

# FIRST AID

## VEIN BATCH

Lecture : Lecture 10

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# Medical conditions

## Diabetes

Diabetes is a Chronic disease in which blood glucose, ( blood sugar levels) are too high.  
مرض مزمن بحيث انه مستوى ال glucose بالدم عالي

Glucose comes from the foods we eat

Insulin is hormone that help the glucose get into cells to give energy

لهيك اي خلل فيه رح يؤدي عندي إلى بقاء ال glucose في الدم و بالتالي زيادة نسبته ، و اخيرا مرض مزمن

Type I وراثةي inherited	Type II مش وراثي
Usually occurs during childhood (early onset)	Usually occurs during adulthood (late onset)
Body does not produce sufficient insulin	Body does not respond to insulin production
Caused by the destruction of $\beta$ -cells (autoimmune)	Caused by the down-regulation of insulin receptors

الجسم ما بيقدر يصنع ال insulin

نسبة ال insulin طبيعية بس الخلل بالمستقبلات

Two serious conditions can result from Diabetes. These are :

1. Hypoglycemia: نسبة الجلوكوز في الدم قليلة جدا و مضاعفاتها بتتطور بسرعة لهيك هي خطيرة









2. Hyperglycemia: نسبة الجلوكوز بالدم عالية ، مضاعفاتها بتتطور ببطء و مش دايمما بتحتاج لإسعاف اولي




	Hypoglycemia ( insulin shock )	Hyperglycemia
Definition	is a condition in which blood sugar levels are too low to power the body. The symptoms of hypoglycaemia will come on suddenly.	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.
First aid	The most common condition requiring first aid is hypoglycaemia (low blood glucose levels).	Not always need a first aid
Causes	Lack of food / misses a meal / Vomited meal takes too much insulin by mistake	Victim doesn't take enough insulin Eats too much (high glucose) Has an infection
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.	. EMS • Monitor ABCs • Some victims carry with them insulin injections as a rapid treatment for hyperglycaemia. Assist them if required.



