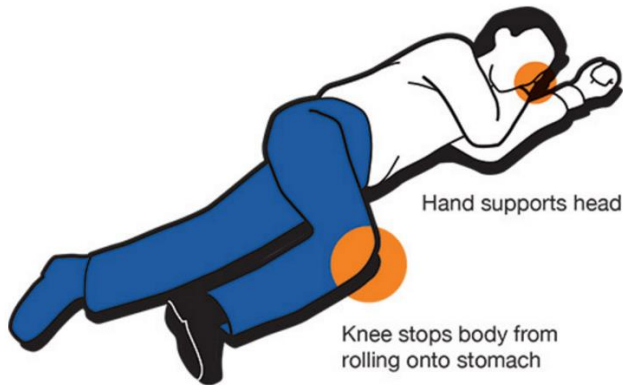


The Recovery Position

Keep the Airway Clear



Stay with person. If you must leave them alone at any point, or if they are unconscious, put them in this position to keep airway clear and prevent choking.

E – EXPOSE

Expose the injury or illness both VERBALLY through questioning and PHYSICALLY through examination.

Record patient:

- Name
- Birthday
- Weight
- Emergency Contact

Ask SAMPLE-A questions:

S- Signs / Symptoms

A- Allergies (medication / environmental)

M- Medications

P- Pertinent Past Medical History

L- Last Oral Intake (food / drink)

E- Events Leading Up To (what happened)

A- Activity Changes (extreme changes to diet, stress, or exercise)

Concussions:

- www.cdc.gov/headsup/basics/index.html
- Only about 10% of people who sustain a concussion actually lose consciousness.

Concussion Signs Observed

- Can't recall events *prior to* or *after* a hit or fall.
- Appears dazed or stunned.
- Forgets an instruction, is confused about an assignment or position, or is unsure of the game, score, or opponent.
- Moves clumsily.
- Answers questions slowly.
- Loses consciousness (*even briefly*).
- Shows mood, behavior, or personality changes.

Concussion Symptoms Reported

- Headache or "pressure" in head.
- Nausea or vomiting.
- Balance problems or dizziness, or double or blurry vision.
- Bothered by light or noise.
- Feeling sluggish, hazy, foggy, or groggy.
- Confusion, or concentration or memory problems.
- Just not "feeling right," or "feeling down".

Concussion Danger Signs

- One pupil larger than the other.
- Drowsiness or inability to wake up.
- A headache that gets worse and does not go away.
- Slurred speech, weakness, numbness, or decreased coordination.
- Repeated vomiting or nausea, convulsions or seizures (shaking or twitching).
- Will not stop crying and cannot be consoled.
- Will not nurse or eat.

- S-** Safety / Security
- M-** Massive Bleeding
- A-** Airway
- R-** Respirations
- C-** Circulation
- H-** Head Injury / Hypothermia
- E-** Expose (verbally and physically)

Call 9-1-1
USE SPEAKERPHONE

- Look for danger:
- fire
 - smoke
 - fumes
 - weather
 - weapons
 - traffic

IF it is SAFE... Assess the patient !!!

STOP any Bleeding !

- BCON:**
- Direct Pressure
 - Commercial TQ
 - Wound Pack
 - Pressure Bandage
 - Find bleeding

LOOK in the MOUTH for obstructions.
WATCH the CHEST for rise and fall.
LISTEN and FEEL for BREATHING

IF...

- The patient is **VOMITING-**
- Place in RECOVERY position.
 - Help keep airway clear.

- The patient had **TRAUMA-**
- Hold head and neck still to stabilize spine.
 - Reduce movement of the patient
 - Maintain body and limbs in a position of comfort.

- The patient has **NO PULSE** and/or **NO BREATHING-**
- Begin CHEST COMPRESSIONS at 30:2 or Continuous (110 cpm rate).
 - Give BREATHS if able.
 - Get AED and attach to patient ASAP.
 - Gather as many able compressors as possible and ROTATE.
 - Ensure 9-1-1 was called and on speakerphone.
 - Reduce time off the chest.
 - Look for family, medical alerts, and witnesses.

- The patient is **CHOKING-**
- Encourage them to cough.
 - IF they can't cough perform HEIMLICH.
 - IF they become unresponsive move to ground and start CPR.

- The patient has a **HEAD INJURY-**
- Remove from activity carefully.
 - Evaluate the patient.
 - Get them to advanced medical care.
 - Observe for changes.