Unit 3 Review

- 3 “Killers”
  - Airway obstruction
  - Excessive bleeding
  - Shock
1. Gather Facts
2. Assess Damage
3. Consider Probabilities
4. Assess Your Situation
5. Establish Priorities
6. Make Decisions
7. Develop Plan of Action
8. Take Action
9. Evaluate Progress

REMEMBER:
CERT SIZEUP IS A CONTINUOUS PROCESS.
Unit Objectives

- Take appropriate sanitation measures to help protect public health
- Perform head-to-toe patient assessments
- Establish a treatment area
- Apply splints to suspected fractures and sprains
- Employ basic treatments for other injuries
Unit Topics

- Public Health Considerations
- Functions of Disaster Medical Operations
- Establishing Medical Treatment Areas
- Conducting Head-to-Toe Assessments
- Treating Burns
- Wound Care
- Treating Fractures, Dislocations, Sprains, and Strains
- Nasal Injuries
- Treating Cold-Related Injuries
- Treating Heat-Related Injuries
- Bites and Stings
Public Health Considerations

- Maintaining proper hygiene
- Maintaining proper sanitation
- Purifying water (if necessary)
- Preventing spread of disease
Maintaining Hygiene

- Wash hands frequently
  - Or use alcohol-based hand sanitizer
- Wear non-latex exam gloves
- Wear N95 mask and goggles
- Keep dressings sterile
- Avoid contact with body fluids
  - “If it is warm, wet, and not yours, don’t touch it!”
Maintain Sanitation

- Control disposal of bacterial sources
- Put waste products in plastic bags
  - Tie off bags and mark them as medical waste
- Bury human waste
Water Sanitation Methods

- Boil water for 1 minute
- Water purification tablets
- Non-perfumed liquid bleach
  - 8 drops/gal of water
  - 16 drops/gal if water is cloudy
  - Let stand for 30 minutes before use
Functions of Disaster Medical Operations

- Triage
- Treatment
- Transport
- Morgue
- Supply
Establish a Medical Treatment Area

- Select site and set up treatment area as soon as injured survivors are confirmed.
- When determining best location(s) for treatment area, consider:
  - Safety of rescuers and survivors
  - Most effective use of resources
Treatment Area Site Selection

- The site selected should be:
  - In a safe area, free of hazards and debris
  - Upwind, uphill, and upstream (if possible) from hazard zone(s)
  - Accessible by transportation vehicles
  - Expandable

The treatment site should be uphill and upwind from the hazard.
To help meet the challenge of limited resources, CERT may need to establish:

- Decentralized medical treatment location (more than one location)
- Centralized medical treatment location (one location)
Treatment Area Layout

- Four treatment areas:
  - “I” for Immediate care
  - “D” for Delayed care
  - “M” for Minor injuries/walking wounded
  - “DEAD” for the morgue
Treatment area layout, showing the organization for the incident site, triage, transportation, and morgue.
Treatment Area Organization

- Assign treatment leader to each treatment area
- Document thoroughly
  - Available identifying information
  - Description (age, sex, body build, estimated height)
  - Clothing
  - Injuries
  - Treatment
  - Transfer location
Objectives of head-to-toe assessment:

- Determine extent of injuries
- Determine type of treatment needed
- Document injuries
DCAP-BTLS

- Deformities
- Contusions
- Abrasions
- Punctures
- Burns
- Tenderness
- Lacerations
- Swelling
Where and When

- Light damage: assess in place
- Moderate damage: move to treatment area first
- Assess and tag everyone
- Both verbal and hands on
Conducting Head-to-Toe Assessment

- Pay careful attention
- Look, listen, and feel
- Check own hands for patient bleeding
- If you suspect a spinal injury in unconscious survivors, treat accordingly
- Check PMS in all extremities
- Look for medical identification
Order of Assessment