# Hypoglycemia SYMPTOMS:






 SWEATING	 DIZZY	 ANXIOUS	 FAST HEARTBEAT
 BLURRY VISION	 FATIGUE	 HEADACHE	 IRRITABLE

مشتقات ال A الي ما رح تشوفها اصلا  




وقفة تحية ل beluga

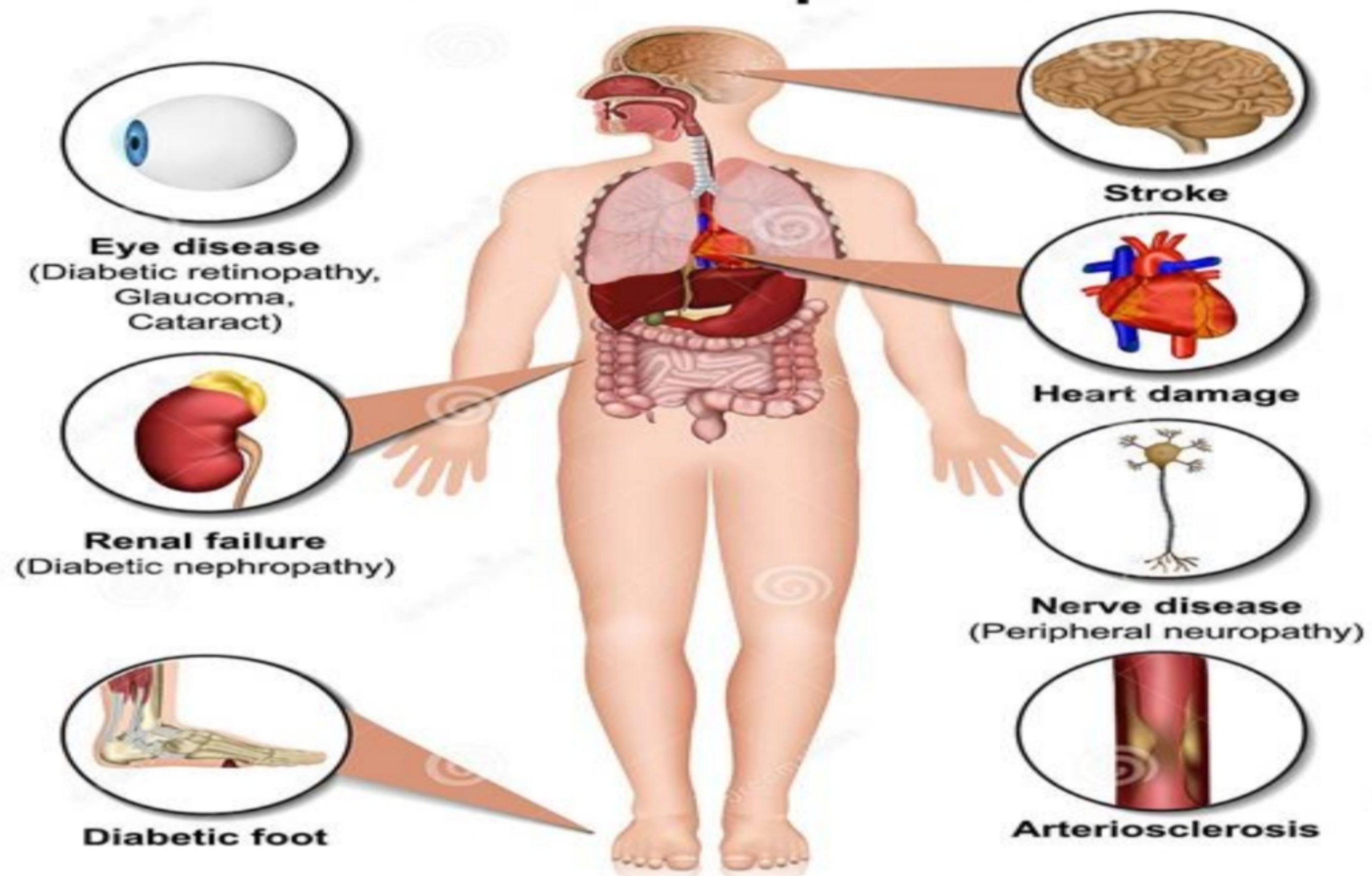
