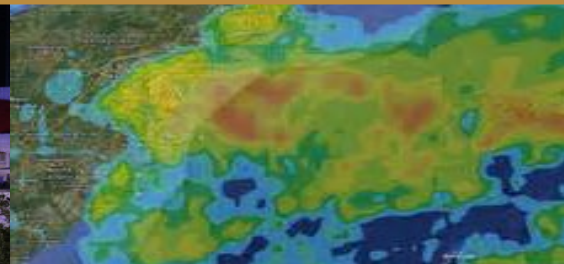




Source: NH Journal



Healthcare Briefing for Houses of Worship

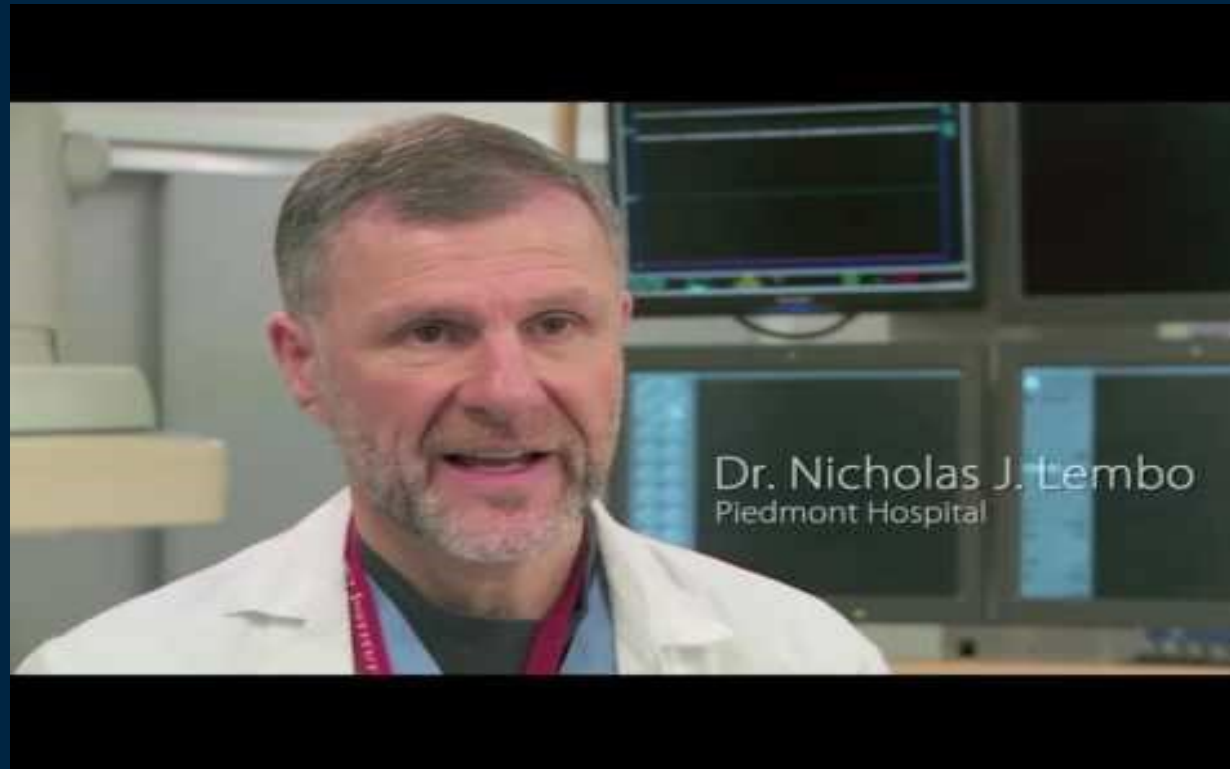
Richard Cloutier, AEMT

Objective and Goals



- This is a basic introduction to common medical emergencies that can occur in a mass gathering
- This is not a certification program of any of the skills presented
- By the end of the program
 - You will have the basic skills to take basic action in the case of an emergency
 - You will have an understanding of the expectations the public has in your facility.

Why is there a Medical Briefing Today?



