Acute Emergencies

DEFINITION, IDENTIFICATION, CAUSES, SYMPTOMS, AND TREATMENT GUIDE

Index

Topics Covered

1. Chest Pain

What is chest pain?

Chest pain is discomfort or pain that you feel anywhere along the front of your body between your neck and upper abdomen.

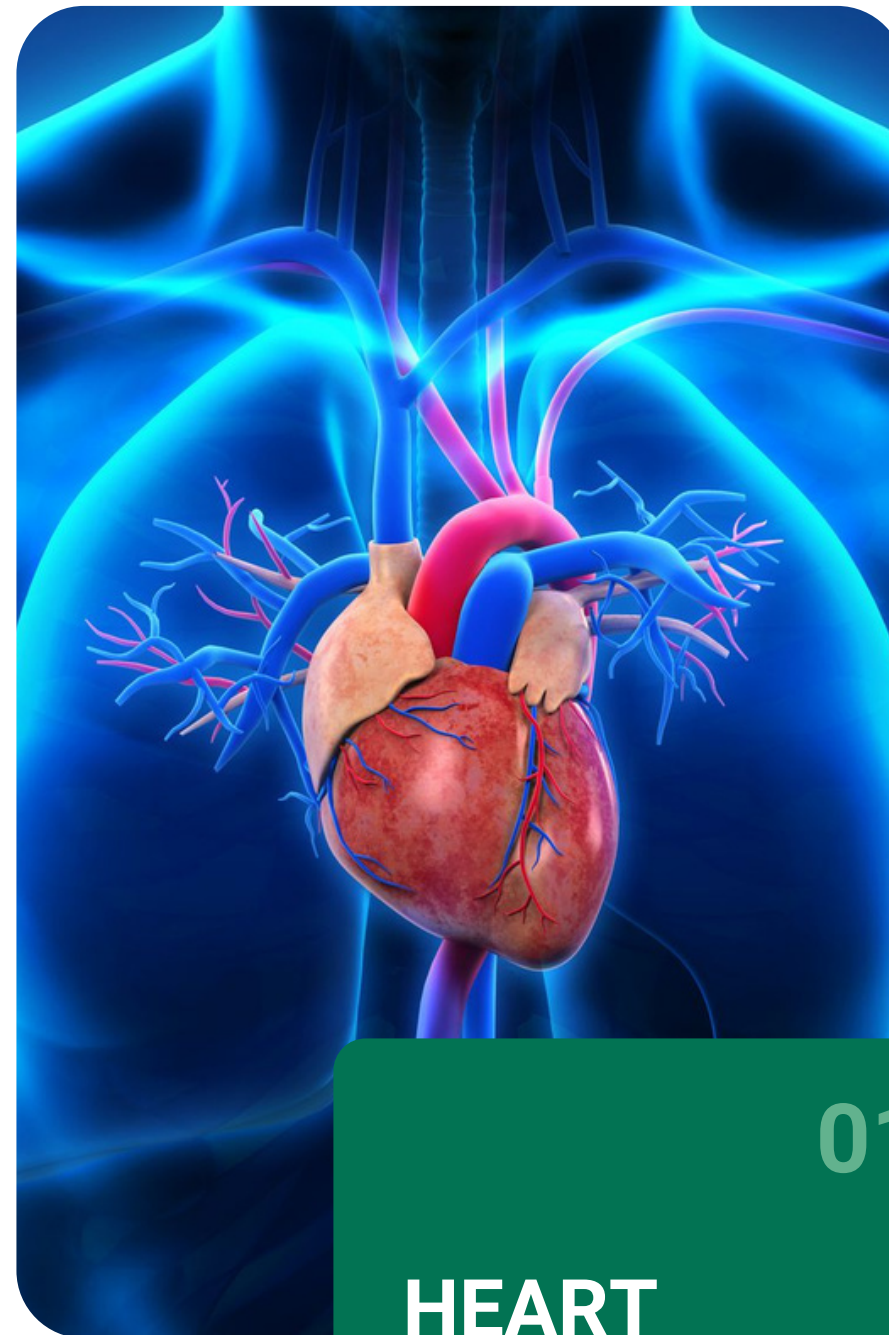# How to identify if someone is experiencing chest pains?

