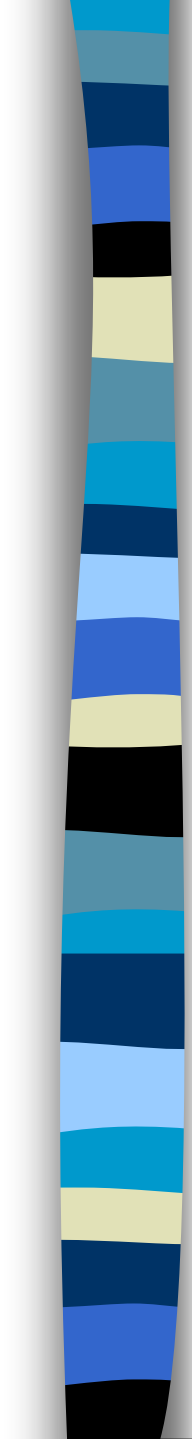


What do you do, when there is no Medical Provider or Doctor around!!!!

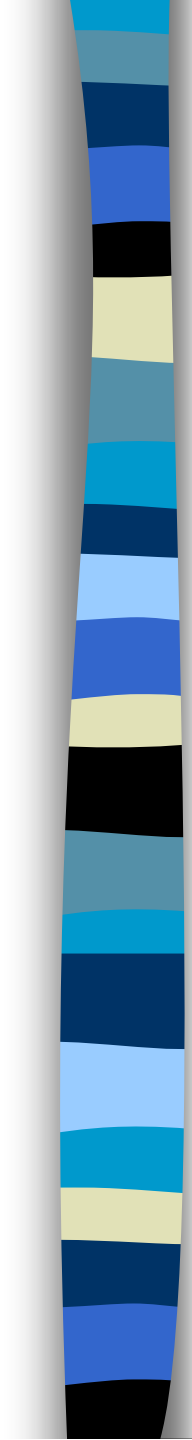


Prepared and Presented By:
George Majus P.A.



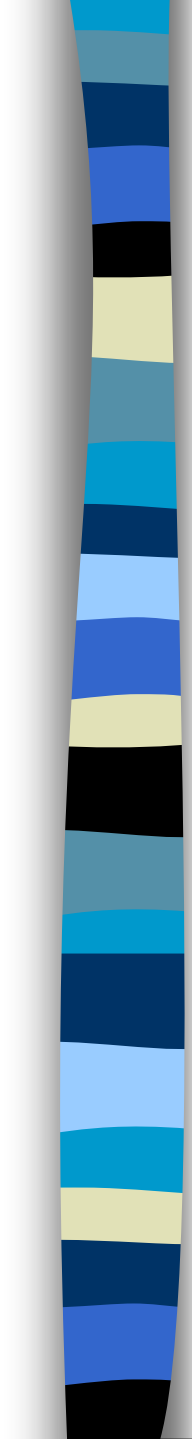
Doctors Appointment Tomorrow?

- Call doctors office, My child has a fever, earache, not eating as well, and is fussy can we come in and see the doctor today?
- I'm sorry, the schedule is full today, we can see you tomorrow at 3 pm
- What do you do?
 - What? Urgent Care?



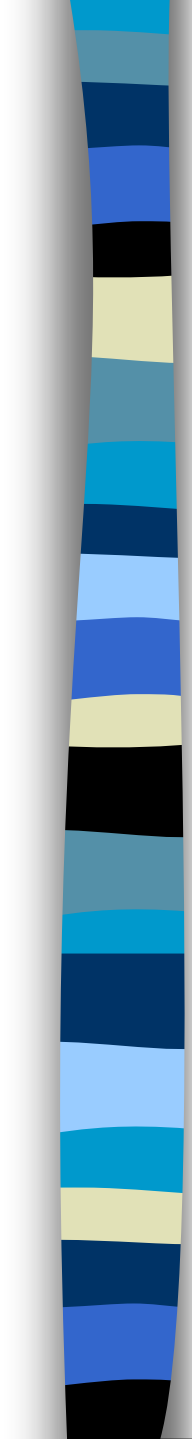
Evening Injury

- 9 PM, you fall and cut your arm!
- Doctors office is closed
- Urgent Care is closed
- I can go to the ER and have a \$200.00 co-pay
- What do I do!!!



