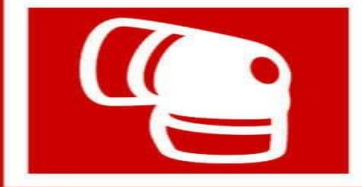




First Aid



MEDICAL CONDITIONS



- 1. DIABETES {DIABETES MELLITUS (DM)}**
- 2. SEIZURE**
- 3. POISONING**

1. Diabetes

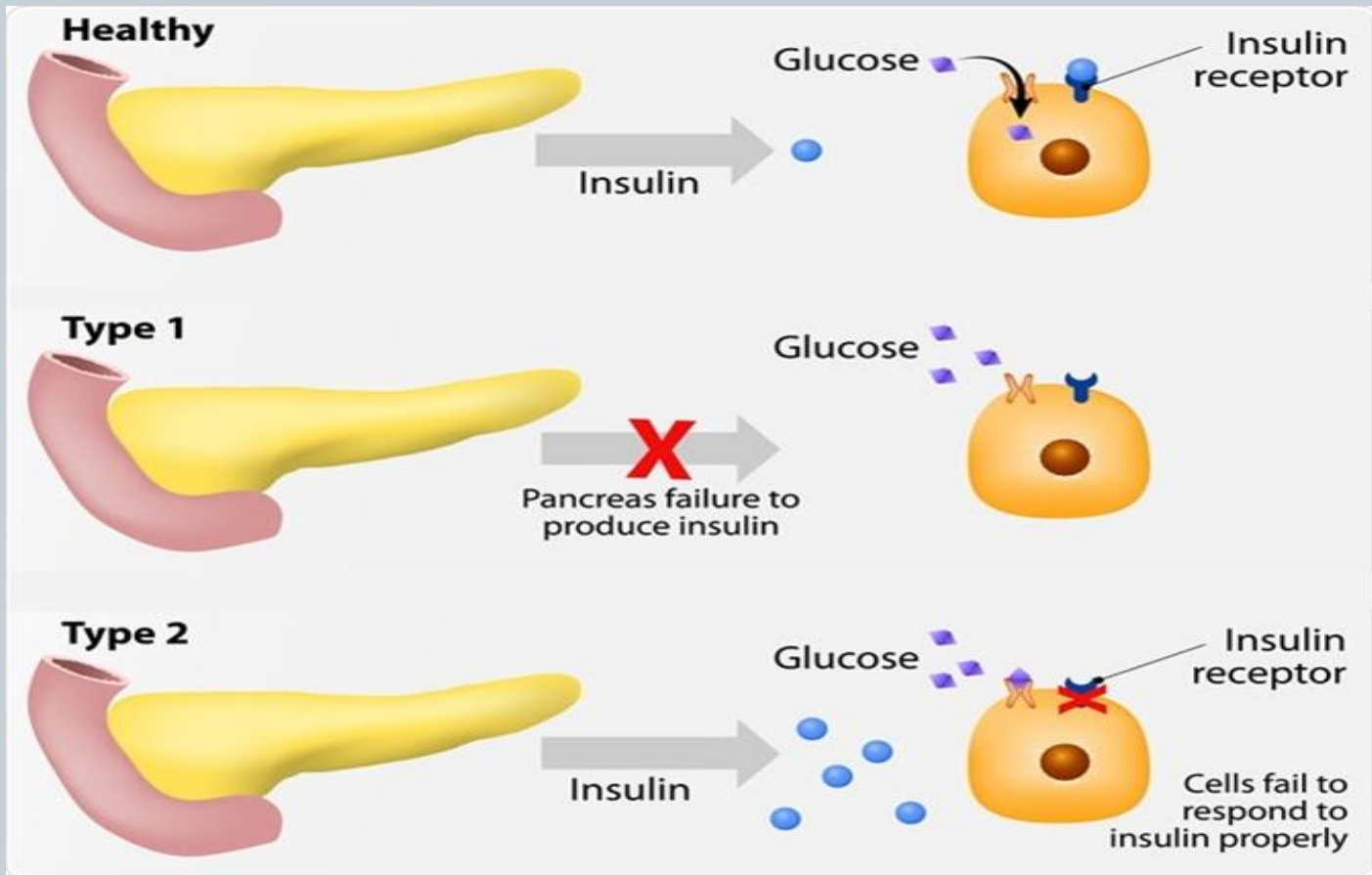


- **Diabetes** is a Chronic disease in which blood glucose, (blood sugar levels) are too high.
- Glucose comes from the foods we eat.
- Insulin is a hormone that helps the glucose get into cells to give energy.



