NAME- OBIEFUNA JULIANA CHIDIMMA

MATRIC NUMBER-16/MHS02/030

LEVEL-400

ASSIGNMENT

**MANAGEMENT OF CARDIAC ARREST**

* **Call for help:** Tell someone nearby to call your emergency response number. Ask that person or another bystander to bring you an AED (automated external defibrillator), if there’s one on hand. Tell them to hurry – time is of the essence.
  + If you’re alone with an adult who has these signs of cardiac arrest, call 911 and get an AED (if one is available).
* **Check breathing:** If the person isn’t breathing or is only gasping, administer CPR.
* **Give CPR: Push hard and fast** Push down at least two inches at a rate of 100 to 120 pushes a minute in the center of the chest, allowing the chest to come back up to its normal position after each push.
* **Use an AED:** Use the automated external defibrillator as soon as it arrives. Turn it on and follow the prompts.
* **Keep pushing:** Continue administering CPR until the person starts to breathe or move, or until someone with more advanced training takes over, such as an EMS team member.

**MANAGEMENT OF CARBON MONOXIDE POISONING**

* Get into fresh air immediately and call emergency medical help if you or someone you're with develops signs or symptoms of carbon monoxide poisoning. These include headache, dizziness, nausea, shortness of breath, weakness and confusion.

Once you're at the hospital, treatment may involve:

* **Breathing pure oxygen:** In the emergency room, you may breathe pure oxygen through a mask placed over your nose and mouth. This helps oxygen reach your organs and tissues. If you can't breathe on your own, a machine (ventilator) may do the breathing for you.
* **Spending time in a pressurized oxygen chamber:** In many cases, hyperbaric oxygen therapy is recommended. This therapy involves breathing pure oxygen in a chamber in which the air pressure is about two to three times higher than normal. This speeds the replacement of carbon monoxide with oxygen in your blood.

Hyperbaric oxygen therapy may be used in cases of severe carbon monoxide poisoning. It helps protect heart and brain tissue, which are particularly vulnerable to injury from carbon monoxide poisoning. Hyperbaric oxygen therapy may also be recommended for pregnant women because unborn babies are more susceptible to damage from carbon monoxide poisoning.

**MANAGEMENT OF EPISTAXIS**

This is also known as nosebleed

Follow these steps to stop a nosebleed:

* Relax.
* Sit upright and lean your body and your head slightly forward. This will keep the blood from running down your throat, which can cause Nausea and vomiting, and diarrhoea. (Do NOT lay flat or put your head between your legs.)
* Breathe through your mouth.
* Use a tissue or damp washcloth to catch the blood.
* Use your thumb and index finger to pinch together the soft part of your nose. Make sure to pinch the soft part of the nose against the hard bony ridge that forms the bridge of the nose. Squeezing at or above the bony part of the nose will not put pressure where it can help stop the bleeding.
* Keep pinching your nose continuously for at least 5 minutes (timed by clock) before checking if the bleeding has stopped. If your nose is still bleeding, continue squeezing the nose for another 10 minutes.
* If you’d like, apply an ice pack to the bridge of your nose to further help constrict blood vessels (which will slow the bleeding) and provide comfort. This is not a necessary step, but you can try this if you want.
* You can spray an over-the-counter decongestant spray, such as oxymetazoline into the bleeding side of the nose and then apply pressure. Doing so can actually cause an increase in the chance of a nosebleed.
* After the bleeding stops, DO NOT bend over, strain and/or lift anything heavy. DO NOT blow or rub your nose for several days.

**MANAGEMENT OF FOREIGN BODY IN THE EYE**

If you have a foreign object embedded in your eye, or you’re helping someone with this problem, it’s important to get medical help immediately. To avoid further injury to the eye:

* Restrict eye movement.
* Bandage the eye using a clean cloth or [gauze](https://amzn.to/2NWPoQk).
* If the object is too large to allow for a bandage, cover the eye with a paper cup.
* Cover the uninjured eye. This will help prevent eye movement in the affected eye.
* Report to the hospital.