<https://www.youtube.com/watch?v=Keu1pZCFK6c>

Steps for All Medical Emergencies

- Situational Awareness and Scene Safety!
- Stay Calm & Relax!
 - People will mirror your emotions and will not be thinking right
 - Panic is contagious
- Talk to the patient as a person and always ask and communicate what you are going to do.
- Help protect their privacy and their pride, Be their advocate.
- Look for Med Alert bracelet.
- Call 911 when needed



Steps for All Medical Emergencies



- Give people specific jobs
 - Direct an individual to call 911
 - Assign people to escort EMS and Fire from the parking lot to the patient
 - Assign a person to help the family members on scene
- Plan ahead - Have a safety committee that . . .
 - plans entrances and exits for first responder based on location of the patient.
 - shares safety information with your attendees.
 - exercises their plans.
 - checks AED and first aid kits regularly.
 - evaluates hazards in your building.

Common Emergencies in Public Spaces



- Falls
- Respiratory Issues
- Anaphylaxis (Severe allergic reactions)
- Seizures
- Medication Overdoses
- Stroke
- Unconscious/Cardiac Arrest/Cardiac Issues
- Trauma





Source: NH Journal

Falls

Falls

- Are they Conscious?

- Do they remember what happen?
- Did someone see what happened?
- What hurts?
- Call 911
- If they are injured, do not move the patient, except if they are in imminent danger (i.e. middle of the street, extreme cold)
- Keep the patient warm
- Communicate with them as a person
- Report what you know to the EMTs



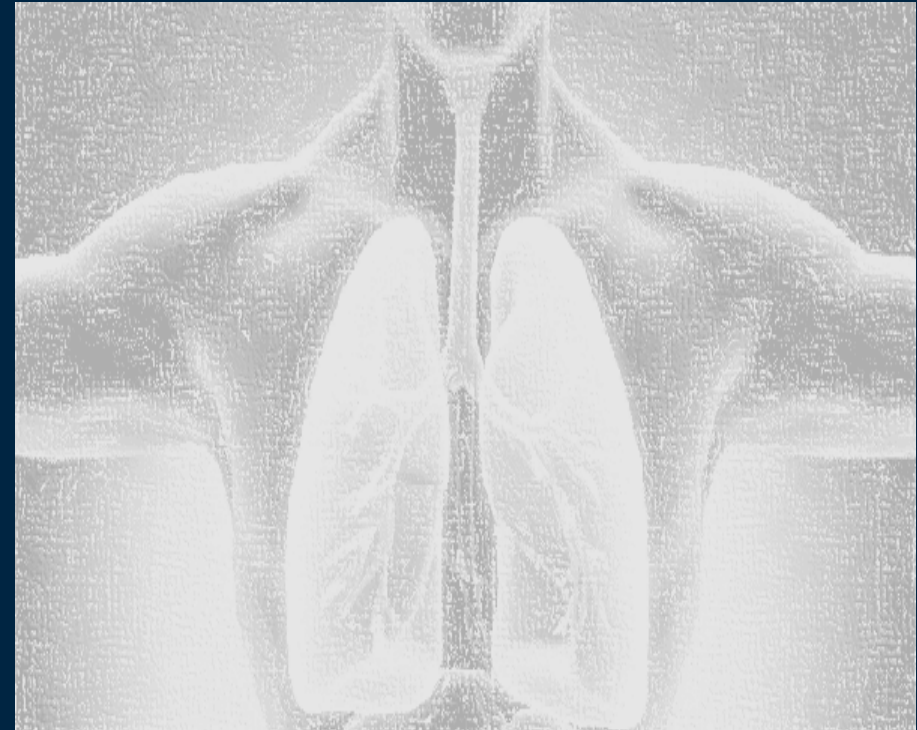


Source: NH Journal

Difficulty Breathing

Respiratory Issues

- Questions to ask
 - Can they talk? Is it in full sentences?
 - Do they have a history of breathing issues?
 - Has something like this ever happened before?
 - Do they have any medication and is it available?
 - Are they normally on oxygen?



