



Acute Emergencies

DEFINITION, IDENTIFICATION, CAUSES, SYMPTOMS, AND TREATMENT GUIDE

Index

Topics Covered

Topic 1

Topic 2

Topic 3

Topic 4





4. Anxiety and Panic Attack



What is a panic attack?

A panic attack (sometimes called an anxiety attack) is an episode of intense fear and anxiety accompanied by various symptoms. In kids, it is common before exams and sports events when they are afraid of participating





How to identify if someone is having an asthma attack?



Indicator 1

RAPID, POUNDING HEART RATE

Indicator 2

SWEATING, TREMBLING AND SHAKING



Symptoms and causes of a panic attack



01.

TREMBLING AND SHAKING



02.

FEAR OF LOSS OF CONTROL OR DEATH



04.

RAPID HEART RATE

03.

A SENSE OF IMPENDING DOOM OR DANGER



02.

PALPITATIONS



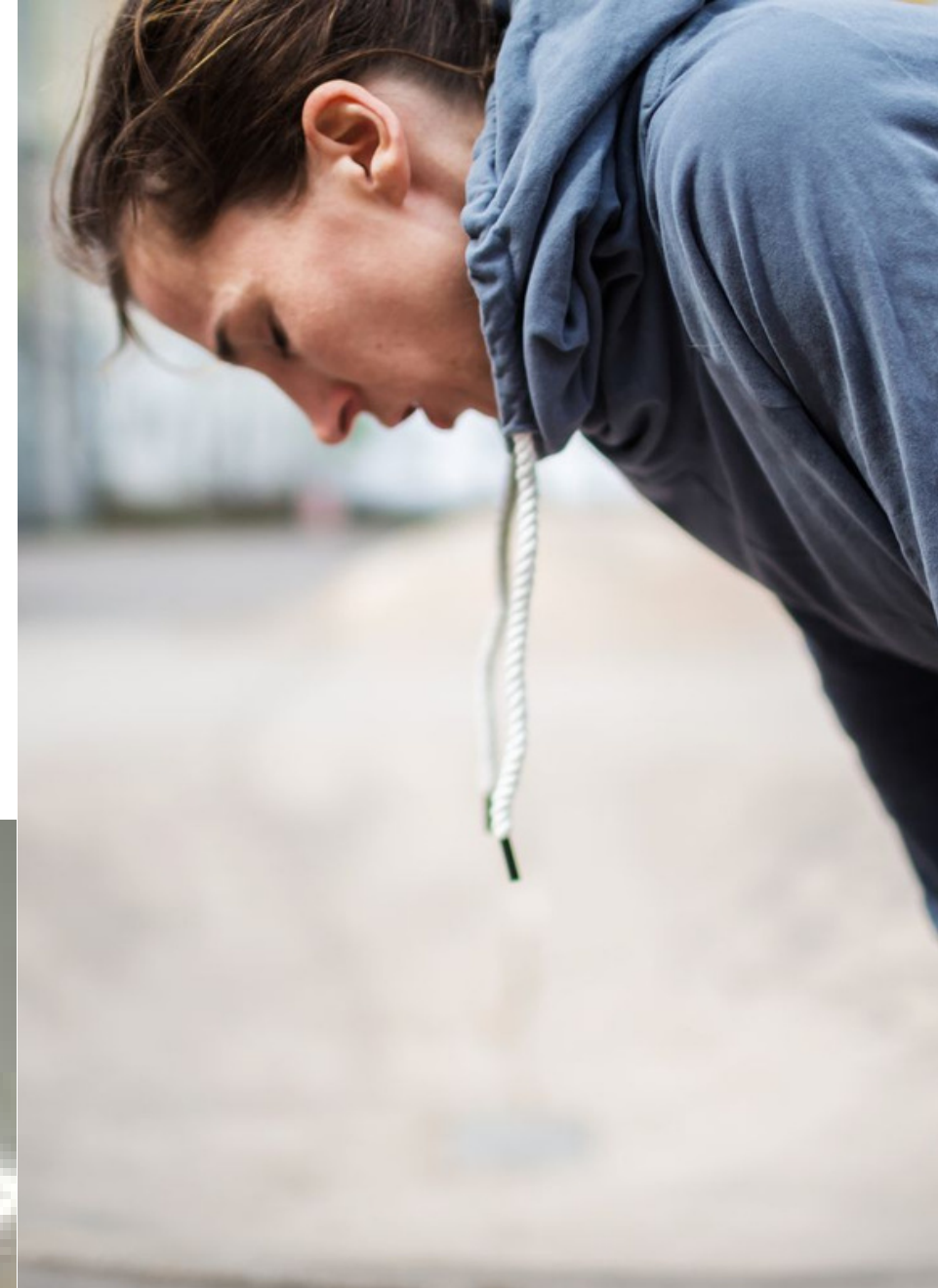
01.

