

Stand Alone 6 – First Aid
Session 14 – Medical Emergencies Continued
LD 34 – First Aid

Date Revised: 11/19/19

Course Goal: To teach recruit officers how to provide first aid and CPR. Utilize CAPRA.

Session Goal: To teach recruit officers the knowledge and skills necessary to provide appropriate first aid for medical emergencies. [34.V.]

Learning Objectives:

- Recognize indicators of, and first aid measures for, a victim experiencing: [34.V.A]
 - Allergic reactions and anaphylaxis [34.V.A.8]
 - Assisted epinephrine administration [34.V.A.8.a]
 - Accessing EMS [34.V.A.8.b]
- Differentiate between the indicators and first aid measures for treating: [34.V.E]
 - Hypothermia and frostbite [34.V.E.1]
 - Heat cramps, heat exhaustion, and heat stroke [34.V.E.2]
- Recognize appropriate first aid measures for: [34.V.F]
 - Insect bites and stings [34.V.F.1]
 - Animal and human bites [34.V.F.2]

Session Time: 1 hour

Resources:	
<ul style="list-style-type: none"> • Classroom with tables • White board • Dry-erase markers 	
Session Summary: The instructor will lead an overhead facilitated discussion with the whole class.	
Outline	Instructor Notes
I. Medical Emergencies A. Temperature related emergencies [34.V.E] 1. Cold related emergencies [1] a. Hypothermia [2] [34.V.E.1] 1) Definition a) The body's internal temperature drops to the point where body systems are affected b) Can range from mild to severe due to several factors c) Can occur in temperatures above freezing (1) Length of exposure to cold temperatures	[1] Ask – List examples of emergencies related to the cold [2] Ask – What is hypothermia