# Hypoglycemia Symptoms

 NEED TO URINATE OFTEN	 DRY SKIN	 EXTREME THIRST
		 HUNGRY
		 SLOW-HEALING WOUNDS



# Complications of diabetes

## Diabetes Complications



## Seizure

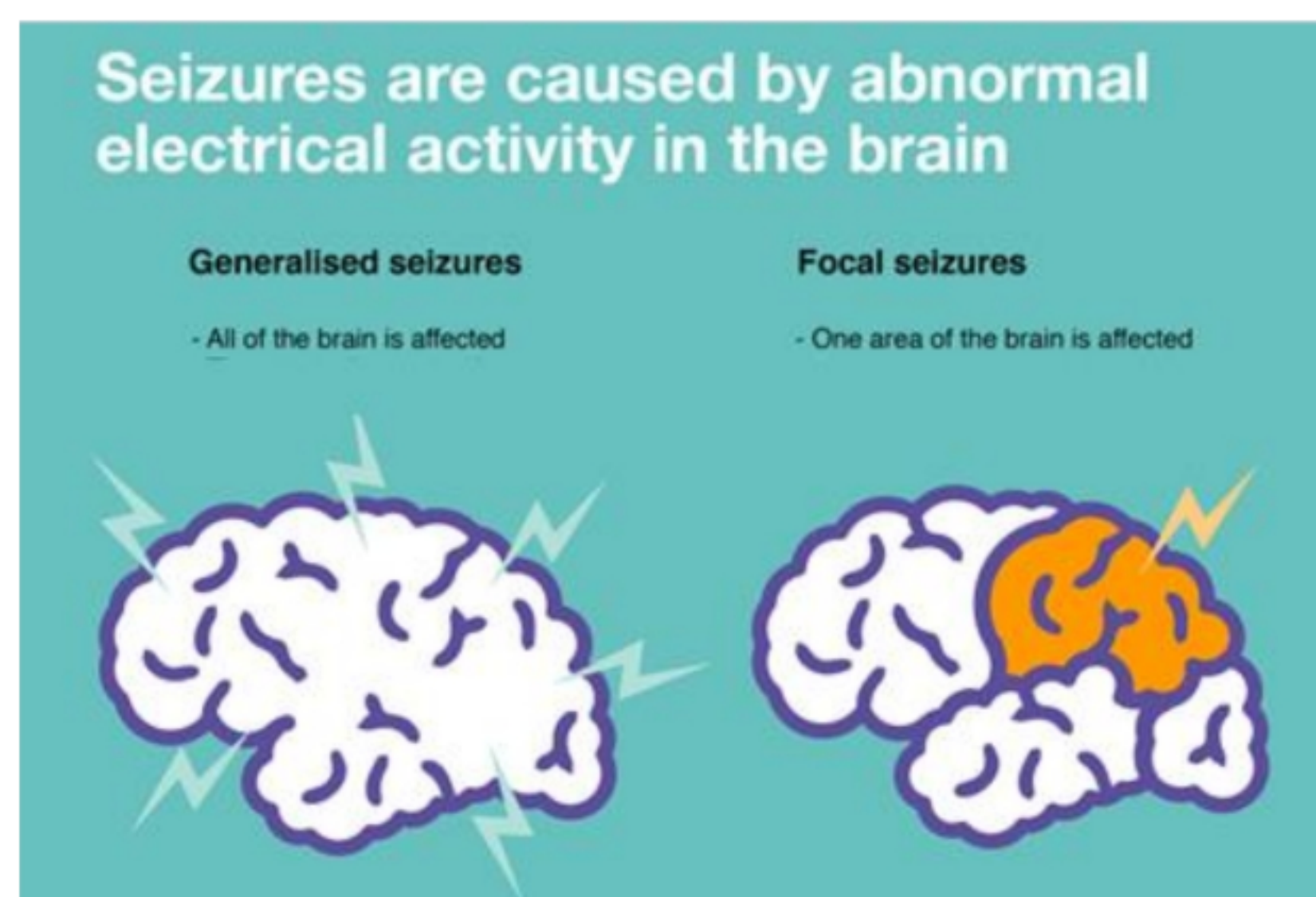
# A sudden, uncontrolled electrical disturbance in the brain.