Respiratory Issues



- Actions you can take
 - Get the person to try and relax and control their breathing.
 - Have them sit down incase they become dizzy or unconscious
 - Look to see if their lips or fingertips are blue
 - Recommend they take their respiratory medication if they have it
 - Monitor if the are getting better or worse
- Call 911 if the above does not resolve the issue

Respiratory Issues

- When to call 911 for breathing issues
 - Blueish skin, fingertips or lips
 - Abnormal and different discomfort
 - Dizziness, fainting or inability to stay awake
 - Chest pain, or tightness in the neck and chest
 - Uncontrollable wheezing, whistling, gurgling or high pitch noises while breathing
 - If the shortness of breath does not respond to rest or medication





Source: NH Journal

Anaphylaxis or Severe Allergic Reactions

Anaphylaxis

- Signs of Anaphylaxis
 - Nausea, vomiting or diarrhea
 - Severe skin reactions, including hives and itching and flushed or pale skin
 - A weak and rapid pulse
 - Low blood pressure can lead to dizziness or fainting
 - Constriction of the airways by a swollen tongue or throat, which can cause wheezing and trouble breathing



Anaphylaxis

- Actions to take
 - Call 911
 - Relax the person
 - Ask if they have a history to severe allergic reactions? If so to what?
 - If it was a insect sting, use credit card to swipe and remove stinger if still in place,
 - Do they have an Epipen or Epipen Jr for a child?
 - Assist with administration of Epipen and note time
 - Stay with person until first responders arrive



Anaphylaxis



<https://www.youtube.com/watch?v=uBvdO9a9NTQ>



Source: NH Journal

Seizures

Seizures



- Types of seizures
 - Tonic Clonic, Focal, absences, febrile seizures, and preeclamptic.
- What does a seizure look like?
 - Temporary confusion or a staring spell
 - Uncontrollable jerking movements of the arms and legs
 - Loss of consciousness or awareness
- Postictal State - They may be confused and tired

Seizures

Seizure First Aid



https://www.youtube.com/watch?v=1azFuq_yZpE

Seizures

- Call 911
- Do they have a history of seizures?

	<h2>Seizure First Aid</h2> <p>How to help someone having a seizure</p>
1	<p>STAY with the person until they are awake and alert after the seizure.</p> <ul style="list-style-type: none">✓ Time the seizure✓ Remain calm✓ Check for medical ID
2	<p>Keep the person SAFE.</p> <ul style="list-style-type: none">✓ Move or guide away from harm
3	<p>Turn the person onto their SIDE if they are not awake and aware.</p> <ul style="list-style-type: none">✓ Keep airway clear✓ Loosen tight clothes around neck✓ Put something small and soft under the head
Call 911 if...	<ul style="list-style-type: none">▶ Seizure lasts longer than 5 minutes▶ Person does not return to their usual state▶ Person is injured, pregnant, or sick▶ Repeated seizures▶ First time seizure▶ Difficulty breathing▶ Seizure occurs in water
Do NOT	<ul style="list-style-type: none">✗ Do NOT restrain.✗ Do NOT put any objects in their mouth.▶ Rescue medicines can be given if prescribed by a health care professional
Learn more: epilepsy.com/firstaid	
 epilepsy.com	
24/7 Helpline: 1-800-332-1000	
<small>This publication was created by the Epilepsy Foundation, a nationwide network organization, and is part of our END EPILEPSY awareness campaign. This publication is made possible with funding from the Centers for Disease Control and Prevention (CDC) under cooperative grant agreement number 1NUS8DP006256-04-00. Its contents are solely the responsibility of the Epilepsy Foundation and do not necessarily represent the views of the CDC. EFA440/PAB0220 Rev. 02/2020 ©2020 Epilepsy Foundation of America, Inc.</small>	



Source: NH Journal

Medication/Opiate Overdose

Medication/Opiate Overdose



- Call 911
- Scene Safety
- Are they conscious?
- Are they breathing?
- Do they have a pulse?
- Do you know what they took?
- Turn them on their side
- If the overdose is due to opiates or to an unknown substance you can consider Narcan. Narcan only works for opiate overdoses.

