**COURSE: ADVANCED MEDICAL SURGICAL NURSING**

**COURSE CODE: NSC 408**

**MATRIC NUMBER: 17/MHS02/101**

**ANSWER**

**CARBON MONOXIDE POISONING**

Whenever a patient inhales a poison, the following general measures apply:

* Carry the patient to fresh air immediately; open all doors and windows.
* Loosen all tight clothing around the chest, neck and the waist.
* Initiate cardiopulmonary resuscitation if required.
* Prevent chilling; wrap the patient in blankets.
* Keep the patient as quiet as possible.
* Do not give alcohol in any form or permit the patient to smoke.
* Carboxyhemoglobin levels are analyzed on arrival at the emergency department and before treatment with oxygen if possible.
* One hundred percent oxygen is administered at atmospheric or preferably hyperbaric pressures to reverse hypoxia and accelerate the elimination of carbon monoxide.
* Oxygen is administered until the carboxyhemoglobin level is less than 5%.
* The patient is monitored continuously.
* When unintentional carbon monoxide poisoning occurs, the health department should be contacted so that the dwelling or building in question can be inspected.
* A psychiatric consultation is warranted if poisoning was determined to be a suicide attempt.

**EPISTAXIS**

* Assess the site of bleeding from the nose
* Reassure patients and relatives appropriately
* Sit patient down with head faced forward to prevent swallowing and aspiration of blood
* Advice patient to spit out blood in the mouth
* Loosen tight clothing around neck and chest
* Place the patient in a well lit and ventilated area
* Instruct victim to breathe through the mouth and pinch the soft part of the nose for 10-15 mins
* If bleeding continues, soak a cotton ball with nose spray and insert into the bleeding nose
* Apply digital pressure at the soft part of the nose
* You may apply ice compress on the bridge of the nose
* Instruct victim not to speak, swallow, cough, spit or sniff or blow the nose as any of these may disturb blood clotting formation.
* Gently clean the nostrils to mop up dribble
* Where available adrenaline nasal pack is prepared and inserted to help constrict nasal blood vessels
* Keep nostrils moist (to prevent nose bleed) with OTC nasal spray, cool moisture humidifier, or coat the inner surface of the nose with Vaseline.

**CARDIAC ARREST MANAGEMENT**

* Determine the scene/ situation is safe
* Attempt to question any bystanders about arrest events
* Check patients responsiveness
* Assess patient for signs of breathing( determine absence or abnormal breathing for example gasping or agonal respiration)
* Check the carotid pulse(no more than 10secs)
* Place patient in a supine position and on a relatively hard surface
* Call for help and initiate CPR (cardiopulmonary resuscitation)
* Immediately begin chest compressions ensuring proper rate and depth and also allow for recoil of chest
* Perform the head-tilt chin-lift maneuver to open the airways and determine if patient is breathing
* Administer adequate volume of each breathes with minimal interruptions
* Perform 30 compressions with 2 breaths for about 5 cycles
* You could hand over CPR to an assistant if you are tired
* Continue compressions till the arrival of competent aid

**FOREIGN BODY IN THE EYE**

* Place patient in a calm position and in a well lit room
* Wash your hands clean
* Look at the affected eye with a bright light
* Advice patient not to rub the eye or make any sudden movements with the eye to prevent abrasion
* Do not use any object on the surface of the eye
* Immerse the side of the face with the affected eye into a flat bowl of clean water
* While the eye is under the water, open and close the eye several times to flush out the object
* If the object is persistent, flush it out by flowing water on the eyelid as you hold it open
* Use a wet and clean clot to remove any particles from the area surrounding the eye
* If object still persists, seek special aid