Indicator 1

PERSON CLENCHES FIST IN MIDDLE OF CHEST AND COMPAINS OF HEAVY OR SQUEEZING PAIN
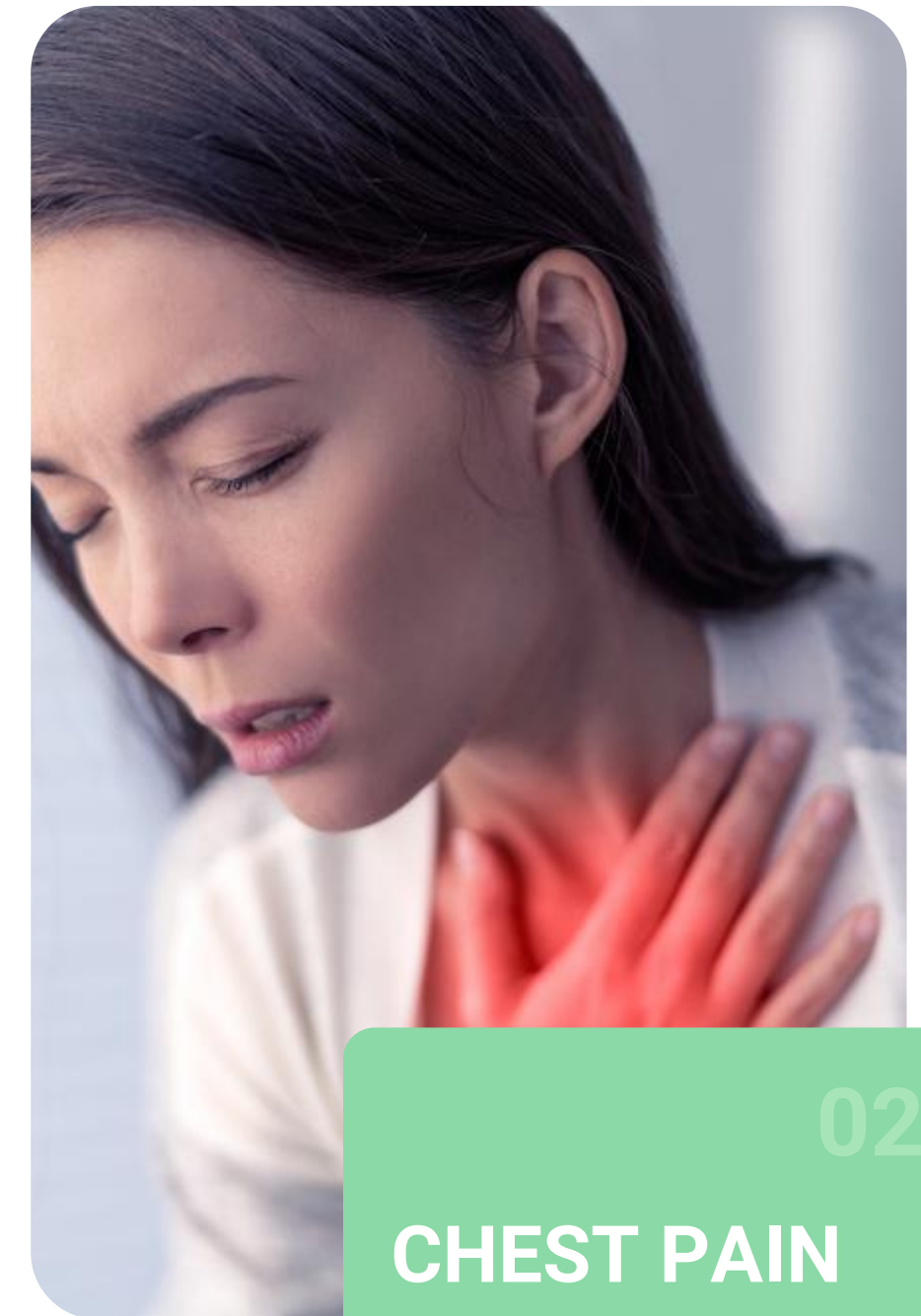
Indicator 2

PERSON COMPLAINS OF DIFFICULTY IN BREATHING

There are mainly two types of chest pains

01
HEART RELATED CHEST PAIN

02
CHEST PAIN UNRELATED TO HEART PROBLEMS

Symptoms and causes of heart related chest pains

02.

RACING HEARTBEAT

04.

SHORTNESS OF BREATH, DIZZINESS, AND COLD SWEATS

01.

PRESSURE, FULLNESS, BURNING OR TIGHTNESS IN CHEST

03.

CRUSHING OR SEARING PAIN WHICH SPREADS TO THE BACK, SHOULDERS OR ARMS

Symptoms and causes of chest pains unrelated to heart problems

02.

TENDERNESS WHEN YOU PUSH YOUR CHEST

04.

