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
Falls

- Are they conscious?

- Do they remember what happened?
- 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
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 they 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
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
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?
Medication/Opiate Overdose
Medication/Opiate Overdose

- Call 911
- Scene Safety
- Are the 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
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.
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.
Hands Only CPR
Hands only CPR

https://www.youtube.com/watch?v=A5Pl4l-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

Bill Wood, Coordinator
Statewide AED Project
Preparedness & Special Projects
NH Fire & EMS Academy
(603) 223-4228
William.H.Wood@dos.nh.gov

Stop the Bleed
Stop the Bleed

https://www.youtube.com/watch?v=xB_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

Richard Cloutier-AEMT
NH State Training Officer
Homeland Security and Emergency Management

Richard.j.cloutier@dos.nh.gov
603-223-3638
References and credits

- Straight From the Heart https://www.youtube.com/watch?v=Keu1pZCFK6c
- Epipen Canada https://www.youtube.com/watch?v=u8vdO9a9NTQ
- Mayo Clinic https://www.mayoclinic.org/diseases-conditions/anaphylaxis/symptoms-causes/syc-20351468
- HealthOne https://healthonecares.com/blog/entry/when-to-go-to-the-er-for-shortness-of-breath
- Monika Choisnka-Powell Channel https://www.youtube.com/watch?v=BAWGjNAyVA&t=116s
- North Shore University Health System https://www.youtube.com/watch?v=xxB_8skMYlw&t=80s