

MEDICAL CONDITIONS

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Diabetic emergency

Insulin is produced by the body when healthy. Insulin converts sugar in the blood into energy for the body's cells to use. Diabetes is a condition in which there is not enough insulin being produced resulting in a build up of sugar in the blood. A diabetic person takes medication by mouth or injection and controls what they eat.

Insulin shock - not enough sugar, too much insulin

- Develops quickly
- Took too much insulin, not eaten enough or vomited, more exercise than usual
- Sweaty pale and cold
- Strong and rapid/shallow breathing
- Faintness to unconsciousness
- Headache, confused, irritable, trembling, hard to speak

Diabetic coma - too much sugar, not enough insulin

- It develops over hours or days
- Did not take enough insulin
- Eating too much food
- Less exercise than usual
- Ongoing illness and body needs more insulin
- Weak and rapid pulse
- Flushed, dry and warm skin
- Drowsy
- Thirsty, nauseous
- Frequent urination
- Breath has a nail polish smell

First aid for Diabetic emergency

1. ESM, scene survey, if casualty is unresponsive get medical help ASAP.
2. Primary survey and give first aid for the ABC's
3. If unconscious, place them into the recovery position and monitor the ABC's until help arrives. If they are conscious ask what is wrong. They may be able to tell you. If they can tell you help them do or take what is needed and if they are confused give them something to eat or drink in a small quantity, i.e. apple juice, candy, etc. Be careful about giving someone orange juice unless it is pulp free or candy that has peanuts in it as some individuals are allergic to pulp or peanuts.
4. Continue to give care until help arrives

First aid for a seizure or convulsion

1. ESM, scene survey. Make area safe, clear away hard or sharp objects.
2. During convulsions:
 - Don't restrict the casualty's movements rather guide them to protect them from injury.
 - Loosen tight clothing
 - Place something soft under the head
 - Do not try to put anything in the mouth
3. After convulsions
 - Assess responsiveness and do a primary survey. Recovery position if they are unconscious, wipe away any fluids
 - Secondary survey and give first aid for any injuries
 - Continue to give care, warm, resting time
 - Do not give casualty any liquids
 - Get medical help if needed - use judgment and casualty's discretion

First aid for fever emergencies in infants & children 38C or higher for an infant 40C or higher of a child + can cause convulsions

1. Being ESM, scene survey
2. Call doctor immediately and follow advice. If doctor is not available give children/infant strength acetaminophen to bring temperature down.
3. Give child fluids
4. Sponge the child with lukewarm water for 20 minutes if temperature doesn't go down, but do not put them in a tub full of water, as this could cause shock.
5. Dry and dress child in comfortable clothing, monitor temperature
6. If a child has convulsions, do not restrain the child, protect them from injury, when stopped place child in recovery position and get medical help.

Important Note: As a rule, medical aid should always be called in, in situations involving infants or young children.