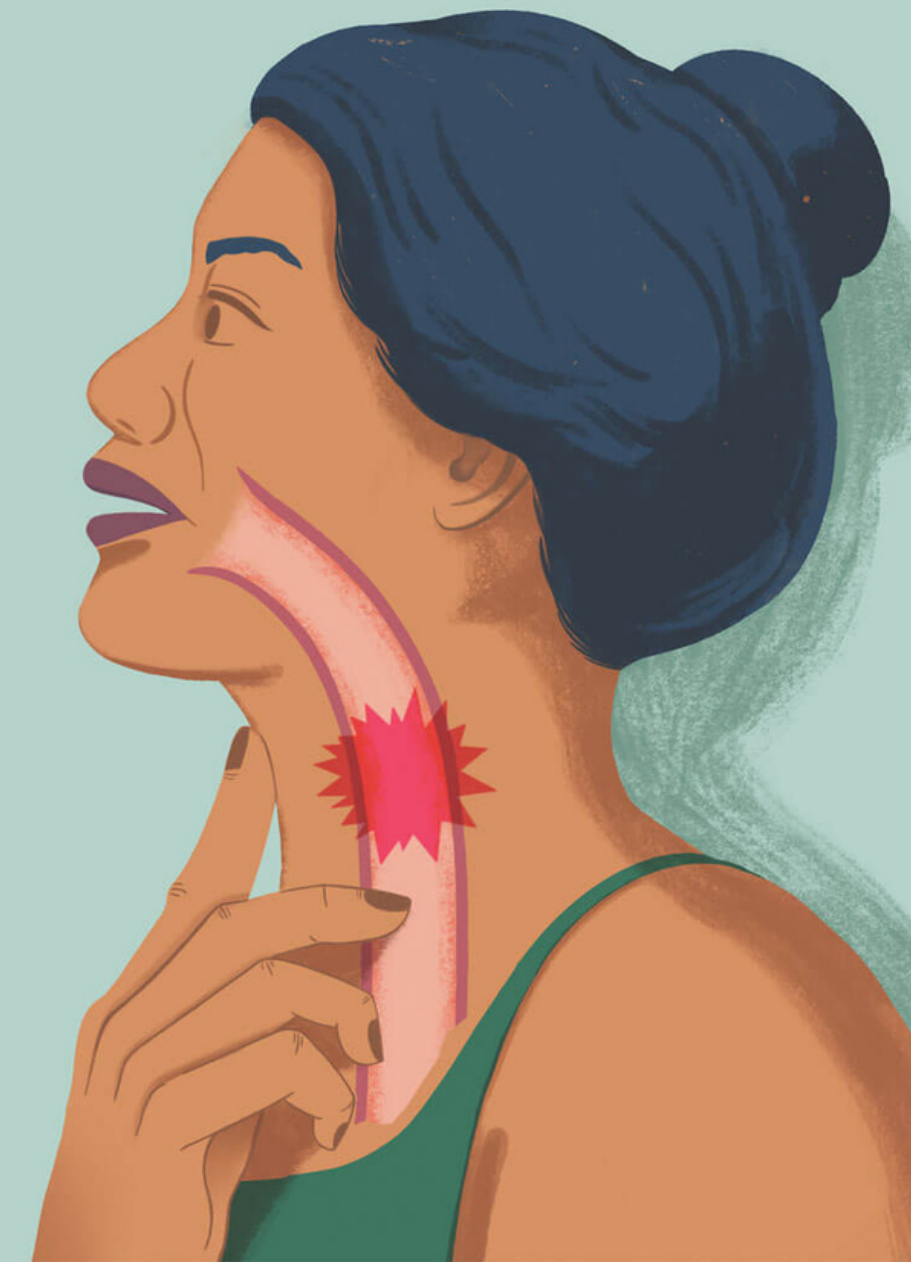**PAIN IN BREATHING DEEPLY OR WHILE COUGHING**

01.

TROUBLE SWALLOWING

03.

A SOUR TASTE OR SENSATION OF FOOD RE-ENTERING THE MOUTH

What to do?

To make the person comfortable and prevent any life threatening emergency do the following-

01.

Make the person sit in a comfortable position

02.

Reassure the person and ask what is happening to them

03.

Call for help or arrange transport to the nearest health facility

What to do?

To make the person comfortable and prevent any life threatening emergency do the following-

04.

Enquire if the person has any heart related disease or are they on any medication

05.

If unconscious and breathing, make them lie down in the recovery position

06.

If unconscious and not breathing, immediately start CPR

Thank you for your attention, It may save a life one day