Medication/Opiate Overdose



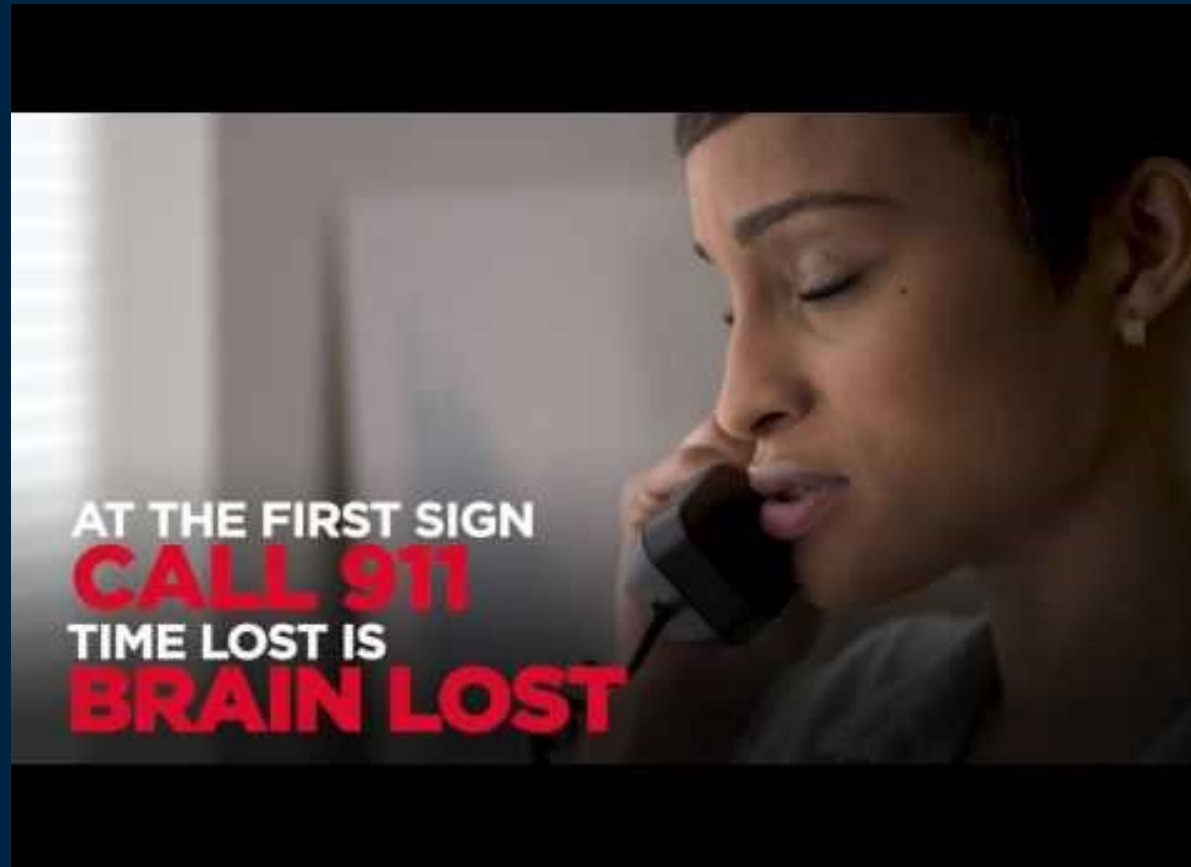
<https://www.youtube.com/watch?v=JJmCfseNtsU>



