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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 campus   1. **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.** |