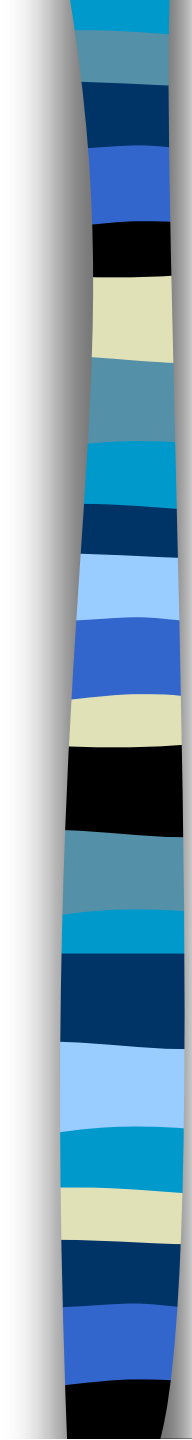
Life happens

- We can not control when things happen
- If we know, what is an emergency
- We can treat, to make do, until we can get to help



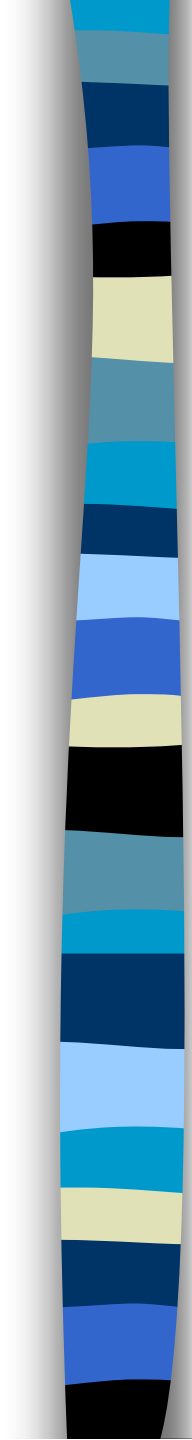
Be Prepared

- Have Immunization record available!
- Have a brief medical History on each Family member!
- Have medications list and directions available!
- Have number for ER, Nurse line, Poison Control where everyone can see them!
- And have a First-Aid kit
- If a child, know their weight



Learn!

**CPR
FIRST-AID**



Is Emergency Action Needed

■ Does the Person have:

Major Injury

No Pulse or Breath

Unconsciousness

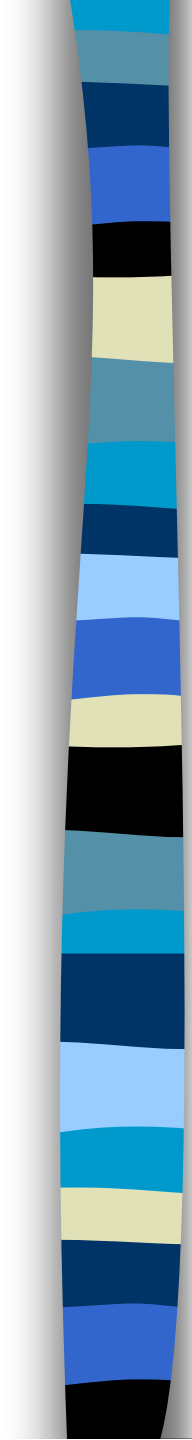
Active Bleeding that will not stop with pressure

Stupor or drowsiness

Disorientation

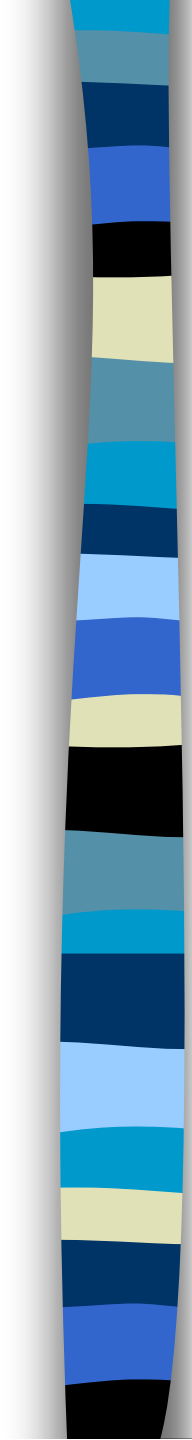
Shortness of Breath while at rest

Severe pain



ACT FAST - if you think someone has been poisoned!

- Call Poison Control
Child took too much tylenol, not
always an emergency – Poison
Control will help you work thru this
- POISON CONTROL
- Call 1-800-222-1222



FEVERS

- *Most people speak about fever and illness as if they were one in the same. This is not always true.*
- Normal body temperature varies from person to person, between 97.3 and 98.8 degrees
- Temperature is lowest in the morning upon waking. Food, clothing, exercise and anxiety can all affect temperature
- Vigorous exercise can raise a temperature as high as 103 degrees.