- **Types of diabetes**

Type I	Type II
Usually occurs during childhood (early onset)	Usually occurs during adulthood (late onset)
Body does not <i>produce</i> sufficient insulin	Body does not <i>respond</i> to insulin production
Caused by the destruction of β -cells (autoimmune)	Caused by the down-regulation of insulin receptors





Two serious conditions can result from Diabetes. These are:

- Hypoglycaemia (this is too little glucose available in the blood) , develops quickly.
- Hyperglycaemia (this is too much glucose in the blood) , develops more slowly and often does not require first aid.

1. Hypoglycemia (Insulin Shock)



- The most common condition requiring first aid is hypoglycaemia (low blood glucose levels).
- Hypoglycaemia: is a condition in which blood sugar levels are too low to power the body. The symptoms of hypoglycaemia will come on suddenly.

Causes



Insulin shock may occur if someone:

- Lack of food / misses a meal / Vomited meal
- takes too much insulin by mistake

Signs and symptoms of hypoglycaemia can include:

THE DIABETES
COUNCIL

www.thediabetescouncil.com

HYPOGLYCEMIA (Low Blood Glucose Level)

Causes: Too little food or skip a meal;
too much Insulin or Diabetes Pills;

Onset: Often Sudden;
may pass out untreated

SYMPTOMS:



SHAKY



FAST
HEARTBEAT



SWEATING



DIZZY



ANXIOUS



BLURRY VISION



FATIGUE



HEADACHE



IRRITABLE

Treatment



- **If unconscious and breathing:**

1. recovery position
2. urgent medical attention call EMS.

- **If conscious:**

- give sugar / glucose in LIQUID FORM, for example honey, or soft drink
- repeat if necessary
- closely monitor casualty
- if no improvement call EMS.
- no food if unconscious or semi-conscious.

2. Hyperglycemia



Hyperglycemias: is a condition in which the body's blood sugar level is too high. This condition is less common and usually occurs very slowly, over the course of several days.

Causes



- Victim doesn't take enough insulin
- Eats too much (high glucose)
- Has an infection

Signs and symptoms of hyperglycemia can include:



HYPERGLYCEMIA (High Blood Glucose Level)

Causes: Too much food, too little insulin or diabetes pills, illness, or stress.

Onset: Often starts slowly;

SYMPTOMS:



