



SEA PAC 2019

“Before Help Arrives...when minutes count”



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Disclaimer

The opinions or views expressed in this presentation are solely those of the author and do not necessarily reflect the opinions and/or recommendations of Sea Pac or Maine Emergency Medical Services. Contents represent an overview and are not a substitute for formal CPR/First Aid training.

Where I am from.....

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- ❑ Serves Mt. Desert Island, Maine and surrounding islands
- ❑ 5 EMS Services (plus ANP & USCG-SWH)
- ❑ 50+ licensed personnel/7 ALS level ambulances
- ❑ Responds to approx. 2,000+ calls annually

2 million+ annual visitors to Acadia National Park

175+ cruise ships into Bar Harbor - June through October



What we are going to learn this morning

- ◆ Recognizing a life-threatening “Medical Emergency”
- ◆ When and How to call for help
- ◆ What to do “Before Help Arrives”
- ◆ Importance of Early Intervention
- ◆ Topics we will cover:
 - ✓ Trauma - ABC’S - (Hemorrhage Control - *next class*)
 - ✓ “Brain Attack” (Stroke/Mini Stroke - A Cerebral Event)
 - ✓ “Heart Attack” (A Cardiac Event - “Hands Only” CPR)
 - ✓ Diabetic Emergencies - Seizure - Heat Emergencies
 - ✓ Miscellaneous “Boo-Boo’s”
 - ✓ Audience requests

Number ONE Priority

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Scene Safety - YOU are Number one - PERIOD!!

✦ Body functions we need to stay alive:

- ✓ **A**irway - Open and Clear
- ✓ **B**reathing - Present and Effective
- ✓ **C**irculation - Pulse - Bleeding Control - (next class)
- ✓ **All 3 conditions** must be present and sustained to maintain life.
- ✓ If not: initiate **C**ardio-**P**ulmonary-**R**esuscitation **NOW!**
“Hands Only” CPR IS OK!!!

How to call 9-1-1

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Give ACCURATE Information - Information - Information:

- ✓ Chief complaint (or description of what's wrong)
- ✓ Are A - B - C's present?
- ✓ Your location (get someone to meet responders)
- ✓ What you intend to do - your treatment (CPR - Bleeding)
- ✓ Continue to evaluate the condition of the patient

DO NOT HANG UP!

Most Dispatchers now have medical training & can help

“Brain Attack”

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- ◆ In US someone has a stroke **EVERY 40 seconds**
- ◆ **Approximately 795,000 new or reoccurring (2018)**
- ◆ Stroke accounts for 1 in 19 deaths.
- ◆ **Every 3.45 minutes**
- ◆ “Mini-stroke” can be a precursor to a full stroke.
- ◆ Long term can be very debilitating.
- ◆ Early recognition gets early intervention - **TIME is muscle**

WHAT CAN WE DO?

A LOT - by knowing what to recognize

“Brain Attack”

Stroke is an Emergency

When every second counts, you need to

BE FAST!

If you recognize any of the signs below, call 911

B

Balance



B is for Balance
Does the person have a sudden loss of balance?

E

Eyes



E is for Eye
Has the person lost vision in one or both eyes?

F

Face



F is for Face
Does the person's face look uneven?

A

Arms



A is for Arm
Is there weakness in one or both arms?

S

Speech



S is for Speech
Is the person's speech slurred? Does the person have trouble speaking or seem confused?

T

Time



T is for Time
Call 911 Now

BE FAST! Call for help!

“Heart Attack”

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- ◆ Cardiac Arrests 368,000 - resulting in **114,000 deaths**
- ◆ “Heart Disease” accounts for 1 in 7 deaths!
- ◆ Sadly long term not outcomes often positive.
- ◆ Early recognition gets early intervention-**TIME is muscle!**
- ◆ 9-1-1 - “Call early - call often”
- ◆ Some symptoms: “Heartburn-Pain-Dizzy-Nausea-Sweaty”
- ◆ Info: Is there a cardiac history in patient/family-Has this occurred before-When did it start-What were you doing
- ◆ **Be prepared to intervene** - CPR - AED
- ◆ Medication: patient’s ASA - Nitroglycerine

“Heart Attack”

“Classic” heart attack symptoms are typical in men. Although women may experience similar symptoms, they often exhibit less intense, but still dangerous signs of heart attack.

common in men & women

- ▶ Crushing chest pain
- ▶ Cold and profuse sweating
- ▶ Nausea
- ▶ Pain radiating to neck or left arm
- ▶ Sudden onset of symptoms



common in women

- ▶ Profound sense of fatigue
- ▶ Shortness of breath
- ▶ Flu-like discomfort
- ▶ Feeling of indigestion, heartburn
- ▶ Symptoms for a number of days



heart attack symptoms

Diabetic Emergencies

An imbalance of glucose (sugar) in the body
2 conditions:

- ◆ Levels can be too HIGH (**Hyper**glycemia) Slow Onset
- ◆ Levels can be too LOW (**Hypo**glycemia) Rapid Onset
- ◆ **Hypo**glycemia - quite common in diabetic patient (more easily treatable)
- ◆ **Hyper**glycemia usually necessitates hospitalization

General treatment = give sugar

Won't hurt the **hyper**glycemic- Can help the **hypo**glycemic

Seizures

- ◆ IT IS SCARY LOOKING - Call 9-1-1
- ◆ Rapid Onset
- ◆ Usually not fatal in and of itself
- ◆ Usually “self-limiting” but needs medical evaluation
- ◆ Can result from a disease; “Staticus Epilepticus”
- ◆ Infants: Febrile Seizure - cool the patient
- ◆ Protect the patient from injury during seizing activity
- ◆ MYTH: They will not swallow their tongue
- ◆ Don't put anything in the patient's mouth

Heat Emergencies

- ◆ There are 3 stages of excessive heating
 - ◆ Heat Cramps - Common, Correctable
 - ◆ Heat Exhaustion - Correctable
 - ◆ Heat Stroke-Life Threatening-Immediate aggressive treatment
- ◆ General Treatment
 - ◆ Cool the body
 - ◆ Rest
 - ◆ Early fluid replacement
 - ◆ Monitor A-B-Cs

Heat Emergencies - Symptoms

Is it Heat *Exhaustion* Or *Stroke*?

Learn the warning
signs so you can stay
safe in the summer heat!



HEAT EXHAUSTION	OR	HEAT STROKE
Faint or dizzy		Throbbing headache
Excessive sweating		No sweating
Cool, pale, clammy skin		Body temperature above 103° Red, hot, dry skin
Nausea or vomiting		No uric acid or vomiting
Rapid, weak pulse		Rapid, strong pulse
Muscle cramps		May lose consciousness

CALL 9-1-1

- Get to a cooler, air conditioned place
- Drink water if fully conscious
- Take a cool shower or use cold compresses

- Take immediate action to cool the person until help arrives

Weather.gov/firstaid
Weather.gov/heat

@SacramentoOES
SacramentoFire.org

Miscellaneous “Boo-Boos”

- ◆ Nose bleeds
- ◆ Small “abrasions” scrapes - cuts - road rash
- ◆ Burns
- ◆ Choking - “Obstructed Airway”
- ◆ OTHER Conditions?

Obstructed Airway



Place the infant stomach-down across your forearm and give five quick, forceful blows on the infant's back with heel of your hand



SUMMARY

- ◆ You can make a difference....“before help arrives”!
- ◆ It's not rocket science - common sense
- ◆ Early recognition & intervention is critical
- ◆ Get help ASAP
- ◆ Gain knowledge - Take CPR & First Aid courses

Questions?

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THANK YOU!



For more information:

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