Source: NH Journal

Stroke

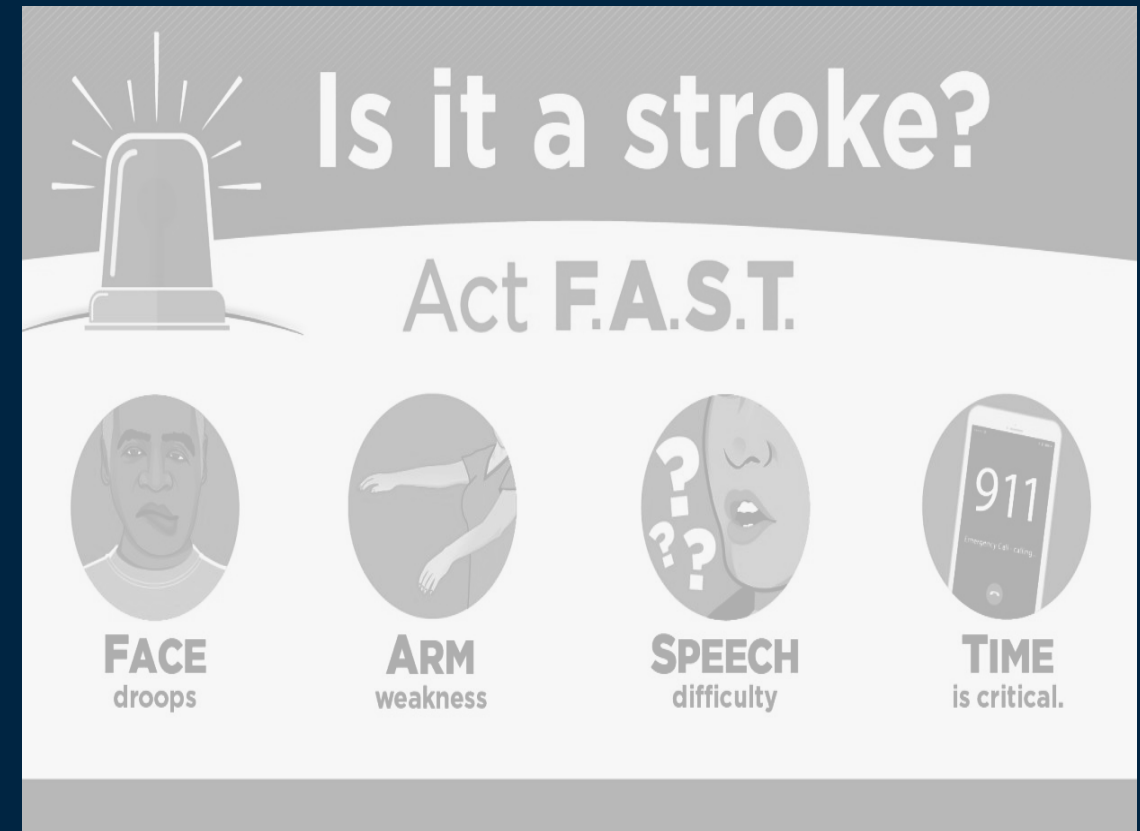
Stroke



<https://www.youtube.com/watch?v=q5XHH1XfAbM>

Stroke

- If you believe someone is having a stroke act F.A.S.T.
 - Call 911
 - Perform a FAST Assessment
- A transient ischemic attack (TIA) is a temporary period of symptoms similar to those of a stroke.