# It can cause changes in :

1. Behavior
2. Movement
3. Levels of consciousness

# The term "seizure" is often used interchangeably with "convulsion".

# It is medical emergency ( life-threatening)





# Risk factors ( causes) for seizure

# seizure may be caused by either an acute **فترة من** or chronic **بعدة** conditions:

- Head trauma that causes an area of bleeding in the brain
- Infections of the brain or spinal cord
- Epilepsy **زي موجات الصرع**
- Brain tumor : causes pressure which causes bleeding
- Stroke
- Drug use or withdrawal **تناول الأدوية او تناول** بسبب التوقف المفاجيء عن تناول الأدوية او تناول دواء معين
- Fever in infants **ارتفاع درجة حرارة جسمهم ممكن تعمل الهم تشنجات**

# احيانا قبل ال seizure بصير اشى للضحية اسمه aura او warnings كأقرب تعبير، و الي هي الاحساس الي بيحي قبل نوبة الصرع ، انه الشخص بيحس انه رح يصير عنده seizure

Auras may come in many forms , examples of auras include:

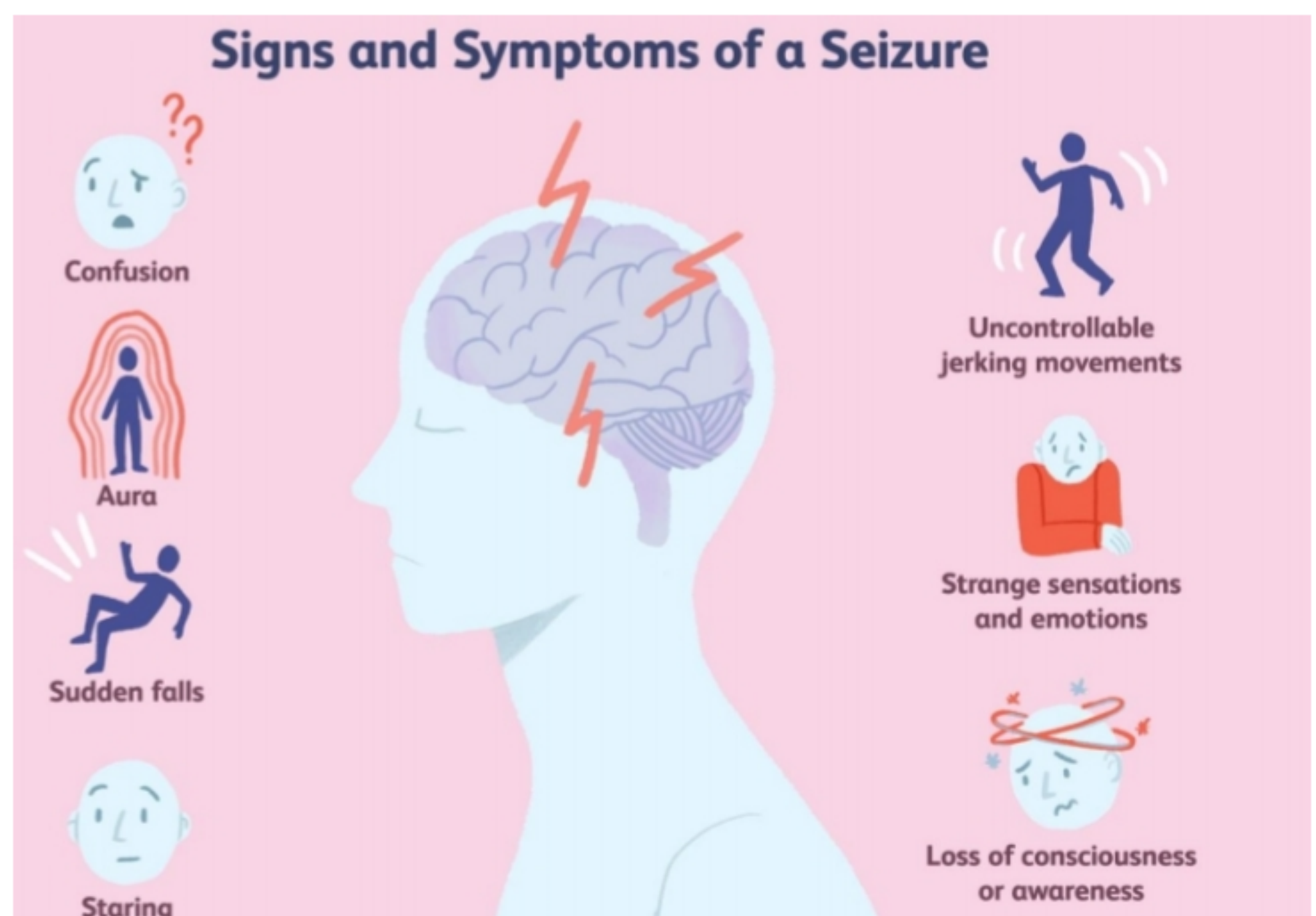
1. A deja vu experience : a feeling that what's happening has happened before
2. A sudden or strange odor or taste

**Tip** 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**

1. Convulsions
2. Tongue biting
3. Urinary and fecal incontinence





# Treatment

# هس انت ممكن ترتعب و تلتخم لما تشوف واحد مصاب بال seizure قدامك و بتحاول تسعف الشخص ، بس عموما طريقة العناية بهاي الحالة سهلة