DIZZINESS



04.

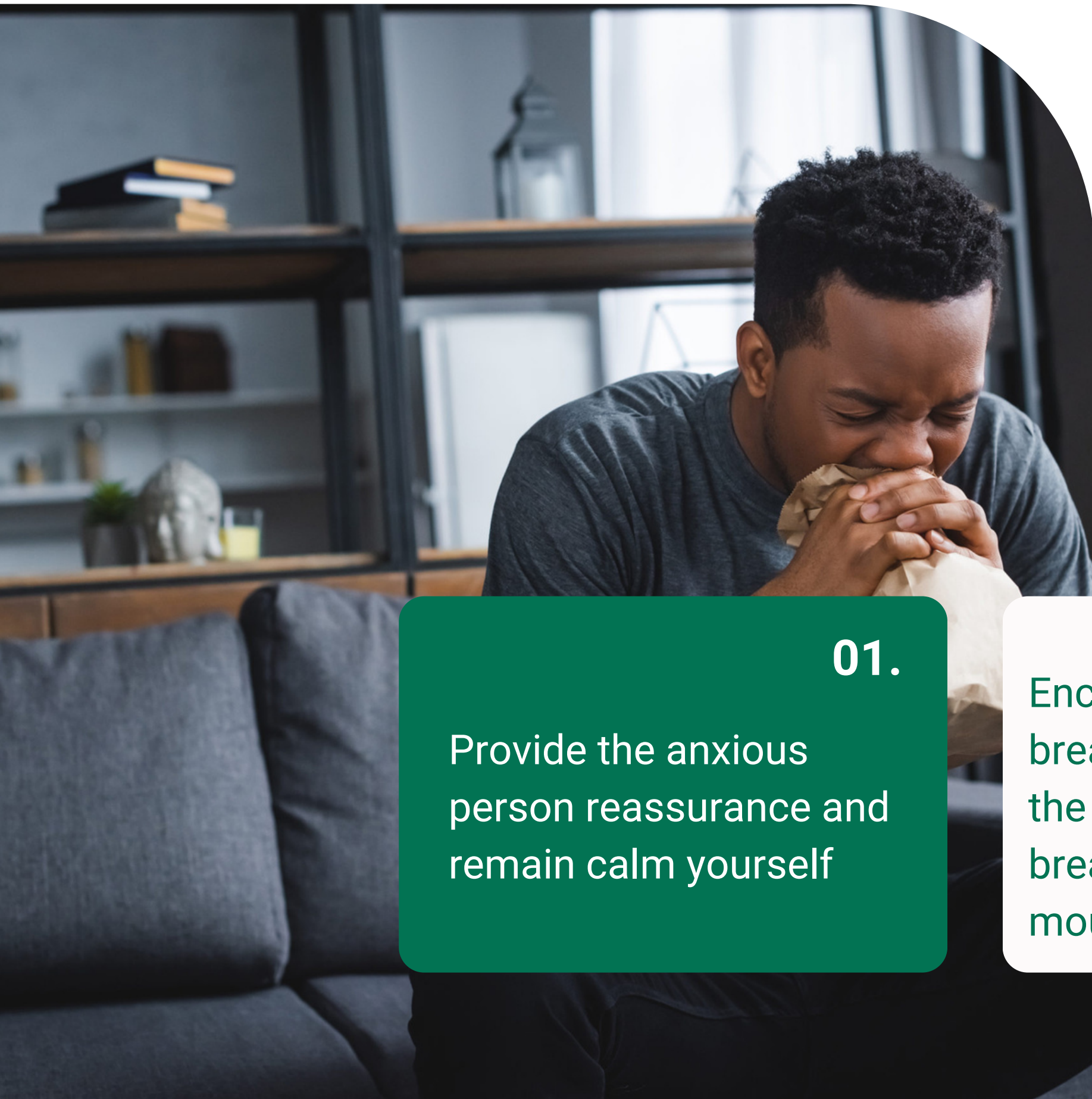
SHORTNESS OF BREATH



03.

NAUSEA





What to do?

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

01.

Provide the anxious person reassurance and remain calm yourself

02.

Encourage them to breathe slowly through the nose, hold, then breathe out through the mouth.

03.

Show them how to do it and ask them to copy your breathing pattern



What to do?

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

04.

Seek medical help immediately if the person is still unable to calm down

05.

Make the person breathe through a paper bag

06.

Talk to the person normally and listen to them actively to calm them down

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

