**EMERGENCY NURSING 2**

1. SNAKE BITE

Depending on the snake type, symptoms of snake bites can vary. They may include; dizziness; weakness; convulsions; vomiting; nausea; fainting; diarrhea; swelling; rapid pulse; and loss of muscle coordination. The snakebite emergency care involves:

* Move the patient beyond striking distance of the snake.
* Reduce crowd
* Have the patient lie down with wound below the heart.
* Keep the patient calm and at rest, remaining as still as possible to keep venom from spreading.
* Apply constricting band above the bleeding area
* Gently wash the wound with soap and water
* Allow the site to bleed freely. Removing tight clothing or jewelry around the bitten area
* If the bitten person develops clammy and pale skin, shortness of breath, dizziness, increased heart rate, weakness, he or she should be treated for shock.
* If it is safe to do so, take a picture or description of the snake to help the hospital with the snake identification.
* Take to the hospital
1. ANAPHYLAXIS

Anaphylaxis is a serious allergic reaction that is rapid in onset and may cause death.

* Make patient calm
* Reassure patient
* Ask the patient if he or she is carrying an epinephrine auto injector (EpiPen, Auvi-Q, others) to treat an allergic attack.
* If the patient says he or she needs to use an auto injector, ask whether you should help inject the medication. (this is usually done by pressing the auto injector against the person's thigh).
* Have the patient lie still on his or her back.
* Loosen tight clothing and cover the patient with a blanket. Do not give the person anything to drink.
* If there is vomiting or bleeding from the mouth, turn the person on his or her side to prevent choking.
* If there are no signs of breathing, coughing or movement, begin CPR. Do uninterrupted chest presses — about 100 every minute — until paramedics arrive.

In the hospital,

* Begin CPR, if necessary
* Monitor patient
* Ensure IV access for medication administration
* If doctor is unavailable, administer epinephrine subcutaneously or intramuscularly.
* Document actions.
1. BONE FRACTURE

A bone fracture occurs when one of the bones become cracked or broken into multiple pieces. It can result from a sports injury, accident, or violent trauma, when pressure is applied to bone. It occurs with / without displacement of bone fragments. Emergency precautions include:

* Make patient comfortable
* Reassure patient
* If there is any bleeding, elevate and apply pressure to the wound using a sterile bandage, a clean cloth, or a clean piece of clothing.
* Immobilize the injured area. Use a splint or sling if available.
* Apply cold to the area for up to 10 minutes at a time to reduce pain and swelling.
* Cover patient with a blanket or clothing to keep them warm.
* Transfer to the hospital
1. FROST BITES

Frostbite occurs when skin and underlying tissues freeze after being exposed to very cold temperatures. The areas most likely to be affected are the fingers, toes, ears, cheeks and chin.

Early signs of frostbite include a numb, pale patch of skin, or skin that feels hard or looks waxy. First-aid steps for frostbite are as follows:

* Get the person to a warm place and remove any wet clothing.
* Check for hypothermia. Signs and symptoms of hypothermia include intense shivering, drowsiness and muscle weakness, dizziness, and nausea.
* Protect the skin from further damage. If there is any chance the affected areas will freeze again, do not thaw them. If they are already thawed, wrap them up so that they do not refreeze.
* If outside, warm frostbitten hands. Protect the face, nose or ears by covering the area with dry, gloved hands.
* Do not rub the affected area and do not walk on frostbitten feet or toes if possible.
* Do not rewarm frostbitten skin with direct heat, such as a stove, heat lamp, fireplace or heating pad. Warming and then re-exposing the frostbitten area to cold air can cause worse damage.
* Gently warm the area in warm water (not hot) or with wet heat until the skin appears red and warm
* Drink warm liquids. Tea, coffee or soup can help warm you from the inside. Don't drink alcohol.
* If no water is nearby, breathe on the area through cupped hands and hold it next to your body.
* Bandage the Area
* Loosely apply dry, sterile dressings.
* Put gauze or clean cotton balls between fingers or toes to keep them separated.