



MEDICAL EMERGENCIES

Choking

If the victim is coughing, encourage them to continue to try to clear their throat. If they cannot speak, provide abdominal thrusts.

- Stand behind the victim and place a fist just above their navel (belt line).
- Perform strong thrusts on their abdomen in an inward and upward motion, and continue until they clear the blockage or become unconscious.
- If unconscious, place them on the ground and perform CPR.

Severe Bleeding

- **Remove any clothing or debris on the wound.** Don't remove large or deeply embedded objects
- **Stop the bleeding.** Place a sterile bandage or clean cloth on the wound. Press the bandage firmly with your palm and apply constant pressure until the bleeding stops. Don't put direct pressure on an eye injury or embedded object.
- **Don't remove the gauze or bandage.** If the bleeding seeps through the bandage on the wound, add another on top of it. And keep pressing firmly on the area.
- If possible, **elevate the limb** above the heart.

ADDITIONAL INFORMATION

CPR Songs and Videos:

- https://www.soundboard.com/sb/Best_song_s_CPR/index.html
- https://cpr.heart.org/AHA/ECC/CPRandECC/Programs/HandsOnlyCPR/UCM_473196_Hands-Only-CPR.jsp
- <https://www.nyp.org/cpr/>

Stroke Recognition:

- <https://www.stroke.org/understand-stroke/recognizing-stroke/act-fast/>
- <https://www.stroke.org/understand-stroke/recognizing-stroke/act-fast/>

Choking:

- <https://www.youtube.com/watch?v=2dn13zneEjo>

Severe Bleeding

- <https://www.youtube.com/watch?v=IMi3pip14UM>

Low Blood Sugar

- <https://www.youtube.com/watch?v=gw7GpLvZHME>

Heat Emergencies

- <https://www.youtube.com/watch?v=6GuqU3dL5rc>

CPR AND BASIC FIRST AID



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AKC REGISTERED HANDLERS PROGRAM and the OLD DOMINION KENNEL CLUB OF NORTHERN VIRGINIA



INTRODUCTION

The material covered during this seminar is intended to familiarize you with Hands-Only CPR, Stroke Recognition and General Basic First Aid.

This training does not confer certification for any material covered, but provides you with the basic knowledge to assist a victim until Emergency Medical Services (EMS) arrives and assumes patient evaluation and treatment.

CPR certification classes are available from various agencies to include the American Heart Association and the American Red Cross, who also offers First Aid classes.

Today, we will cover: 1) **Hands-Only CPR**, 2) **Stroke Recognition** and 3) other common **Medical Emergencies** you may experience at home, at work, or anywhere else.

Immediate action to assist a victim of cardiac arrest, stroke, or other severe medical emergencies is important. If you act quickly, their medical outcome will be better.



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<https://www.nyp.org/cpr/>

HANDS-ONLY CPR

Until recently CPR teaching had always been **Airway, Breathing, and Circulation**. However, recent guidelines by the American Heart Association (AHA) are promoting a new approach to CPR, and it focuses on only providing chest compressions.

Hands-Only CPR is a simple two-step process:

- 1) Dial 911 and
- 2) Press Hard – Press Fast
 - Place the heel of one hand on the center of the chest at the nipple line.
 - Place the heel of the other hand over the first and interlock your fingers.
 - With arms straight, press down 2.4 inches (5 cm) at a rate of 100 – 120 compressions per minute.
 - Continue compressions until an Automatic External Defibrillator (AED) or EMS arrives.
- 3) Be prepared to assist another rescuer as they will become tired.

How can you properly compress at a rate of at least 100 per minute?

AHA recommends singing to yourself, “*Staying Alive*” (or another appropriate song) with a tempo (rate) of 100 – 120 beats per minute.

STROKE



STROKE RECOGNITION

A stroke (or Cerebrovascular Accident) is an acute neurological injury that leads to decreased oxygen to the brain.

Stroke emergencies are time sensitive! Early recognition and calling 911 for EMS is critical.

Time Lost is Brain Lost

Use the **FAST** method to detect a potential stroke.

Face is it drooping?
Arms can you raise both?
Speech is it slurred or jumbled?
Time to call 9-1-1 right away.

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If any 1 of these 3 signs is abnormal, the probability of a stroke is 72%

- Reassure the patient
- Never give a suspected stroke victim anything to eat/drink
- Place the patient on the left side if breathing/not responsive
- If patient is not breathing well consider rescue breathing

Do not drive the patient to a hospital or urgent care center

Stroke references are provided on the reverse.