# 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 .

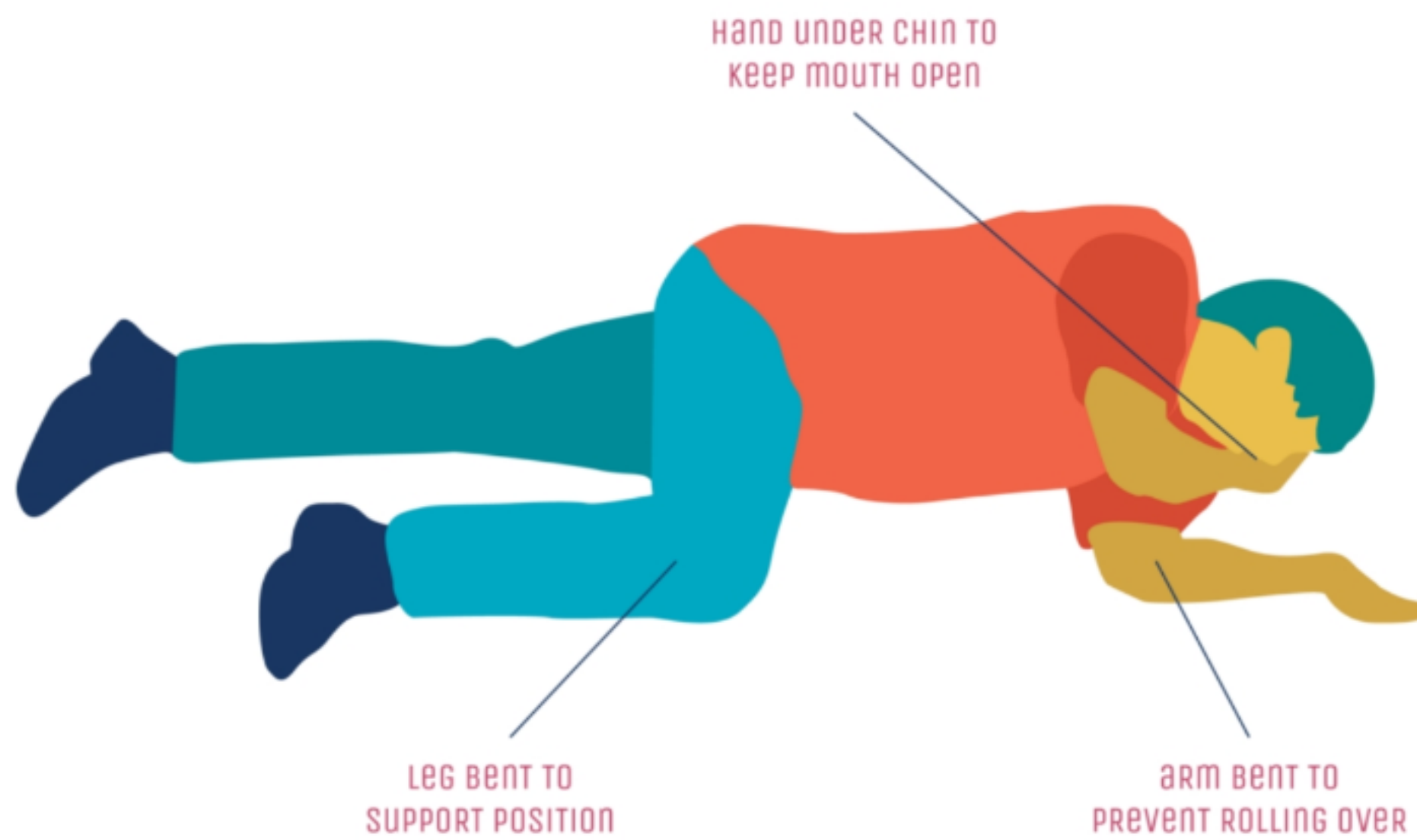
# do not attempt to stick anything into the victim's mouth

- 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.

## Recovery position



الشخص بعد ما يقوم من النوبة و لازم انا نهداه ونخلي ال bystanders بعيديين مشان ما يوتروا المريض او يخلوه يشعر بالإحراج ، لأنه اصلا بكونوا واعيين انه هاد الاشئ صار معهم اصلا ، و كثير من الأشخاص بنحرجوا اذا حدى عرف بحالتهم ، و طبعا بنريح المصاب لانه يكون متعب جدا و بنتصل بال EMS و بنضل نهداه لحد ما يوصلوا





# Poisoning

A poison is any substance that is harmful to your body .

## # Routes of poisoning :

1. Inhalation
2. Injection
3. Ingestion
4. Absorption

# السم السموم بتتفاوت بالخطورة في منها ال short-term و الي بسبب brain damage و الي بسبب coma و أخطر اشئ ال death

اكتر اشئ بهتم فيه بهاد المجال الوقاية لانه صعب احيانا اعمل treatment للمريض لانه السموم أغلبها سريعة ، و من طرق الوقاية :

1. To prevent poisoning it is important to use and store products exactly as their labels say.
2. 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

- 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.

ال symptoms كثيرة ومتنوعة و انا صعب أميز بيناتها او شو السم الي اصابه

# Specific information concerning treatment can be obtained from accompanying labels or written documentation such as the MSDS (Material Safety Data Sheet). لازم اني اقرأ التعليمات الي بتكون مع المواد الخطيرة

# 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.