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| **RECOGNIZING CARDIAC EMERGENCIES – Symptoms and Signs** * Vice-like chest pain, spreading to one or both arms
* Breathlessness
* Discomfort, like ingestion, in upper abdomen
* Sudden faintness
* Sudden collapse
* Sense of impending doom
* Ashen skin and blueness at lips
* Rapid, then weakening pulse
* Profuse sweating

**HOW YOU CAN HELP** * **If you require assistance, ask a student/bystander to go to the front desk to call for a first-aider/first responder**
* **Do not leave the person alone until help arrive**
* **Ask bystanders/ students to leave the area**

**Do not give fluids. If the person collapses follow the protocol below.** **Action:** 1. **Make the person comfortable**
* Help the person into a half sitting position
* Support his head shoulders, and knees
* Reassure the person
1. **Call emergency services (112/ 999)**
* Tell the controller that you suspect a heart attack
1. **Give the person medication**
* If the person is conscious, give one tablet (300mg) of aspirin to be chewed slowly
* Aspirin is stored in the **AED bag** located at the front desk of campus buildings

[Click here](http://dit.ie/safework/) to view AED Locations on campus1. **Monitor person**
* Encourage the person to rest
* Monitor and record vital signs, level of response, pulse, and breathing, until help arrives

**If you are a trained first-aider/first responder, follow training procedures.** |
| **COLLAPSE:*** **Assess if responsive and if breathing normally**
* Slow, laboured breathing (agonal breathing) should be considered a sign of cardiac arrest.
* A short period of seizure-like movements can occur at the start of cardiac arrest. Assess the person after the seizure has stopped: if unresponsive and with absent or abnormal breathing, start CPR.
* **If not responsive and not breathing normally - Get help**
* Shout/call for help
* Call emergency response (112/999) on speaker if not help available
* Request someone to collect the AED
* **Commence chest compressions**
* Continue CPR (30:2) until AED is attached or patient starts to move
* If you are trained to do so, after 30 compressions, provide 2 rescue breaths.
* Alternate between providing 30 compressions and 2 rescue breaths.
* If you are unable or unwilling to provide ventilations, give continuous chest compressions.
* **Switch on AED**
* Follow instructions from AED and Ambulance Call Taker
* Continue CPR until an appropriate Practitioner takes over or patient starts to move
* **Return of Spontaneous Breathing**
* Follow instructions from Ambulance Call Taker
* Recovery position for unconscious and uninjured patient.
* Maintain patient at rest
* Maintain care until handover to appropriate practitioner

**If you are a trained first-aider/first responder, follow training procedures.** |