

Recognizing and Responding to Medical

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Emergencies

I. Recognizing Medical Emergencies: A. Common signs and symptoms: 1. Chest pain or discomfort 2. Difficulty breathing 3. Sudden weakness or numbness 4. Severe headache 5. Unconsciousness 6. Severe bleeding B. Observing the patient's condition: 1. Assessing level of consciousness 2. Checking vital signs (pulse, breathing rate, blood pressure) 3. Noting changes in skin color or temperature 4. Asking about symptoms or medical history

II. Responding to Medical Emergencies: A. Call for help: 1. Dial emergency services (911 or local emergency number) 2. Provide clear and concise information about the situation B. Provide initial first aid: 1. Stay calm and reassure the patient 2. Follow any specific first aid protocols if trained 3. Control bleeding, if present 4. Maintain airway and assist with breathing if necessary C. Monitor and support the patient: 1. Stay with the patient until help arrives 2. Keep the patient comfortable and warm 3. Offer emotional support and reassurance

III. Additional Considerations: A. CPR (Cardiopulmonary Resuscitation): 1. Learn basic CPR techniques to assist in emergencies 2. Use CPR if the person is unresponsive and not breathing B. AED (Automated External Defibrillator): 1. Know the location of AEDs in public places 2. Follow instructions provided by the AED for use

Remember, quick recognition and appropriate response to medical emergencies can save lives. It is important to stay informed and prepared to handle such situations effectively.