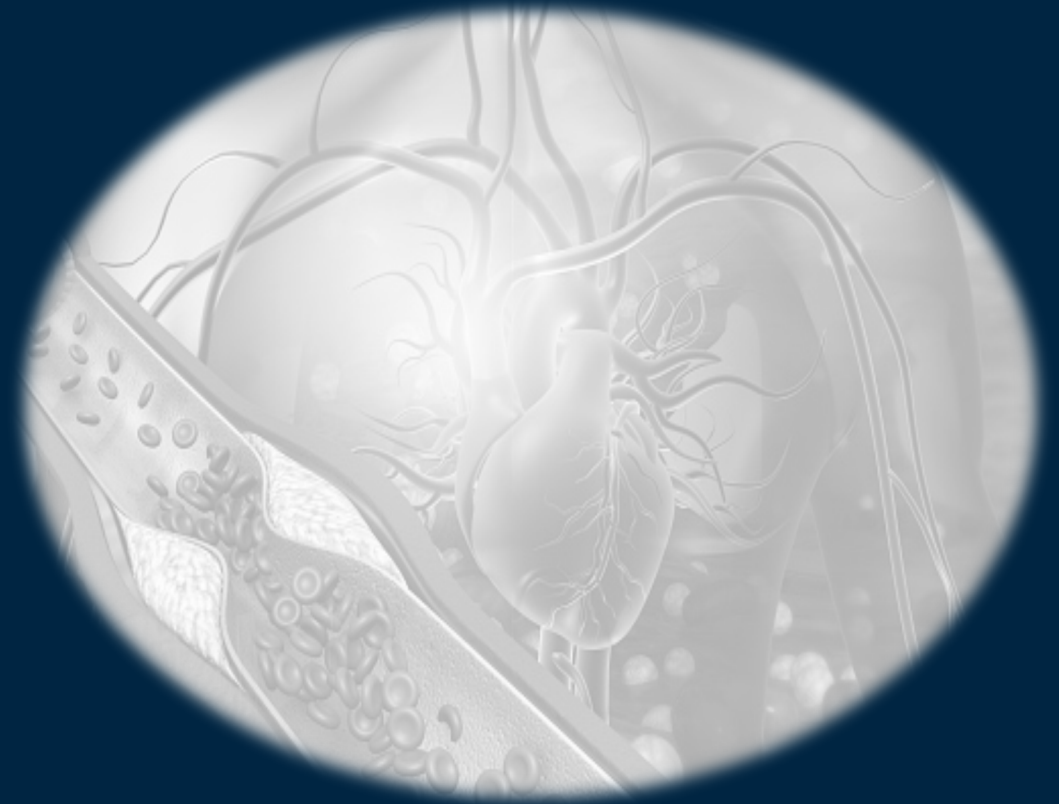


Source: NH Journal

Cardiac Emergencies

Acute Coronary Syndrome aka Heart Attack

- Signs of an Acute Coronary Syndrome (ACS).
 - Chest pain or discomfort.
 - Heart palpitations.
 - Sweaty.
 - Shortness of breath.
 - Fainting or near fainting.
 - Lightheadedness or dizziness.
 - Left Arm Pain
- Women and the elderly can present atypically
- Untreated ACS can lead to cardiac arrest.



Cardiac Arrest



- A Cardiac Arrest is the abrupt loss of heart function, breathing and consciousness.
- If you suspect a Heart Attack or Cardiac Arrest call 911
- You can take steps to help before responders arrive
 - Hand only CPR if they are not breathing, no palpable pulse and no chest rise
 - Use an AED if available and recommended
 - **DO NOT do CPR if the person is talking to you.**



Source: NH Journal

Hands Only CPR

Hands only CPR



<https://www.youtube.com/watch?v=A5Pnl4l-vd8&t=47s>

Automated External Defibrillator

- Get to know your AED before you need it
- Check expirations dates on your pads
- Check your batteries
- Give people specific jobs – You, go get the AED
- Listen to the instructions

