seek medical assistance

❑ EPILEPSY

- It is a disorder of the **nervous system** characterized by **seizure** in which there is **loss of consciousness** which may be accompanied by **convulsions**. **Minor seizure** is called "petitmal" and **Major seizure** are called "grandmal".

❑ Typical seizure has four stages:

1. A sudden loss of consciousness and **person falls**
2. **Body becomes rigid for few** second with face and neck become flushed, swollen and cyanosed

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3.Convulsion occurs, **breathing is noisy, frothy saliva** may appear around **mouth and teeth may grind**

4.Gradual relaxing of the muscle and return to **consciousness.** On regaining consciousness, the person be unaware of recent events and appear confused.

❑ Treatment:

Aim- to protect person from injury and maintain an open airway

- Guide but **do not restrict movement**. if you see the casualty falling, try to ease his fall, **make area safe**, ask bystanders to move away. Remove potential dangerous items, **such as hot drinks and sharp objects**.
- Protect the person head by placing soft padding underneath it. Loosen clothing around his neck.

- **Wipe(clare)** away saliva from the mouth but **do not** force the mouth open.
- Maintain the person's privacy as much as possible; clear nonessential person away
- **Do not leave** the person unattended as a second seizure is quite possible

□ **Obtain medical aid if :**

- The causality is **unconscious for more than 10** seconds
- The seizure continues for **more than 5 minuet**s
- The casualty **have repeated seizure**

YOU!

THANK