VOCABULARY SUPPLEMENT FOR FIRST AID AND CPR

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LITERACY FOR ALL
Good Samaritan laws help to protect people who voluntarily give care in good faith without accepting anything in return. Taking steps such as obtaining the person’s consent before giving care, giving care according to one’s level of training and continuing to give care until EMS personnel arrive helps to protect lay responders from any liability as a result of getting involved.

GOOD SAMARITAN LAW
CHECK/CALL/CARE/VOCABULARY

- EMS: EMERGENCY MEDICAL SERVICES, 911, EMTS
- BARRIER
- GOOD SAMARITAN LAW, VIRGINIA
- HAZARDS
- EFFECTIVENESS
- CONSENT, EXPRESSED/IMPLIED
- SIGNS
- SYMPTOMS
- ALLERGIES
- RESPONSIVENESS
CHECK/CALL/CARE/INTERVIEW: S.A.M.P.L.E.

• S  SYMPTOM
• A  ALLERGY
• M  MEDICATIONS
• P  PREVIOUS MEDICAL CONDITION
• L  LAST FOOD AND DRINK
• E  EVENT
SEIZURES

• FEBRILE SEIZURES: CALL 911
• FEBRILE CONVULSIONS/SEIZURES
• EPILEPSY/EPILEPTIC
• TEMPERATURE NORMALS: 98.6 F, 37. C
• NORMAL RANGE: 97-99 F, 36.1-37.2

• NUMB, TINGLY
• CONSENT IMPLIED
BREATHING EMERGENCIES

• ANAPHYLAXIS
• EPINEPHRINE/ADRENALIN
• BENADRYL
• O2/OXYGEN
• AUTO-INJECTOR
• INHALER
HEAT RELATED ENVIRONMENTAL EMERGENCIES

• HEAT CRAMPS:
• The earliest symptoms of a heat related illness. Symptoms include profuse sweating with involuntary spasms of the large muscles.

• HEAT EXHAUSTION:
• Condition whose symptoms may include heavy sweating and a rapid pulse, a result of your body overheating.

• HEAT STROKE:
• Condition marked by high fever and possibly unconsciousness, caused by failure of the body’s temperature regulating mechanism when exposed to excessively high temperatures.
EXTERNAL BLEEDING

• OPEN WOUND: ABRASIONS
  LACERATIONS
  AVULSION: SKIN IS TORN
  FROM THE BODY
  PUNCTURES

• CLOSED WOUND: SKIN SURFACE IS NOT BROKEN
  EX: BRUISE
  NOSEBLEED

• BIO-HAZARD
MUSCLE, BONE, JOINT INJURIES

• FRACUTRES
• DISLOCATIONS
• STRAINS
• SPRAINS

• R.I.C.E.
• REST
• IMMOBILIZE
• COLD
• ELEVATE
HEAD, NECK, SPINE INJURIES

- CONCUSSION: TRAUMATIC BRAIN INJURY:
- HEAD AND BRAIN SHAKE BACK AND FORTH:
- PARALYSIS: LOSS OF THE ABILITY TO MOVE
FEVER, FEBRILE SEIZURES/CONVULSIONS

• SEE SLIDE ON SEIZURES AND HEAT RELATED EMERGENCIES
• IF THIS IS A CHILD’S FIRST SEIZURE, CALL 911
STROKE

- (MAY ALSO BE CALLED CVA CARDIOVASCULAR ACCIDENT, BRAIN ATTACK)
- APPLY ACRONYM: F.A.S.T
- FACE DROOPING
- ARM ; WEAKNESS
- SIMPLE SENTENCE SAID WITHOUT SLURRING
- TIME TO CALL 911 (IF 1 OR MORE SIGNS)
DIABETES/DIABETIC

- HYPOGLYCEMIC
- HYPERGLYCEMIC
- GLUCOSE TABLETS
- INSULIN: HORMONE PRODUCED BY THE PANCREAS, REGULATES GLUCOSE METABOLISM. THERE ARE ANIMAL AND SYNTHETIC FORMS.
- BLOOD GLUCOSE LEVELS
• HYPOTHERMIA
• FROSTBITE

COLD RELATED INJURIES
BURNS

- SUPERCIFICAL: First Degree
- PARTIAL THICKNESS 2nd Deg.
- FULL THICKNESS: 3rd Deg.
- CHEMICAL
- ELECTRICAL
SEVERE EXTERNAL BLEEDING

• TOURNIQUET

• HEMOSTATIC DRESSING (STOP THE BLEEDING)

• SHOCK

• LIMB

• VITAL SIGNS
UNRESPONSIVE ADULT

- CHOKING
- BACK BLOWS
- ABDOMINAL THRUSTS
HEART ATTACK

• O2 OXYGEN

• S.O.B.

• CPR: CARDIO-PULMONARY (HEART/LUNG) RESUSCITATION

• DEFIBRILLATION
AED: AUTOMATED EXTERNAL DEFIBRILLATOR

• STOPS FIBRILLATION

• RESTORES NORMAL SINUS RHYTHM