Persistent Fever

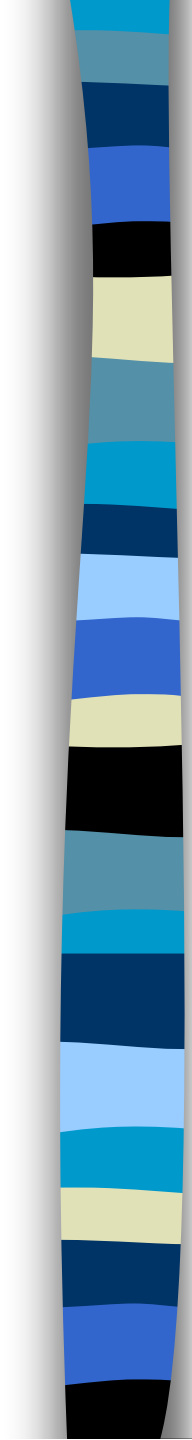
- Most common cause of persistent fevers are Viral or Bacterial infections
- Colds and Sore throats
- Ear infections and Urinary infections
- *Pneumonia or appendicitis*



Fevers Continued

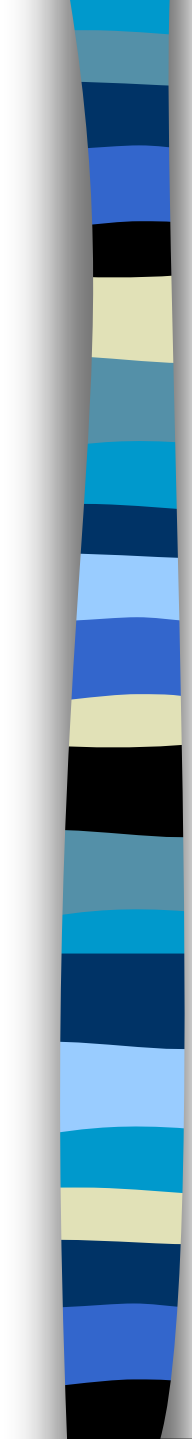
- How high a fever is, does not mean more serious illness.
- A virus, can cause a low temperature, a normal temperature, or a fever as high as 105.
- So, what a fever is, does not dictate the seriousness.





Treating a Fever

- Controversy in Treating
- *Some believe you don't treat a fever under 101, others feel differently*
- Treating under 101, your treating for comfort
- Treating over 101, is to prevent serious outcomes.
- Tepid bath or sponging
- Tylenol and or Ibuprophen, No Aspirin



Febrile Seizures

- They happen! And they are SCAREY
- *Very high fevers can cause seizures*
- *Protect the head*
- *Do not force objects into the mouth*
- *Make sure they are breathing*
- *Tilt head back to help open airway*
- *Groggy and no memory afterwards is common*

Cuts



- Cuts:

Bleeding you can not stop with pressure
Numbness or weakness beyond the wound
Inability to move fingers or toes
On the Face, palm, chest or abdomen

See a Doctor!

Treating Cuts and Abrasions

- Wash with soap and water
- May use Hydrogen Peroxide
- Make sure edges are clean
- May use butterfly or steristrips
- Cover with a light dressing, change daily



Broken Bones

- Not even a doctor can tell if a bone is broken, by looking and examining
 - Most breaks leave bones aligned, so:
 - *Protecting and resting injured area*
 - Homemade Splints





Body Part Splint Suggestion

- Upper leg Splint the two legs together.
- Lower leg injury Use a rolled up newspaper, a baseball bat, or a broom handle.
- Ankles and feet Rolled up newspaper or a magazine is best.
- Back, Upper Torso, Head and Neck Only hard earth will do.
- Immobilize the person by placing folded blankets and pillows up against him or her and securing them with belts, ties, or sleeves.
- Remember not to move a person if a back or head injury is suspected.
- Arms An umbrella, a stout stick, a cane, a baseball bat ...any of these will work.
- Hands a small board, a notebook, a picture in a frame, magazines, or newspapers will give a hand support.
- Fingers Splint the problem finger with the adjacent finger

Earaches

- Most Earaches are caused by fluid in the middle ear
- Treatment:
- Vaporizer
- Decongestants if over age 5
- Antihistamines, Salt water nose drops
- Warm oil – not if discharge from ear



Swimmers Ear

■ *Prevention*

- *When finished swimming for the day, a mixture of $\frac{3}{4}$ alcohol and $\frac{1}{4}$ white vinegar.*
- *2 drops in each ear at the end of the day.*



Sore Throats

- Causes: Virus, bacteria, Postnasal drip
 - Severe difficulty swallowing, fever over 100.9, pus look at back of throat, sand paper rash on skin – See a doctor
- Treatment
 - Cold liquids, Tylenol, ibuprophen
 - Warm Saltwater Gargles:
 - $\frac{1}{2}$ tsp salt in 6 oz warm water
 - Chloraceptic type OTC medication



Cough



- Cough: This is the body's great defense mechanism.