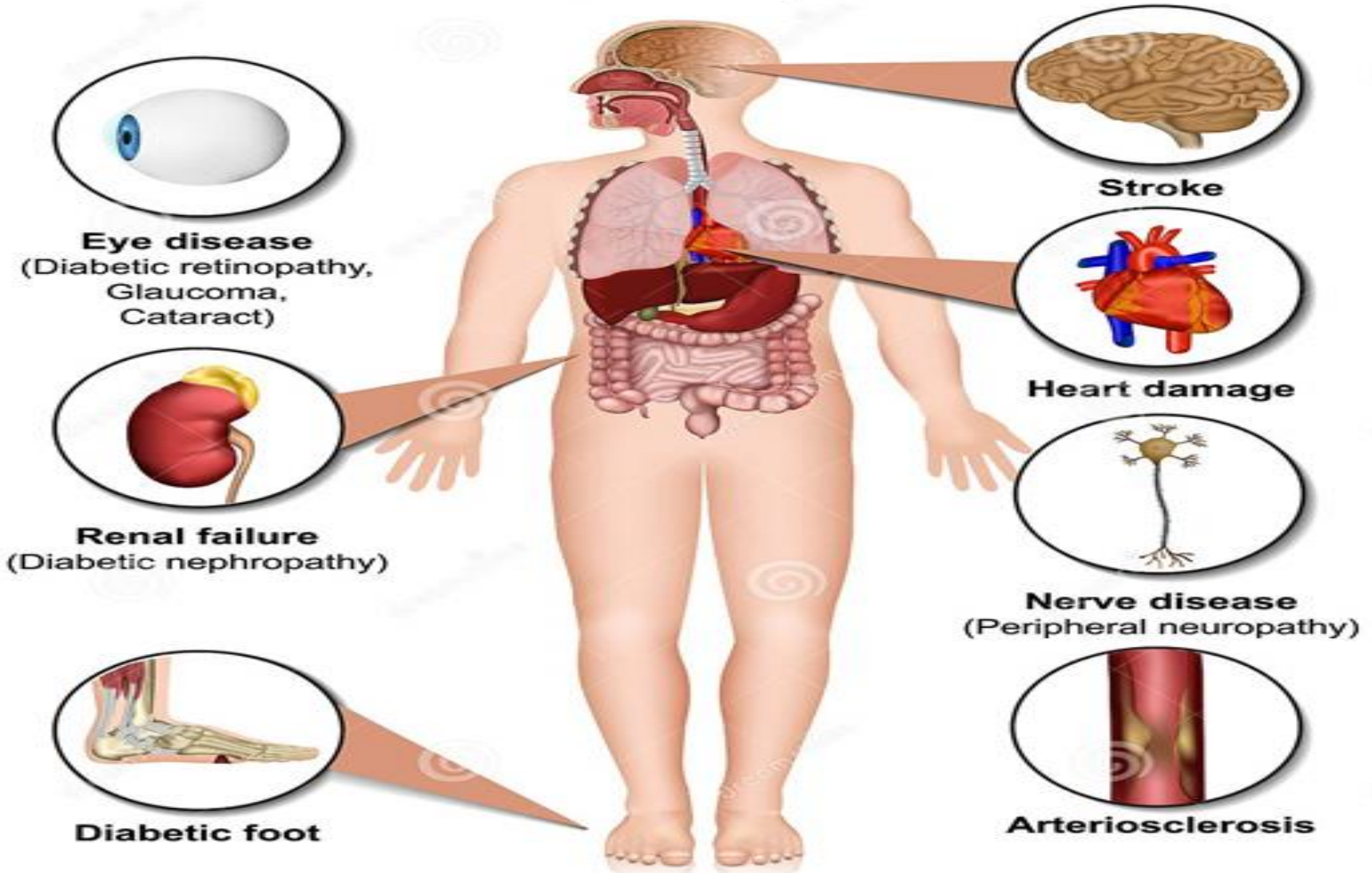
Treatment



- EMS
- Monitor ABCs
- Some victims carry with them insulin injections as a rapid treatment for hyperglycaemia. Assist them if required.

Complications of diabetes

Diabetes Complications



2.Seizure



- A **seizure** is a sudden, uncontrolled electrical disturbance in the brain. It can cause changes in your behavior, movements and in levels of consciousness
- The term "seizure" is often used interchangeably with "convulsion."
- Seizure is a medical emergency.



Seizures are caused by abnormal electrical activity in the brain

Generalised seizures

- All of the brain is affected



Focal seizures

- One area of the brain is affected



Risk Factors (**Causes**) for Seizure:



Seizures may be caused by either an acute or chronic conditions :

- Head trauma that causes an area of bleeding in the brain
- Infections of the brain or spinal cord
- Epilepsy
- Brain tumor
- Stroke
- Drug use or withdrawal
- Fever in infants



Often before a seizure occurs, the victim may feel an **aura** (sometimes called ‘warnings’), which is an unusual sensation that typically precedes seizures.

