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Course Code: NSC 408

MATRIC NO: 16/MHS02/039

TITLE: EMMERGENCY NURSING

1. Management of Cardiac Arrest

→ Provision of comfort

- Admit patient on complete bed rest on cardiac bed
- Position the patient in fowler's position
- Change position frequently
- Treat pressure areas adequately
- Ensure patent airway and give oxygen when oxygen saturation is low
- Assist patients in carrying out his/her activities of daily living
- Administer prescribed medications

→ Provision of adequate nutrition

- Restrict salt intake to reduce fluid retention
- Strict monitoring of fluid intake and output
- Avoid constipation by giving vegetables and roughages
- Serve small easily digestible food
- Advice patient to stay away from alcohol and caffeinated drinks
- Advice patients not to eat spicy foods and food with high calories
- Encourage patients to eat food rich in protein, vitamins and minerals to prevent anemia

→ Follow up care

- Home visitation
- Educate patient's family on how they can assist the patient e.g. activities of daily living
- Educate patient and patient's family on the importance of the prescribed diet
- Educate patient on the importance personal hygiene to avoid infection
- Encourage patient to take prescribed drugs
- Instruct patients to visit hospital/clinic if any complication arise

2. Management of Carbon Monoxide Poisoning

Carbon monoxide is a gas that is both odorless and colorless. The gas builds up in the bloodstream and leads to severe tissue damage. It is life threatening, its common symptoms are headache, weakness, nausea, vomiting, and difficulty in breathing.

→ Oxygen treatment

- Administration of pure oxygen to increase the level of oxygen in the blood and reduce carbon monoxide from the blood
- Administer oxygen through the nose and mouth through the oxygen mask and ask patient to inhale
- If the patient is unable to breathe on his/her own, administer oxygen through a ventilator

→ Oxygen chamber

- Administer patient into oxygen chamber which is a pressurized oxygen chamber/ hyperbaric oxygen chamber which have twice the pressure of normal air. This treatment quickly increase the oxygen levels in the blood

→ Encourage adequate ventilation

→ Educate and advice patients not to ignore carbon monoxide poisoning symptoms

→ Advice patient not to sleep near a gas or kerosene space heater

→ Advice patient and family members on the importance of ventilation on discharge

3. Management of Epistaxis

→ Assessment of the site

- For the source of bleeding
- The assessment should be done in a well-lighted room
- The cloth of the patient should be protected by a sheet or gown

→ Position the patient to high fowler's position

→ Administer manual hemostasis

- Apply direct pressure on the septal area
- It should be applied continuously for at least five minutes

- Tilt the head forward to prevent the pooling of blood in the posterior pharynx which prevents nausea and airway obstruction
- Cauterization
- Nasal packing
 - Use of nasal tampon or gauze impregnated with petroleum jelly
- Administration of prescribed medications e.g. vasoconstrictor agents, anesthetic agents
- Encourage patients to eat food rich in protein, vitamins and minerals to prevent anemia
- Admit patient with significant comorbid conditions or complications of blood loss
- Refer to an otolaryngologist when bleeding is refractory and complication is present

4. Management of Foreign body in the eye

- Assessment of the affected eye to know the extent of the foreign body
- Reassure the patient appropriately to instill hope
- Position the patient
- Restrict eye movement
 - Cover the uninjured eye to prevent eye movement in the affected eye
- Irrigate the eye
- Remove contact lens if patient is wearing one
- Bandage the affected eye using a cotton bandage or gauze
- Administer prescribed medications e.g. analgesics to relieve pain – ibuprofen
- Administer prescribed antibiotics to prevent infection
- Refer patient to an ophthalmologist if any complication arise
- Advice patient to try not to scratch or rub the affected eye
- Advice patient to avoid strenuous exercises that cause direct impact on the eyes
- Encourage patient relatives to assist patient with activities like driving