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<ul style="list-style-type: none"> (2) Condition of victim's clothing <ul style="list-style-type: none"> (a) Wet (b) Dry (3) Age of the victim (4) Existence of underlying illnesses or disorders <ul style="list-style-type: none"> (a) Circulatory problems (b) Infections (c) Fever (5) Traumatic injury (6) Alcohol consumption 2) Mild-moderate [3] <ul style="list-style-type: none"> a) Indicators <ul style="list-style-type: none"> (1) Violent shivering (2) Numbness (3) Fatigue (4) Forgetfulness (5) Confusion (6) Cold skin (7) Loss of motor coordination (8) Rapid breathing and pulse b) First aid measures [4] <ul style="list-style-type: none"> (1) Move victim to a warm environment (2) Remove any wet clothing (3) Re-warm slowly (4) Provide care to prevent shock (5) Monitor the victim (6) If victim can swallow easily, give warm liquids (7) Do not give alcoholic or caffeinated beverages, or nicotine (8) Keep the victim moving to increase circulation 3) Severe [5] <ul style="list-style-type: none"> a) Indicators <ul style="list-style-type: none"> (1) Lack of shivering (2) Rigid muscles and joints (3) Slow, shallow breathing (4) Irregular, weak, slow pulse (5) Dilated pupils (6) Decreased level of consciousness leading to unconsciousness 	<p>[3] Ask – List indicators of mild to moderate hypothermia</p> <p>[4] Ask – What first aid measures are appropriate for mild to moderate hypothermia?</p> <p>[5] Ask – What are indicators of severe hypothermia?</p>
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<ul style="list-style-type: none">(7) Unwilling or unable to do simple activities(8) Slurred speech(9) Blue-grey skin color(10) Unconscious victims with hypothermia may appear clinically dead<ul style="list-style-type: none">(a) Stiffness(b) Extremely low pulse(c) Low respiration rateb) First aid measures [6]<ul style="list-style-type: none">(1) Determine victim's level of consciousness(2) Conduct primary and secondary surveys(3) Begin rescue breathing or CPR if necessary(4) If the victim cannot be moved, take necessary measures to keep the victim from losing more body heatb. Frostbite [7] [34.V.E.1]<ul style="list-style-type: none">1) Definition<ul style="list-style-type: none">a) Exposure to cold temperatures can lead to cold-related injuries to parts of the body.b) They are a result of cold or freezing tissuec) Areas most commonly affected<ul style="list-style-type: none">(1) Ears(2) Face and nose(3) Hands(4) Feet and toes2) Indicators<ul style="list-style-type: none">a) Freezing of tissue below the skin's surfaceb) Skin feels stiff to the touchc) Pale, grey-yellow, grey-blue, waxy, blotchy skin colord) Pain or aching sensation to the area upon warming3) First aid measures [8] [34.V.E]<ul style="list-style-type: none">a) Immobilize and protect the areab) Wrap area in dry, loose, bandagec) Wrap each digit separatelyd) Allow area to re-warm slowly	<p>[6] Ask – What first aid measures are appropriate for severe hypothermia?</p> <p>[7] Ask – How does hypothermia differ from frost bite?</p> <p>[8] Ask – What first aid measures can an officer take to treat a victim of frostbite?</p>
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<ul style="list-style-type: none">e) Provide care to prevent shockf) Do not rub the areag) Do not allow the area to refreeze after warming <p>4) Frostnip [9]</p> <ul style="list-style-type: none">a) Indicators<ul style="list-style-type: none">(1) Superficial freezing of skin's outer layer(2) Numbness(3) Pale skin color(4) Skin feels flexible to the touch(5) Tingling or burning sensation to the area upon warmingb) First aid measures [34.V.E]<ul style="list-style-type: none">(1) Remove victim from source of cold(2) Remove/loosen any clothing that may restrict circulation to the area <p>2. Heat related emergencies [10] [34.V.E.2]</p> <ul style="list-style-type: none">a. Heat cramps [11]<ul style="list-style-type: none">1) Definition<ul style="list-style-type: none">a) Body loses too much saltb) Due to prolonged perspiration2) Indicators<ul style="list-style-type: none">a) Painful muscle spasms<ul style="list-style-type: none">(1) Usually in legs(2) Or abdomenb) Lightheadednessc) Weakness3) First aid measures [12] [34.V.E]<ul style="list-style-type: none">a) Remove victim from source of heatb) Have victim rest massage cramped musclesc) Provide water in small amountsd) Do not give alcohol or caffeinated beveragesb. Heat exhaustion [13] [34.V.E.2]<ul style="list-style-type: none">1) Definition<ul style="list-style-type: none">a) More serious than heat crampsb) Form of shockc) Occurs when the body is dehydrated2) Indicators [34.V.E]	<p>[9] Ask – What is frostnip, and how is it different from frostbite?</p> <p>[10] Ask – List examples of emergencies related to heat</p> <p>[11] Ask – What are heat cramps?</p> <p>[12] Ask – How do you treat heat cramps?</p> <p>[13] Ask – What is heat exhaustion?</p>
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<ul style="list-style-type: none"> a) Profuse sweating b) Dizziness c) Headache d) Pale, clammy skin e) Rapid pulse f) Weakness g) Nausea and vomiting 3) First aid measures [14] [34.V.E] <ul style="list-style-type: none"> a) Remove victim from source of heat b) Have victim rest massage cramped muscles c) Provide water in small amounts 4) Do not give alcohol or caffeinated beverages c. Heat stroke [15] [34.V.E.2] <ul style="list-style-type: none"> 1) Definition <ul style="list-style-type: none"> a) The body’s internal temperature rises abnormally high b) Life-threatening condition requiring immediate attention 2) Indicators [34.V.E] <ul style="list-style-type: none"> a) Red, hot, dry skin b) Rapid, irregular pulse c) Shallow breathing d) Confusion e) Weakness f) Possible seizures and/or unconsciousness 3) First aid measures [16] [34.V.E] <ul style="list-style-type: none"> a) Remove victim from the source of heat b) Loosen or remove victim’s clothing c) Cool victim’s body as rapidly as possible <ul style="list-style-type: none"> (1) Douse the person with cool water (2) Wrap in wet sheet or blanket (3) Place an ice pack wrapped in a towel on the person’s neck, groin, or armpits d) Provide care to prevent shock B. Stings and bites [17] [34.V.F.1] <ul style="list-style-type: none"> 1. Anaphylactic shock [34.V.A.8] <ul style="list-style-type: none"> a. Definition 	<p>[14] Ask – How do you treat heat exhaustion?</p> <p>[15] Ask – What is heat stroke?</p> <p>[16] Ask – How do you treat heat stroke?</p> <p>[17] Ask – How can a simple insect sting or bite become a medical emergency?</p>