Auras may come in many forms

Examples of auras include:

A déjà vu experience — a feeling that what's happening has happened before

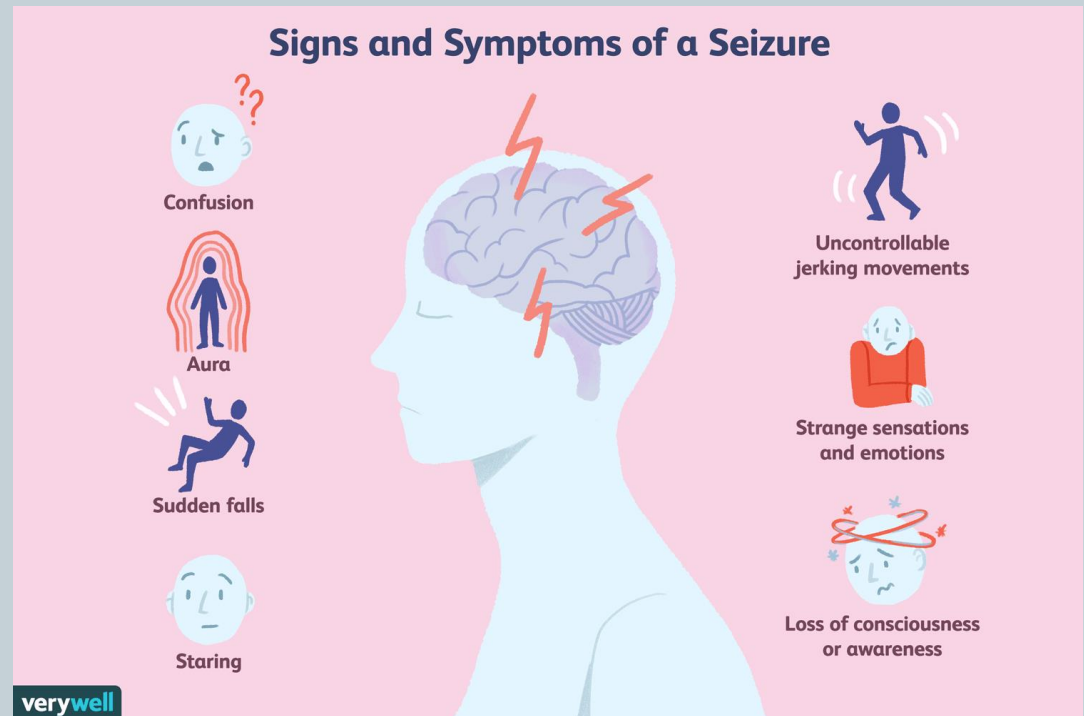
A sudden or strange odor or taste;

often if the person is epileptic, they may be aware that a seizure is imminent and may tell others or sit or lie down to prevent injury.

Recognition



Typically seizures usually last no more than three minutes. Convulsions , Tongue biting
And Urinary and fecal incontinence



Treatment



Seeing a seizure may be **a frightening experience** which may cause you hesitation to act to aid the victim. However, it is very easy to care for the victim.

Never attempt to hold them in any way to stop their seizure - the victim is unaware that it is occurring and is unable to control it. Attempting to restrain an individual having a seizure may result in broken bones.

