

HANDLING CHILDHOOD EMERGENCIES WITH CONFIDENCE--KEY

C.P.R.

1. What does C.P.R. mean?
**CARDIO (HEART) PULMONARY (BREATHING) RESUSCITATION
(TO BRING BACK HEARTBEAT OR BREATHING)**
2. Is CPR performed on a child the same way that is it performed on an adult?
**NO. DO NOT PUSH OR BLOW AS HARD AS YOU WOULD ON AN
ADULT. THIS COULD CAUSE SERIOUS DAMAGE TO THE CHILD.**
3. What signs indicate that a child needs C.P.R.?
**ASK: CAN THE CHILD SPEAK?
IS THE CHILD BREATHING?
DOES THE CHILD LOOK DIFFERENT?
IS THE SKIN A BLUE COLOR?
DOES THE CHILD RESPOND?
IS THE CHILD LIMP OR VERY STILL?
COULD THE CHILD HAVE CHOKED ON SMALL PARTS?**
4. C.P.R. skills require the three A-B-C steps. What are they?
**A. AIRWAY (OPEN THE AIRWAY)
B. BREATHE (BREATHE FOR THE CHILD)
C. CIRCULATION (CHECK FOR A PULSE)**
5. On what part of the body do you check for a pulse?
IN THE NECK.
6. What do you do if there is no pulse?
DO CHEST COMPRESSIONS.
7. When you perform chest compressions, what part of the body are you working for?
**YOU ARE DOING THE WORK OF THE HEART BY MOVING THE
BLOOD THROUGH THE BODY.**
8. Should you stop chest compressions when you get a pulse? Why?
YES. STOP THE CHEST COMPRESSIONS IF YOU GET A PULSE.

CHOKING

9. What should you do if a choking child is coughing?
**IF A CHILD IS CHOKING, ENCOURAGE THE CHILD TO COUGH.
THE COUGHING MAY BE ENOUGH TO DISLodge WHATEVER IS
CHOKING THE CHILD. IF NOT, BE PREPARED TO USE THE
ABDOMINAL THRUST.**

10. Is it a good idea to pound a choking child on the back? Why?
NEVER POUND A CHOKING CHILD ON THE BACK. USE THE ABDOMINAL THRUST.
11. How many times can you safely repeat the abdominal thrust on a choking child?
AS MANY TIMES AS IS NECESSARY.
12. What should you do if a choking child becomes unconscious?
ACT QUICKLY. THE CAREGIVER SHOULD STRADDLE THE CHILD AND FIND A POINT BETWEEN THE BREAST BONE AND NAVAL. USING THE HEEL OF THE HAND AND FIST, TRY TO FORCE THE OBJECT OUT BY DOING 6-10 UPWARD AND INWARD THRUSTS. CHECK THE AIRWAY. REMOVE THE OBJECT.
13. How can you prevent choking?
BE WARY OF THE FOOD THE CHILD EATS AND TOYS WITH WHICH THE CHILD PLAYS.

SEIZURES/CONVULSIONS

14. What should you look for in a seizure?
**SUDDEN RISE IN TEMPERATURE.
THE LOSS OF CONSCIOUSNESS
STIFF BODY
HELD BREATH
RHYTHMIC JERKING OF LIMBS
LOSS OF BOWEL CONTROL
CONFUSION
DROWSINESS**
15. Why do seizures occur?
IT IS THOUGHT THAT WHEN THE NORMAL ELECTRICAL IMPULSE PATTERN OF THE BRAIN IS DISRUPTED, A SEIZURE WILL OCCUR. IT MAY OCCUR SPONTANEOUSLY OR IT MAY BE SET OFF BY POISONS, FEVERS, OR INFECTIONS.
16. How can you help a child who is having a seizure?
DO NOT PANIC! LAY THE CHILD IN THE MIDDLE OF THE FLOOR ON HIS/HER SIDE SO THE TONGUE DOESN'T FALL BACK AND BLOCK THE AIRWAY. DO NOT LEAVE THE CHILD ALONE. DO NOT FORCE ANYTHING IN THE MOUTH. WHEN THE SEIZURE STOPS, KEEP THE CHILD ON HIS/HER SIDE AND CALL A DOCTOR.

DROWNING

17. How much water needs to be present for a child to drown?
TWO INCHES OF WATER IS ENOUGH TO COVER AN INFANT'S NOSE AND MOUTH.
18. If a child is conscious after drowning, what do you do?
COVER THE CHILD AND KEEP HIM/HER WARM AND DRY UNTIL HELP ARRIVES.
19. What should you do for a drowned, unconscious child who is breathing?
REMOVE THE CHILD FROM THE WATER. SINCE THE CHILD IS BREATHING, DO NOTHING BUT WAIT FOR HELP.
20. What should you do for a drowned, unconscious child who is not breathing?
PERFORM CPR ON AN UNCONSCIOUS CHILD WHO IS NOT BREATHING.