1. Head
2. Neck
3. Shoulders
4. Chest
5. Arms
6. Abdomen
7. Pelvis
8. Legs
Closed-Head, Neck, Spinal Injuries

- Do no harm
  - Minimize movement of head and neck
- Keep spine in straight line
- Stabilize head
Treating Burns

- Conduct thorough sizeup
- Treat with first aid
  - Cool burned area
  - Cover with sterile cloth to reduce risk of infection
Factors that affect burn severity:
- Temperature of burning agent
- Period of time survivor exposed
- Area of body affected
- Size of area burned
- Depth of burn
Burn Classifications

- Superficial: epidermis
- Partial Thickness: dermis and epidermis
- Full Thickness: subcutaneous layer and all layers above
Burn Treatment: DOs

- When treating a burn survivor, DO:
  - Cool skin or clothing if they are still hot
  - Cover burn loosely with dry, sterile dressings to keep air out, reduce pain, and prevent infection
  - Elevate burned extremities
Burn Treatment: DON’Ts

● When treating a burn survivor, DO NOT:
  ▪ Use ice
  ▪ Apply antiseptics, ointments, or other remedies
  ▪ Remove shreds of tissue, break blisters, or remove adhered particles of clothing
Treatment for Chemical Burns

- Remove cause of burn + affected clothing/jewelry
- If irritant is dry, gently brush away as much as possible
  - Always brush away from eyes, survivor, and you
- Flush with lots of cool running water
- Apply cool, wet compress to relieve pain
- Cover wound loosely with dry, sterile or clean dressing
- Treat for shock if appropriate
Inhalation Burns Signs and Symptoms

- Sudden loss of consciousness
- Evidence of respiratory distress or upper airway obstruction
- Soot around mouth or nose
- Singed facial hair
- Burns around face or neck

Figure 27-26  A singed mustache and burns to the tip of the tongue signal danger of airway burns or burns to the eyes.
Wound Care

- Control bleeding
- Clean wound
- Apply dressing and bandage
Cleaning and Bandaging Wounds

- Clean by irrigating with clean, room temperature water
  - NEVER use hydrogen peroxide
  - Irrigate but do not scrub

- Apply dressing and bandage
  - Dressing applied directly to wound
  - Bandage holds dressing in place
Rules of Dressing

● If active bleeding:
  ▪ Redress OVER existing dressing

● If no active bleeding:
  ▪ Remove bandage and dressing to flush wound
  ▪ Check for infection every 4-6 hours
Signs of Infection

- Signs of possible infection
  - Swelling around wound site
  - Discoloration
  - Discharge from wound
  - Red striations from wound site
Amputations

- Control bleeding; treat shock
- If amputated body part is found:
  - Save tissue parts, wrapped in clean material and placed in plastic bag
  - Keep tissue parts cool, but NOT directly on ice
  - Keep severed part with survivor
Impaled Objects

When foreign object is impaled in patient’s body:

- Immobilize affected body part
- Do not attempt to move or remove
- Try to control bleeding at entrance wound
- Clean and dress wound, making sure to stabilize impaled object
Fractures, Dislocations, Sprains, Strains

- Immobilize injury and joints immediately above and below injury site
- If uncertain of injury type, treat as fracture
Types of Fractures

Closed Fracture
Closed Fracture in which the fracture does not puncture the skin.

Open Fracture
Open Fracture in which the bone protrudes through the skin.
Treating Open Fractures

- Do not draw exposed bone ends back into tissue
- Do not irrigate wound
- Cover wound with sterile dressing
- Splint fracture without disturbing wound
- Place moist dressing over bone end
Displaced and Nondisplaced Fractures

**Nondisplaced Fracture**
Nondisplaced fracture, in which the fractured bone remains aligned.

**Displaced Fracture**
Displaced fracture in which the fractured bone is no longer aligned.
Dislocations

● Dislocation is injury to ligaments around joint
  ▪ So severe that it permits separation of bone from its normal position in joint