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<p>1) Anaphylaxis is a severe, life-threatening allergic reaction</p> <p>2) Caused by exposure to certain allergens, often through insect stings, food, medications or environment</p> <p>3) Causes blood vessels to dilate leading to a sudden drop in blood pressure</p> <p>4) Causes swelling of the tissues that line the respiratory system causing an obstructed airway</p> <p>b. First aid measures [34.V.A.8]</p> <p>1) Epinephrine is a hormone produced by the body</p> <p>2) Constricts blood vessels and dilates the bronchioles helping to open the victim’s airway</p> <p>3) Individuals may carry prescription epinephrine [18]</p> <p>4) When a victim possesses a prescribed epinephrine auto-injector, officers may assist the victim with the administration of the medication, but may not directly administer it. [34.V.A.8.a]</p> <p>2. Insect stings and bites [19] [34.V.F.1]</p> <p>a. Indicators [20]</p> <p>1) Usual reaction</p> <p>a) Local swelling</p> <p>b) Minor pain</p> <p>c) Itching</p> <p>2) Allergic reaction</p> <p>a) Itching</p> <p>b) Burning sensation</p> <p>c) Hives</p> <p>d) Swollen lips and tongue</p> <p>e) Difficulty breathing</p> <p>f) Respiratory failure</p> <p>b. First aid measures [21] [34.V.F]</p> <p>1) Usual reaction</p> <p>a) Remove stinger by scraping with firm object</p> <p>b) Do not attempt to pull out with tweezers</p> <p>c) Wash area with soap and water</p>	<p>[18] Ask – Give examples of how we can assist a victim with medication.</p> <p>[19] Ask – List types of animals that can bite or sting</p> <p>Seeking:</p> <ul style="list-style-type: none">• Insects• Marine life• Spiders• Snakes• Animals and humans <p>[20] Ask – What are indicators of an insect bite or sting?</p> <p>[21] Ask – How would you treat an insect bite or sting?</p>
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<ul style="list-style-type: none"> d) Apply ice to reduce swelling and slow the rate of toxin absorption 2) Allergic reaction <ul style="list-style-type: none"> a) Assist victim in taking prescribed epinephrine b) Activate EMS [34.V.A.8.b] c) Monitor victim d) Take precautions to prevent shock e) Be prepared to use rescue breathing or CPR if necessary 3. Marine life stings [22] <ul style="list-style-type: none"> a. Indicators <ul style="list-style-type: none"> 1) Pain 2) Swelling 3) Discoloration b. First aid measures [23] <ul style="list-style-type: none"> 1) Wash area with soap and water 2) Apply heat (not cold) to deactivate venom enzymes 3) Apply dressing to puncture wounds if necessary 4) Monitor the victim 5) If an allergic reaction is suspected: [34.V.F.8] <ul style="list-style-type: none"> a) Assist victim in taking prescribed epinephrine [34.V.F.8.a] b) Activate EMS [34.V.F.8.b] c) Take precautions to prevent shock d) Be prepared to use rescue breathing or CPR if necessary 4. Spider bites [24] [34.V.F.1] <ul style="list-style-type: none"> a. Black widow <ul style="list-style-type: none"> 1) Indicators <ul style="list-style-type: none"> a) Dull pain within 15 minutes of bite b) Headache c) Chills d) Sweating e) Dizziness f) Nausea and vomiting 2) First aid measures [25] <ul style="list-style-type: none"> a) Wash site with soap and water 	<p>[22] Ask – What are indicators of a marine life sting?</p> <p>[23] Ask – How do you treat a marine life sting?</p> <p>[24] Ask – List common types of dangerous spider bites in CA</p> <p>[25] Ask – How would you treat a suspected black widow bite?</p>
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<ul style="list-style-type: none"> b) Apply ice to reduce swelling and slow the rate of venom absorption c) Monitor victim d) Have victim seek medical treatment e) Treat for shock b. Brown recluse <ul style="list-style-type: none"> 1) Indicators <ul style="list-style-type: none"> a) Painless ulcer at site where bitten b) Ulcer gradually increases in size c) Chills d) Aches e) Nausea 2) First aid measures [26] <ul style="list-style-type: none"> a) Wash site with soap and water b) Apply ice to reduce swelling and slow the rate of venom absorption c) Monitor victim d) Have victim seek medical treatment 5. Snake bites [34.V.F.2] <ul style="list-style-type: none"> a. Indicators [27] <ul style="list-style-type: none"> 1) Pain, redness, and swelling 2) Fang marks 3) Shortness of breath 4) Tingling around victim’s mouth 5) Bloody vomiting (appearance of coffee grounds) 6) Shock 7) Coma b. First aid measures [28] [34.V.F] <ul style="list-style-type: none"> 1) Keep the victim calm and quiet 2) Place the affected area in a neutral position 3) Immobilize the affected area (use splints if necessary) 4) Do not attempt to suck the venom from the bite 5) Do not cut the area 6) Take measures to prevent shock 7) Seek medical attention 8) Attempt to identify the snake 6. Animal and human bites [34.V.F.2] <ul style="list-style-type: none"> a. Indicators 	<p>[26] Ask – What first aid measures would you take for a brown recluse bite?</p> <p>[27] Ask – What are indicators of a snake bite?</p> <p>[28] Ask – What are the first aid measures for a snake bite?</p> <p>[29] Ask – What first aid measures can you take for human and other animal bites?</p>
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<ul style="list-style-type: none">1) Pain, redness, swelling at the site2) Damage can range from puncture wound of skin to severe laceration or avulsion of tissueb. First aid measures [29] [34.V.F]<ul style="list-style-type: none">1) Control bleeding if necessary2) Wash site with soap and water3) Cover with clean, dry dressing4) Take measures to prevent shock5) Monitor victim6) Seek medical attention	
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