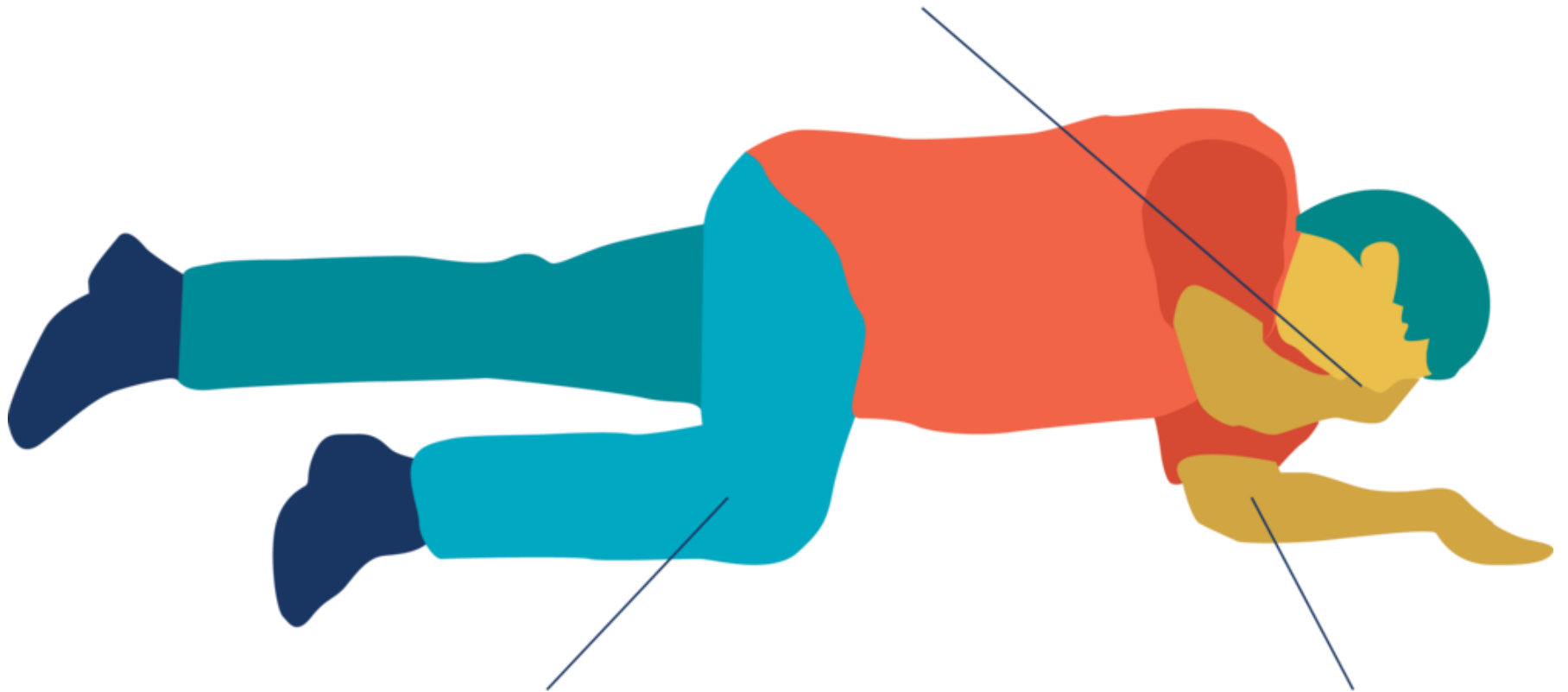
Also, **do not attempt to stick anything into the victim's mouth**. sticking something in their mouth can cause further injury or death.

Care for Seizures:



1. Call EMS or have someone call for you
2. Move anything the victim can injure themselves with away from the victim such as chairs or other objects
3. Gently support the victim's head to prevent it from hitting the ground
4. Request that all bystanders move away (persons having a seizure are often embarrassed after their seizure)
5. After the seizure has ended, roll the victim into the recovery position.

HAND UNDER CHIN TO
KEEP MOUTH OPEN



LEG BENT TO
SUPPORT POSITION

ARM BENT TO
PREVENT ROLLING OVER



After the seizure, the victim will slowly “awaken.”

- Ensure that bystanders are away and offer reassurance for the victim.
- Victims who have a seizure in public are often self-conscious about their condition. The victim will be **very tired** after his seizure.
- Continue to **reassure** the victim until he or she is fully aware of the surroundings or until EMS arrives.

3. Poisoning



Poisoning



- A poison is any substance that is harmful to your body. You might swallow it, inhale it, inject it or absorb it through your skin.