SHOCK

21. List several symptoms of shock.
PALE BLUE-GRAY SKIN, RAPID WEAK PULSE, SHALLOW FAST BREATHING, COLD CLAMMY SKIN, SWEATING, DIZZINESS, BLURRED VISION, RESTLESSNESS, THIRST, UNCONSCIOUSNESS.
22. How would you prevent loss of body heat in a child suffering from shock?
YOU CAN COVER THE CHILD LIGHTLY WITH A BLANKET TO PREVENT THE LOSS OF BODY HEAT. DO NOT OVERHEAT THE CHILD.
23. List conditions that can cause shock.
DEHYDRATION, REACTIONS TO INSECT BITES AND MEDICATIONS, BURNS, ELECTRIC SHOCK, HEART TROUBLE, SEVERE BLEEDING, LOSS OF BLOOD, A DROP IN BLOOD PRESSURE, OVERWHELMING INFECTION.
24. What do you do to treat a child in shock?
WHILE WAITING FOR HELP, TAKE CARE OF ANY BLEEDING USING DIRECT PRESSURE. LAY THE CHILD DOWN ON A FLAT SURFACE AND RAISE THE LEGS ABOVE THE HEART AND SUPPORT THEM WITH PILLOWS. LOOSEN TIGHT CLOTHING. TURN THE HEAD TO ONE SIDE. KEEP THE CHILD WARM, BUT NOT HOT. STAY CALM. DO NOT USE HOT WATER BOTTLES AND HEATING PADS.

POISONING

25. List the symptoms of poisoning.
POISONOUS PLANTS IN THE AREA, VOMITING, EMPTY CONTAINERS, DIARRHEA, BURNS AROUND THE MOUTH, CONVULSIONS.
26. What first aid item induces vomiting?
SYRUP OF IPECAC.
27. What type of poisons should not be thrown-up?
CORROSIVE POISONS SUCH AS ACIDS, BLEACH, LYE OR WEED KILLER.
28. What is the telephone number of the Poison Control Center?
1-800-456-7707, Salt Lake City.....581-2151

HEAD INJURY

29. What kind of accidents can cause serious head injuries?
BEING HIT BY A BASEBALL, FALLING OF A BICYCLE OR SKATEBOARD, FALLING FROM THE ROOF, BEING IN AN AUTOMOBILE ACCIDENT.
30. How should you diagnose a serious head injury?
DISCHARGE OF BLOOD FROM NOSE OR EARS, VOMITING MORE THAN ONCE, HEADACHE, IRRITABILITY, DROWSINESS, STUNNED OR DAZED.

BLEEDING

31. How can a caregiver control the flow of blood from a child's wound?
DIRECT PRESSURE, ELEVATE THE ARM OR LEG ABOVE THE HEART AND KEEP APPLYING DIRECT PRESSURE.
32. If there is an object stuck in the child's flesh, what do you do to control the bleeding?
APPLY PRESSURE ABOVE AND BELOW THE OBJECT, NOT DIRECTLY ON THE OBJECT ITSELF. DO NOT REMOVE THE OBJECT.

BROKEN BONES

33. Explain the three different types of fractures.
- A. **SIMPLE FRACTURE--THE BONE BREAKS IN ONE PLACE.**
 - B. **COMPOUND FRACTURE--THE BONE IS BROKEN IN TWO OR MORE PLACES.**
 - C. **GREENSTICK FRACTURE--THE BONES ARE APT TO BEND LIKE TREE LIMBS BECAUSE THE BONES ARE FLEXIBLE.**

34. What are the symptoms of a fracture?
PAIN, SWELLING, BRUISING, POSSIBLE DEFORMATION, BEING UNABLE TO MOVE WITHOUT PAIN

BURNS

35. Describe how to treat a first-degree burn.
WITH A COOL COMPRESS OR COLD WATER. WHILE PAINFUL, THEY SELDOM NEED THE ATTENTION OF A DOCTOR.
36. Describe how to identify a second-degree burn and how to treat it.
AS FIRST DEGREE GETS WORSE, IT TURNS INTO SECOND DEGREE. NOT ONLY IS THIS PAINFUL, BUT IT CAN RESULT IN THE LOSS OF FLUID FROM THE BODY. IF THE BURN IS LARGER THAN THEIR HAND, THEY SHOULD BE SEEN BY A DOCTOR. SECOND DEGREE BURNS MUST BE SEEN BY A DOCTOR.
37. What should you teach a child to do if their clothing catches fire?
STOP, DROP AND ROLL
38. If the child begins running when clothing is on fire, what should you do?
USE A BUCKET OF WATER OR SMOTHER THE FLAMES WITH NONFLAMMABLE MATERIAL. IF NEITHER ARE NEARBY, LIE ON TOP AND ROLL WITH THE CHILD TO SMOTHER THE FLAMES.
39. What items should not be used on burns?
DO NOT USE BUTTER, CREAM, OINTMENT, CHICKEN SKIN OR OTHER HOME REMEDIES.

EYE INJURY

40. What steps should you take if a child complains of something, like sand, in the eye?
A SMALL SPECK OF DUST IN THE CHILD'S EYE IS NOT SERIOUS. THE EYE WILL NATURALLY WASH ITSELF OUT WITH TEARS IF GIVEN TIME.
41. What should you do for a foreign body embedded in the eye? How might you remove a foreign body from the eye if it is not embedded?
DO NOT ATTEMPT FIRST AID IF THERE IS AN OBJECT EMBEDDED IN THE EYE. PLACE A CLEAN PAD OR HANDKERCHIEF OVER THE EYE, AND TAPE IT IN PLACE. TAKE THE CHILD TO THE NEAREST EMERGENCY ROOM. TO REMOVE A FOREIGN OBJECT THAT IS NOT EMBEDDED IN THE EYE, POUR A GLASS OF WATER ACROSS THE OPEN EYE OR ASK YOUR CHILD TO LOOK UP WHILE YOU REMOVE THE OBJECT WITH THE CORNER OF A CLEAN HANDKERCHIEF.