OLALERE FATIMAH

17/MHS02/113

1. Heart Attack: A heart attack is a medical emergency. A heart attack usually occurs when a blood clot blocks blood flow to the heart. Without blood, tissue loses oxygen and dies. If someone is having a heart attack, they may experience some of the following symptoms:

\* Chest pain, including sensation of pressure, tightness or squeezing in the centre of the chest

\* Radiating pain in the left arm travelling from the chest to the arm. In some cases, both arms can be affected as well as the neck, jaw, back and stomach

\* Shortness of breath or difficulties in breathing

\* Coughing or wheezing

\* Feeling or being sick

\* Feeling dizzy or lightheaded

\* Sweating

Medications given to treat a heart attack might include:

\* Aspirin. The 911 operator might tell you to take aspirin, or emergency medical personnel might give you aspirin immediately. Aspirin reduces blood clotting, thus helping maintain blood flow through a narrowed artery.

\* Thrombolytics. These drugs, also called clotbusters, help dissolve a blood clot that's blocking blood flow to your heart. The earlier the drug is given after a heart attack, the greater the chance you'll survive and have less heart damage.

\* Antiplatelet agents:other drugs known as platelet aggregation inhibitors can also be admitted to help prevent new clots and keep existing clots from getting larger.

\* Pain reliever: pain reliever such as morphine can also be admistered.

2. Breathing difficulties: There can be a number of reasons why someone may have difficulties in breathing. For example, asthma attacks, allergic reaction (anaphylaxis), and coughs or colds.

Breathlessness can occur during exercise or physical activity, but if the breathlessness comes on suddenly or unexpectedly, then this can be a warning sign.

* ****Antibiotics****Commonly prescribed antibiotics for bronchitis, pneumonia and respiratory (breathing) problems include azithromycin (Zithromax®), and levofloxacin (Levaquin®).
* ****Anticoagulants****- These medications prevent blood from clotting. Depending on your overall health status, the kind of chemotherapy you are receiving, and the location of the blood clot, your healthcare provider may suggest warfarin sodium (Coumadin®), or enaxoparin (Lovenox®).
* ****Anticholinergic agents**** - these drugs are given to persons with chronic bronchitis, emphysema, and chronic obstructive lung disease (COLD). Anticholinergic agents work in a complex manner by relaxing the lung muscles, which will help you to breathe easier. A commonly prescribed drug is ipatropium bromide (Atrovent®).
* ****Bronchodilators**** - These drugs work by opening (or dilating) the lung passages, and offering relief of symptoms, including shortness of breath. These drugs, typically given by inhalation (aerosol), but are also available in pill form.
* ****Oxygen therapy**** - If you are experiencing shortness of breath at rest, or on exertion, your healthcare provider may see if oxygen therapy is right for you. You may take oxygen when your symptoms are at their worst.

3. Bleeding: Cuts and wounds cause bleeding, but severe injury can also cause internal bleeding that you can’t see.

Management include:

1. Remove any clothing or debris on the wound. Don't remove large or deeply embedded objects. Don't probe the wound or attempt to clean it yet. Your first job is to stop the bleeding. Wear disposable protective gloves if available.

2. Stop the bleeding. Place a sterile bandage or clean cloth on the wound. Press the bandage firmly with your palm to control bleeding. Apply constant pressure until the bleeding stops. Maintain pressure by binding the wound with a thick bandage or a piece of clean cloth. Don't put direct pressure on an eye injury or embedded object.  1 Secure the bandage with adhesive tape or continue to maintain pressure with your hands. If possible, raise an injured limb above the level of the heart.

3. Help the injured person lie down. If possible, place the person on a rug or blanket to prevent loss of body heat. Calmly reassure the injured person.

4. Don't remove the gauze or bandage. If the bleeding seeps through the gauze or other cloth on the wound, add another bandage on top of it. And keep pressing firmly on the area.

5. Tourniquets: A tourniquet is effective in controlling life-threatening bleeding from a limb. Apply a tourniquet if you're trained in how to do so. When emergency help arrives, explain how long the tourniquet has been in place.

6. Immobilize the injured body part as much as possible. Leave the bandages in place and get the injured person to an emergency room as soon as possible.

4. Stroke: Emergency treatment for stroke depends on whether you're having an ischemic stroke or a stroke that involves bleeding into the brain (hemorrhagic).

To treat an ischemic stroke, doctors must quickly restore blood flow to your brain. This may be done with:

\* Emergency IV medication. Therapy with drugs that can break up a clot has to be given within 4.5 hours from when symptoms first started if given intravenously. The sooner these drugs are given, the better. Quick treatment not only improves your chances of survival but also may reduce complications. An IV injection of recombinant tissue plasminogen activator (tPA) also called alteplase (Activase) is the gold standard treatment for ischemic stroke. An injection of tPA is usually given through a vein in the arm with the first three hours. Sometimes, tPA can be given up to 4.5 hours after stroke symptoms started. Emergency endovascular procedures. Doctors sometimes treat ischemic strokes directly inside the blocked blood vessel.