

How to Save a Life?

Worksheet

Please note that the workshop is just a taster session into medicine and is not formal training.



TOPICS DISCUSSED

- How to respond to an unconscious person in the street?
- How to respond to someone choking?

QUESTIONS:

You are a newly qualified doctor on your way to your GP clinic this morning. You notice a middle aged man collapse near a busy road. What do you do?

- a) Run straight towards the collapsed man and see if he responds?
- b) Check to see if there is any danger nearby?
- c) Go to your GP clinic as you have to start work?

Write down what each letter stands for in DRS ABC:

- D
- R
- S
- A
- B
- C
- D

You are a newly qualified doctor on holiday in Italy. You notice the person in the table opposite you start to choke. What do you do?

- a) Get the person choking to cough?
- b) Ask the person choking to speak?
- c) Slap the person choking on their back?
- d) Continue eating your pizza.

QUIZ

1. What is the first thing you would tell someone choking that can speak, cry, cough or breathe to do to clear the blockage?
2. What are the signs of a blocked airway?

SUMMARY

- In today's workshop we completed a taster session on how to handle an unconscious/unresponsive patient with DRS-ABCD.
- We have also covered how to deal with a person choking .
- Reminder: this is a taster session and not to be used for training purposes.

How to Save a Life?



Five ways you can save someone's life

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What to do if someone is choking



1. Cough it out

- > Encourage the person to keep coughing



2. Slap it out

- > Give up to five sharp back blows between their shoulder blades.
- > Check their mouth



3. Squeeze it out

- > Give up to five abdominal thrusts
- > If that doesn't work call 999/112.

What to do if someone is bleeding

1. Press it



3. Secure dressing with a bandage to maintain pressure

4. Treat for shock.

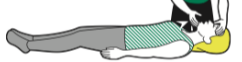
2. Call 999/112 for emergency help



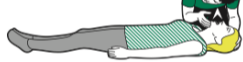
What to do if someone is unresponsive

1. Open their airway

2. Tilt head

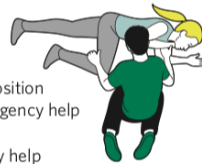


3. Check for normal breathing for up to 10 seconds



4. If they're breathing normally:

- > Put them in the recovery position
- > Then call 999/112 for emergency help
- If they're not breathing**
- > Call 999/112 for emergency help
- > Start CPR.



What to do if someone is unresponsive and not breathing normally

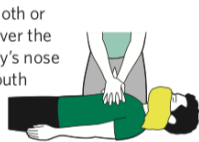
1. Call for help

- > Tell them to call 999/112 and find an AED



2. Cover

- > Lay a cloth or towel over the casualty's nose and mouth



3. Pump

- > Perform chest compressions at a rate of 100-120 per minute



Continue to pump until help arrives.

What to do if someone has had a heart attack



1. Call 999/112 for emergency help



2. Sit them down

- > Rest, supported with knees bent



3. Give them aspirin

- > 300mg dose to chew*.

*Only give an aspirin if advised to do so on the 999/112 call and help them use angina medication if they have it.

Further Reading

How to do the Primary Survey - First Aid Training - St John Ambulance:

<https://www.youtube.com/watch?v=ea1RJUOiNfQ>

What to do if someone is choking link:

<https://www.youtube.com/watch?v=PA9hpOnvtCk>

First Aid Posters by St Johns Ambulance

<https://www.sja.org.uk/get-advice/free-first-aid-posters/>

Further information on applying to study
Medicine from the Medical Schools Council
<https://www.medschools.ac.uk/studying-medicine>

Health Careers within the NHS
<https://www.healthcareers.nhs.uk>

Student Volunteering Opportunities with St Johns Ambulance

<https://www.sja.org.uk/get-involved/volunteer-opportunities/student-volunteering/>