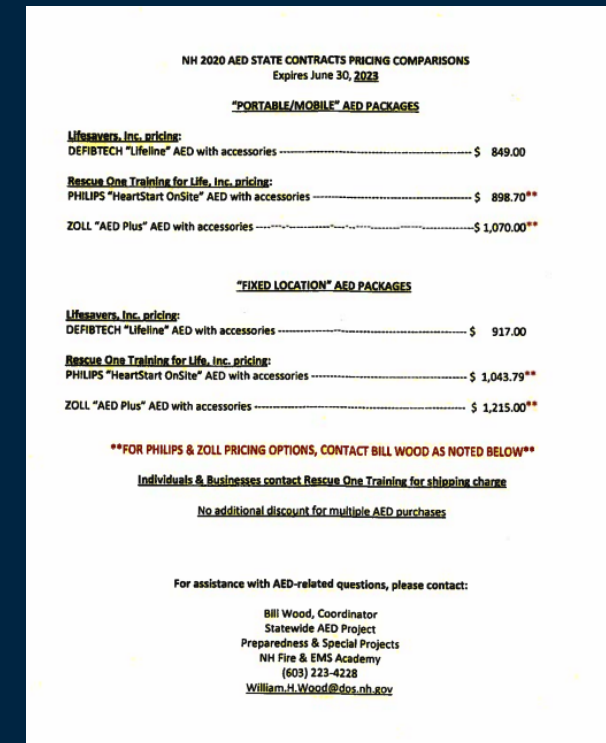
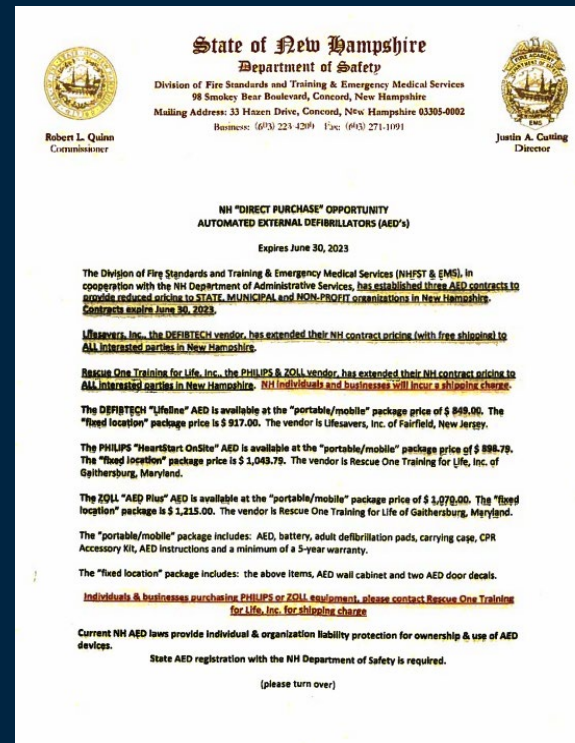
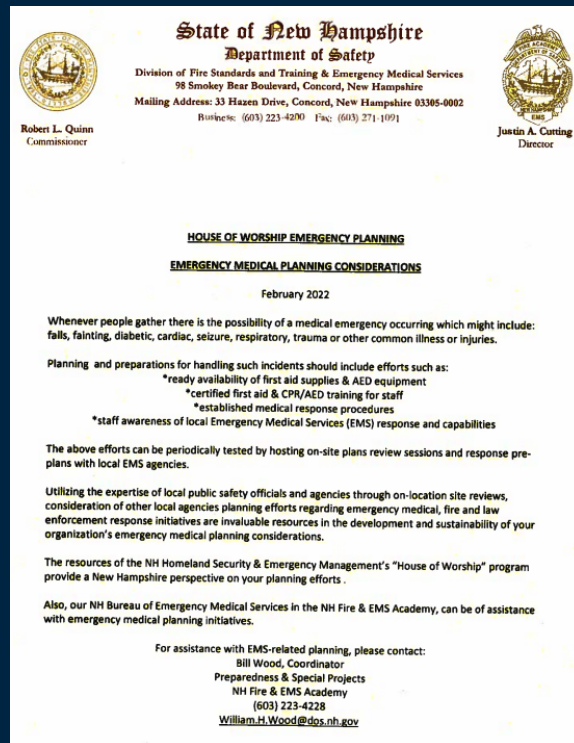


Automated External Defibrillator



https://www.youtube.com/watch?v=BAWGjNAj_vA&t=116s

State of New Hampshire AED Grant Program



**For assistance with AED-related questions,
please contact**

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(603) 223-4228**

William.H.Wood@dos.nh.gov

[https://www.nh.gov/safety/divisions/fstems/ems/defibrillators/documents/
AEDDirectPurchaseUpdate051421.pdf](https://www.nh.gov/safety/divisions/fstems/ems/defibrillators/documents/AEDDirectPurchaseUpdate051421.pdf)



Source: NH Journal

Stop the Bleed

Stop the Bleed



https://www.youtube.com/watch?v=xxB_8skMYlw&t=80s

Conclusion



- This was a basic introduction to common medical issues that can occur in a mass gathering
- This was not a certification program of any of the skills presented
- Good Samaritan Laws (RSA 508:12, 153-A:30-31 & 318-B:28-b)



Questions and Contacts

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References and credits



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- North Shore University Health System https://www.youtube.com/watch?v=xxB_8skMYlw&t=80s