

















#### **SEA PAC 2019**

#### "Before Help Arrives....when minutes count"

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#### Disclaimer

The opinions or views expressed in this presentation are solely those of the author and do not necessarily reflect the opinions and/or recommendations of Sea Pac or Maine Emergency Medical Services. Contents represent an overview and are not a substitute for formal CPR/First Aid training.

# Where I am from.....

- Serves Mt. Desert Island, Maine and surrounding islands
- □ 5 EMS Services ( plus ANP & USCG-SWH)
- □ 50+ licensed personnel/7 ALS level ambulances
- □ Responds to approx. 2,000+ calls annually

2 million+ annual visitors to Acadia National Park

175+ cruise ships into Bar Harbor - June through October



#### What we are going to learn this morning

- Recognizing a life-threatening "Medical Emergency"
- ✦When and How to call for help
- ✦What to do "Before Help Arrives"
- ✦Importance of Early Intervention
- ✦Topics we will cover:

✓ Trauma - ABC'S - (Hemorrhage Control - next class)
 ✓ "Brain Attack" (Stroke/Mini Stroke - A Cerebral Event
 ✓ "Heart Attack" (A Cardiac Event - "Hands Only" CPR)
 ✓ Diabetic Emergencies - Seizure - Heat Emergencies
 ✓ Miscellaneous "Boo-Boo's"
 ✓ Audience requests

# **Number ONE Priority**

#### Scene Safety - YOU are Number one - PERIOD!!

- Body functions we need to stay alive:
  - ✓ Airway Open and Clear
  - ✓ Breathing Present and Effective
  - Circulation Pulse Bleeding Control (next class)
  - ✓ All 3 conditions must be present <u>and</u> sustained to maintain life.
  - ✓ If not: initiate Cardio-Pulmonary-Resusitation NOW!
    "Hands Only" CPR IS OK!!!

# How to call 9-1-1

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**Give <u>ACCURATE</u> Information - Information - Information:** 

- ✓ Chief complaint (or description of what's wrong)
- ✓ Are A B C's present?
- Your location (get someone to meet responders)
- ✓ What you intend to do your treatment (CPR Bleeding)
- ✓ Continue to evaluate the condition of the patient

#### **DO NOT HANG UP!**

Most Dispatchers now have medical training & can help

## "Brain Attack"

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- In US someone has a stroke EVERY 40 seconds
- Approximately 795,000 new or reoccurring (2018)
- Stroke accounts for 1 in 19 deaths.
- Every 3.45 minutes
- "Mini-stroke" can be a precursor to a full stroke.
- Long term can be very debilitating.
- Early recognition gets early intervention TIME is muscle
  WHAT CAN WE DO?

#### A LOT - by knowing what to recognize

#### "Brain Attack"

#### Stroke is an Emergency

When every second counts, you need to **BE FAST!** 

If you recognize any of the signs below, call 911



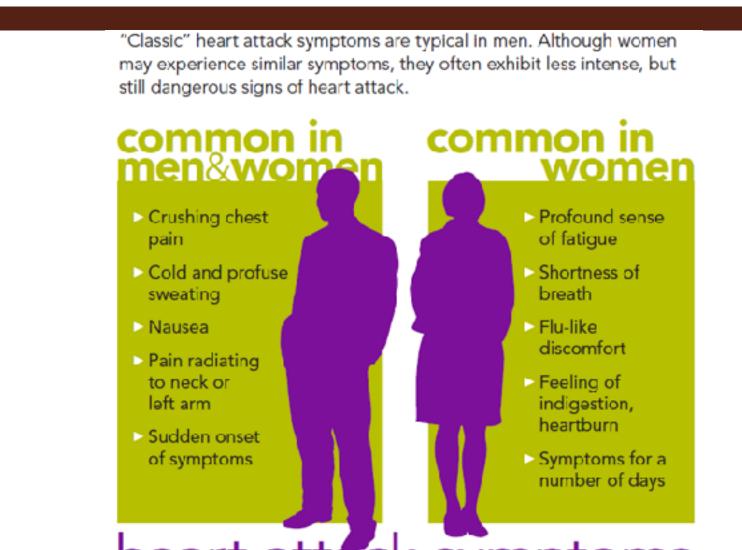
### "Heart Attack"

- Cardiac Arrests 368,000 resulting in 114,000 deaths
- ✦ Sadly long term not outcomes often positive.
- Early recognition gets early intervention-TIME is muscle!
- ♦ 9-1-1 "Call early call often"

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- Some symptoms: "Heartburn-Pain-Dizzy-Nausea-Sweaty"
  Info: Is there a cardiac history in patient/family-Has this occurred before-When did it start-What were you doing
- ✦ Be prepared to intervene CPR AED
- Medication: patient's ASA Nitroglycerine

#### "Heart Attack"



# **Diabetic Emergencies**

An imbalance of glucose (sugar) in the body 2 conditions:

- Levels can be too HIGH (Hyperglycemia) Slow Onset
  Levels can be too LOW (Hypoglycemia) Rapid Onset
  Hypoglycemia quite common in diabetic patient (more easily treatable)
- Hyperglycemia usually necessitates hospitalization

#### **General treatment = give sugar**

Won't hurt the hyperglycemic- Can help the hypoglycemic

### Seizures

#### IT IS SCARY LOOKING - Call 9-1-1 Rapid Onset Usually not fatal in and of itself Usually "self-limiting" but needs medical evaluation Can result from a disease; "Staticus Epilepticus" Infants: Febrile Seizure - cool the patient Protect the patient from injury during seizing activity ♦MYTH: They will not swallow their tongue Don't put anything in the patient's mouth

### **Heat Emergencies**

✦There are 3 stages of excessive heating

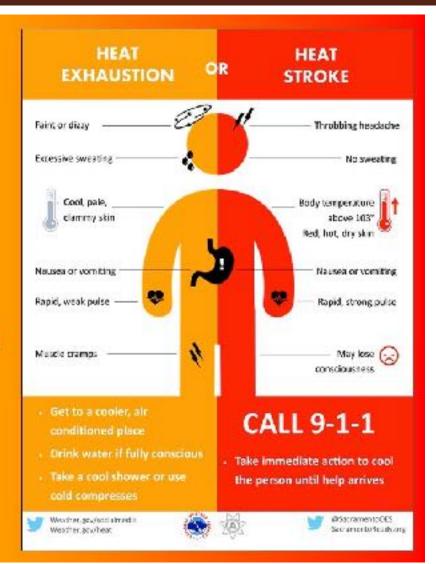
- Heat Cramps Common, Correctable
- Heat Exhaustion Correctable
- ✦ Heat Stroke-Life Threatening-Immediate aggressive treatment
- ✦ General Treatment✦Cool the body
  - ✦Rest
  - ✦Early fluid replacement
  - ✦Monitor A-B-Cs

## **Heat Emergencies - Symptoms**

Is it Heat Exhaustion Or Stroke?

#### Learn the warning signs so you can stay safe in the summer heat!





### Miscellaneous "Boo-Boos"

- Nose bleeds
- Small "abrasions" scrapes cuts road rash
- ✦ Burns
- Choking "Obstructed Airway"
- ◆OTHER Conditions?

#### **Obstructed Airway**



Place the infant stomach-down across your forearm and give five quick, forceful blows on the infant's back with heel of your hand



\*ADAM.

# SUMMARY

- ✦ You can make a difference...."before help arrives"!
- ✦It's not rocket science common sense
- Early recognition & intervention is critical
- ✦Get help ASAP
- ◆Gain knowledge Take CPR & First Aid courses

# Questions?

# THANK YOU!



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