● Treatment
  ▪ Immobilize; do NOT relocate
  ▪ Check PMS before and after splinting/immobilization
Signs of Sprain

- Tenderness at site
- Swelling and bruising
- Restricted use or loss of use
Splinting

CERT Basic Training
Unit 4: Disaster Medical Operations – Part 2
Splinting Guidelines

1. Support injured area above and below injury
2. Assess PMS in extremity
3. Splint injury in position that you find it
4. Don’t try to realign bones or joints
5. Fill voids to stabilize and immobilize
6. Immobilize above and below injury
7. After splinting, reassess PMS
Nasal Injuries

● Causes
  ▪ Blunt force to nose
  ▪ Skull fracture
  ▪ Nontrauma conditions, e.g., sinus infections, high blood pressure, and bleeding disorders

● Cautions
  ▪ Large blood loss from nosebleed can lead to shock
  ▪ Actual blood loss may not be evident because survivor will swallow some amount of blood
Treatment of Nasal Injuries

- Control nasal bleeding:
  - Pinch nostrils or put pressure on upper lip under nose
  - Have survivor sit with head forward, NOT back
- Ensure that airway remains open
- Keep survivor calm
Cold-Related Injuries

- Hypothermia:
  - Occurs when body’s temperature drops below normal

- Frostbite:
  - Occurs when extreme cold shuts down blood flow to extremities, causing tissue death
Symptoms of Hypothermia

- Body temperature of 95° F or lower
- Redness or blueness of skin
- Numbness and shivering
- Slurred speech
- Unpredictable behavior
- Listlessness
Hypothermia Treatment

- Remove wet clothing
- Wrap survivor in blanket
- Protect survivor from weather
- Provide food and drink to conscious survivors
- Do not attempt to massage to warm body
- Place unconscious survivor in recovery position
- Place survivor in warm bath
Symptoms of Frostbite

- Skin discoloration
- Burning or tingling sensation
- Partial or complete numbness
Frostbite Treatment

- Immerse injured area in warm (NOT hot) water
  - Warm slowly!
- Do NOT allow part to re-freeze
- Do NOT attempt to use massage
- Wrap affected body parts in dry, sterile dressing
Heat-Related Injuries

- Heat cramps:
  - Muscle spasms brought on by over-exertion in extreme heat

- Heat exhaustion:
  - Occurs when exercising or working in extreme heat results in loss of body fluids

- Heat stroke:
  - Survivor’s temperature control system shuts down
  - Body temperature rises so high that brain damage and death may result
Symptoms of Heat Exhaustion

- Cool, moist, pale or flushed skin
- Heavy sweating
- Headache
- Nausea or vomiting
- Dizziness
- Exhaustion
Symptoms of Heat Stroke

- Hot, red skin
- Lack of perspiration
- Changes in consciousness
- Rapid, weak pulse and rapid, shallow breathing
Treatment of Heat-Related Injuries

- Remove from heat to cool environment
- Cool body slowly
- Have the survivor drink water, SLOWLY
- No food or drink if survivor is experiencing vomiting, cramping, or is losing consciousness
Treatment for Bites/Stings

- If bite or sting is suspected, and situation is non-emergency:
  - Remove stinger if still present by scraping edge of credit card or other stiff, straight-edged object across stinger
  - Wash site thoroughly with soap and water
  - Place ice on site for 10 minutes on and 10 minutes off
Anaphylaxis

- Check airway and breathing
- Calm individual
- Remove constrictive clothing and jewelry
- Find and help administer survivor’s Epi-pen
- Watch for signs of shock and treat appropriately
Unit Summary

- Public health concerns related to sanitation, hygiene, and water purification
- Organization of disaster medical operations
- Establishing treatment areas
- Conducting head-to-toe assessments
- Treating wounds, fractures, sprains, and other common injuries
Homework Assignment

- Read unit to be covered in next session
- Bring necessary supplies for next session
- Wear appropriate clothes for next session
- Practice complete head-to-toe assessment on friend or family member