

# *Panic attack*

**Some of the symptoms a person may say they have or may exhibit are:**

- A racing or pounding heart
- Dizziness and light headedness
- Feeling unable to catch one's breath
- Chest pain or 'heaviness' in the chest
- Flushes or chills, nausea and vomiting
- Tingling hands, arms, feet or legs
- Jumpiness, trembling and twitching muscles
- A feeling of terror
- Fear of losing control

**How can I help this person??**

1. Stay calm
2. Call another CA
3. Call the GHD on call
4. Follow GHD instructions about calling BUPD
5. Sit the resident down and begin talking calmly to them- speak slowly and in simple sentences
6. Ask the resident to talk through the panic attack (sometimes this helps the resident and other times it does not.
7. Have the resident concentrate on his/her breathing in and out. If the resident is comfortable, he/she may breathe into a paper bag.
8. Talk to the resident to find how to make them the most comfortable
9. Document

# *Diabetes*

**Some of the symptoms a person may say they have or may exhibit are:**

## **Symptoms of Hypoglycemia**

(Low blood sugar)

- Weakness
- Fatigue
- Confusion
- Sweaty
- Hungry
- Tingling sensation
- Shakiness/lightheadedness
- Palpitations
- Cool clammy skin

## **Symptoms of Hyperglycemia**

(High blood sugar)

- Hot, dry skin
- Rapid deep breathing
- Excessive thirst
- Nausea and vomiting
- Fatigue and weakness
- Blurred vision

## **How can I help this person?**

1. Stay calm
2. Call another CA
3. Call the GHD on call
4. Follow GHD instructions about calling BUPD
5. Look for a medical ID bracelet, necklace
6. If the person has the equipment to check his/her sugar, he/she should do so
7. A person is usually considered hypoglycemic (low blood sugar) with a blood sugar of 70mg/dl or less.
8. If the person is not able to check his or her sugar, treat the person as if he/she is hypoglycemic (low blood sugar)
9. Here are a few things a person can eat or drink to raise blood sugar quickly
  - Five to six pieces of hard candy
  - Four ounces fruit juice
  - Five to 6 ounces regular — not diet — soda
  - Peanut butter crackers
  - One tablespoon sugar or jelly
  - Three glucose tablets (available without a prescription at most pharmacies)
10. It takes about 15 minutes for blood glucose to rise from eating or drinking the food
11. Document

# *Asthma attack*

**Some of the symptoms a person may say they have or may exhibit are:**

- difficulty breathing
- wheezing, coughing
- shortness of breath
- chest pain or pressure
- tightened neck and chest muscles
- difficulty talking
- feelings of anxiety or panic
- pale, sweaty face

**How can I help this person?**

1. Stay calm
2. Call another CA
3. Call the GHD on call
4. Follow GHD instructions about calling BUPD
5. Sit the person in an upright position. Breathing is easiest when sitting up not lying down.
6. Ask the person if they have an inhaler that they usually take
7. Have the person take his/her inhaler as he/she would normally
8. Talk to the person in a calm manner as this may help to calm him/her down as well.
9. Document

**A: Assess-**Does the resident have an inhaler? Do you need to send someone to get it?

**S: Sit-** Sit the person up and try to keep them calm.

**T: Treat-** Treat with their inhaler, or send someone to get it.

**H: Help-** Stay with your friend at all times and make sure back up is on the way.

**M: Monitor-** This just means to stay with your friend, be calm and see how they go when they take their medication. Stay with them until help arrives or they feel better.

**A: All OK?**

# *Seizures*

## **Some of the symptoms a person may say they have or may exhibit are:**

difficulty talking	inability to move
staring	eyes fluttering
twitching movements	convulsions
stiffness	eyes rolling up
difficulty breathing	

## **How can I help this person?**

1. Stay calm
2. Call another CA
3. Call the GHD on call
4. Follow GHD instructions about calling BUPD
5. Take note of the time the seizure began or when you arrived on the scene
6. Do not attempt to move the resident unless there is immediate danger
7. Move harmful objects out of the way
8. Do not try to hold the person down if they are shaking (This could cause further harm to the person)
9. Put a pillow or blanket under the person's head to prevent injury to the head
10. Make sure to note when the person began shaking and if they stopped and started once again
11. Do not put anything in the person's mouth at all
12. If the person should stop seizing before your back up arrives, have the person stay in that position until help arrives
13. Document

# *Loss of Consciousness*

Fainting often results when blood flow to the brain is temporarily inadequate. This can happen as a result of stress, grief, overheating, dehydration, exhaustion, or illness. This may also occur after taking certain medications or when standing for an extended period in very hot weather especially with your knees locked.

## **How can I help this person?**

1. Stay calm
2. Call another CA
3. Call the GHD on call
4. Follow GHD instructions about calling BUPD
5. Call the resident by his or her name if you recognize the person. If you do not know the person's name, just say "Can you hear me?" or "Are you ok"
6. If the person responds, just ask the resident to stay laying or sitting still until your back up arrives
7. If the person does not respond, attempt to wave an ammonia packet under the resident's nose. The resident may respond to the smell. If this does not work, make sure the resident is safe and wait for your back up to arrive

### First Aid Supplies

Instant cold compresses	These cold compresses have directions on them. These can be used for any minor bruises or swelling that may be have occurred with a fall or injury.
Band aids	There are various sizes and shapes of band aids included in the kit. These band-aids may be used for any minor cut, scrap, or abrasion to the skin.
Thermometer	This can be used to take the temperature of a resident in the ear.
Tweezers	This can be used to remove any type of splinter that a resident may have.
Ace wrap	This can be given to a resident who has sustained an injury because it helps to reduce swelling of the injured area of the body. This may also be used to hold bandages in place temporarily.
Gauze pads	These gauze pads can be applied to any open cut or abrasion the resident may have.
Adhesive tape	This is used to tape down the gauze pads the resident may have placed over a cut or abrasion
Antibiotic ointment	This ointment can be applied to a band aid and the band aid will then be place over the cut or abrasion
Latex free gloves	These gloves can be used during any contact with a resident especially if it involves bodily fluids. Using gloves will prevent the spread of germs from one person to another.
Antiseptic cleansing wipes	These wipes can be used to clean a small cut or abrasion to the skin. Please remember to warn the resident that the wipes may burn because of the open area of the skin.
Burn ointment	This ointment can be applied to a minor burn until further back up arrives.
Emesis powder	This powder is used to put on vomit. It will help to dry up the matter and eliminate the spread of germs
Ammonia packets	These packets are to be positioned just under the nose of an unconscious resident
Candy/glucose tabs	The candy or glucose tabs may be given to a resident to each if he/she has a low blood sugar
Paper bags	The paper bags may be used by a patient who is experiencing a panic attack. The bag is held around the resident's mouth and the resident will breathe in and out.
Scissors	The scissors may be used to open any type package or to cut the tape if needed.
One way valve breathing barrier	This is a breathing barrier that would be placed over a resident's mouth in order to give breaths during CPR. Residence Life staff members would not be using this item but police officers or first responders may use this if their own equipment is not available.

General instruction when giving first aid

1. Always make sure to call the appropriate back up with any health concern
2. Always make sure the resident and yourself are safe in the current location
3. Always ask the resident's name and if he/she has any allergies to anything
4. Always try to keep the resident calm and try to ask them information about how they are feeling and what happened.
5. Be observant- this always helps when back up arrives because more information can be given to them in order to help the resident as quickly as possible.