ROUTES OF POISONING

Inhalational

- poisons that are breathed in:
gases: ammonia, chloride
vapors: carbon monoxide
sprays: insecticides

Absorption

- poisons taken in through skin:
irritants
insecticides
chemicals

Injection

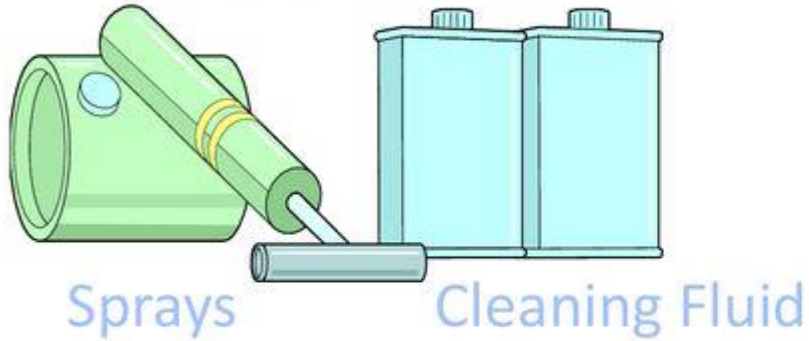
- Intravenous: benzodiazepines,
barbiturates, antidepressant etc.
Intramuscular: benzodiazepines,
opioids etc.
Subcutaneous: botulinum toxins
Intradermal: local anesthetics,
organophosphates etc.

Ingestion

- poison that are swallowed:
household and industrial
chemicals
medications
improperly prepared food
plant materials
petroleum products

Four Routes of Poisoning

INHALATION

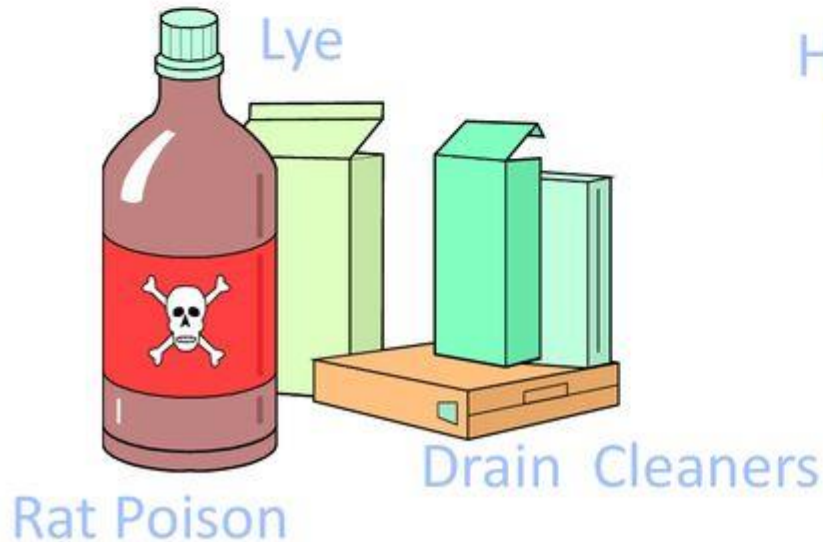


INJECTION

Drugs



INGESTION



ABSORPTION

Household
Cleaners





- The dangers of poisoning range from short-term illness to brain damage, coma and death.

To prevent poisoning it is important to use and store products exactly as their labels say.

Keep dangerous products where children can't get to them.

Treatment for poisoning depends on the type of poison. If you suspect someone has been poisoned, call your local poison control centre right away.

Poisoning Symptoms:



- The signs and symptoms seen in poisoning are so wide and variable that there is no easy way to classify them.
- Some poisons enlarge the pupils, while others shrink them.
- Some result in excessive drooling, while others dry the mouth and skin.
- Some speed the heart, while others slow the heart.
- Some increase the breathing rate, while others slow it.
- Some cause pain, while others are painless.
- Some cause hyperactivity, while others cause drowsiness. Confusion is often seen with these symptoms.

Poisoning



Specific information concerning treatment can be **obtained from accompanying labels or written documentation such as the MSDS** (Material Safety Data Sheet). Expert advice (poison control) and rapid transport to advanced medical care (EMS) is urgently needed in poisoning cases.

A poisoning victim may require basic life support at any moment; monitor the victim's ABCs throughout.



Thank you!