Swallow the wrong way, cough clears the material

- Thick Mucus congesting lungs, cough clears the mucus
- Cough with fever and rash, or with fever and abdominal pain may be pneumonia
- **Cough is not always BAD**

Treating a Cough

- When mucus is the problem:
 - Increase humidity, use Vaporizer
 - Mucinex, Robitussin
 - Drinking fluids
 - Sucking on lozenge
 - Antihistamines usually make a cough worse
 - Barky cough in children – shower



Rash

- Diaper Rash – Keep area dry, diaper off baby if needed, zinc oxide cream may help or ointment may delay healing
- If rash is red, in groin area, red dots beyond rash, Fungal rash – think miconazol 2% cream
- Heat Rash – keep area dry, if powders are used, can damage baby's lungs



Rashes

- ❖ Moist rash on feet, between toes – Athletes foot – Lotrimin cream or spray, wash feet daily with soap and water. Desinex powder in shoes at night
- ❖ Rash on child with honey crusted scab, could be Impetigo – see Doctor



Child with Leg Pain in Evening

- What used to be called growing pains, are usually over use pains.

Tylenol, ibuprophen may help.

Liniments' like Begay may help

Soaking in a warm bath will help



Nose Bleeds

- Causes –drying of mucus membranes, winter months

The nose has a hard bony part and a soft part

- Treatment
- Squeeze nose below hard portion between thumb and fore finger for 5 minutes
- Ice across bridge of nose may help



Toothaches



- Toothaches can be from poor dental care, sinus infection, dental abscess or other causes
- Treatment
 - Ibuprophen is one of the best medications for a toothache

Low Back Pain

- Causes – Over use, Menstrual period, frequent coughing are some causes

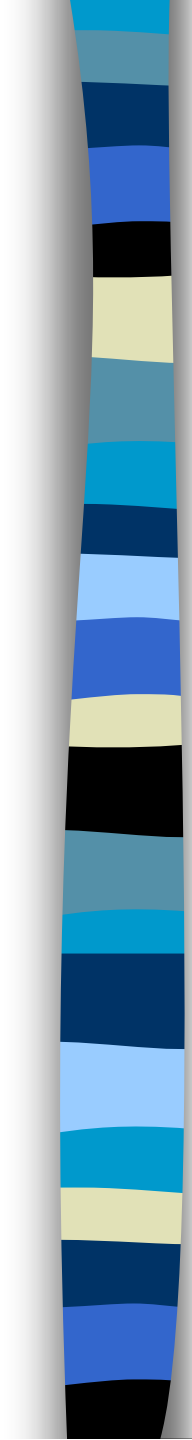
- Treatment

Ibuprophen

Moist Heat to back

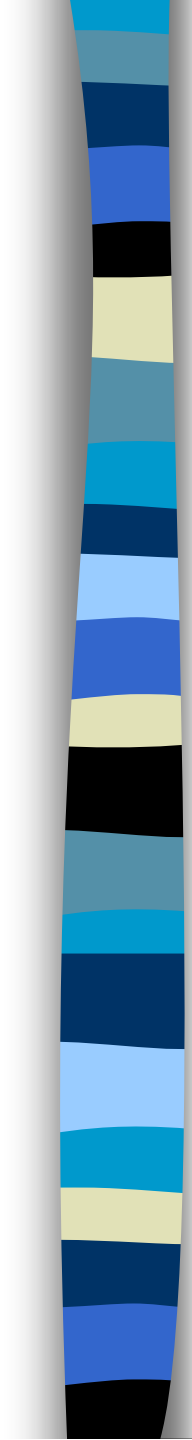
Sleep with folded towel beneath low back, pillowless, on firm bed or floor





Nausea and Vomiting

- Diarrhea may also be present
- Causes:
 - Medications in elderly is common
 - Viruses in children and young adults are common
- ❖ Treatments – Day 1: Clear Fluids, Day 2: add dry toast, applesauce, bananas and rice. With infants you can add rice water



Abdominal Pain “Bellyaches”

- Causes, from mild viruses, to severe infection like appendicitis.
- Rules of thumb: If abdomen is soft, pain hurts with pressure on abdomen and relieved with removal of pressure, you have time.
- Treatment: Small sips of water may help, a bowel movement or passing gas may help, antacids may help