UBC Safety Day

Save a Life Training
Iridia Medical

- Remote Care Services
- Healthcare Consulting
- SCA Solutions
- Medical Education
Course Agenda

1. Your role in an emergency
   a. Recognize life threatening emergencies
   b. Get help, calling 911
   c. Assist until help arrives
2. Common emergencies
3. Review equipment
4. Questions
What are the possibilities?

What medical emergencies could you come across on campus?
What are the possibilities?

1. Sudden Cardiac Arrest
2. Choking
3. Deadly Bleeding
4. Severe Allergic Reaction
5. Unconscious Patient
6. Falls/Faints
The Law

Can I get sued if I try to help?
The Law

- The Good Samaritan Law
- Ask "Can I help you?"
- Unconscious patients give consent
Emergency Scene Management

Can I catch something from a victim?
Emergency Scene Management

- What are some of the hazards you may come across?

- Is it safe to touch the patient?
Emergency Scene Management

- When do I call for help?
- Should I call 911?
  - How can they help?
- When do I call 604-822-4444 or find the local first aid attendant?
Sudden Cardiac Arrest Statistics

- Up to 40,000 cardiac arrests occur each year in Canada
  - That's 1 in every 12 minutes
- Survival rates in Vancouver have increased from 9 to 12% in the past 4 years
- Seattle, WA has a survival rate of 57%
You Can Make a Difference

- Performing high quality CPR
- Applying an AED
- Doubles the chances of survival
• Effective tool in improving quality of CPR
• Real-time, visual feedback
<table>
<thead>
<tr>
<th>AED Location</th>
<th>Building Address</th>
<th>Location of AED</th>
</tr>
</thead>
<tbody>
<tr>
<td>Acadia Park Residences</td>
<td>2707 Tennis Crescent</td>
<td>Commons block outside activity room</td>
</tr>
<tr>
<td>Allard Hall (x 4 units)</td>
<td>1822 East Mall</td>
<td>Levels 1-4 next to the elevator</td>
</tr>
<tr>
<td>Anthropology &amp; Sociology</td>
<td>6363 University Boulevard</td>
<td>Main lobby</td>
</tr>
<tr>
<td>Aquatic Centre (NEW)</td>
<td>6000 Student Union Boulevard</td>
<td>Level 2 outside Res 2104</td>
</tr>
<tr>
<td>Ascan Centre</td>
<td>1871 West Mall</td>
<td>Main entrance</td>
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<tr>
<td>Baber Library</td>
<td>1961 East Mall</td>
<td>Main floor outside Auditorium entrance</td>
</tr>
<tr>
<td>Beatty Biodiversity Museum</td>
<td>2212 Main Mall</td>
<td>2nd floor next to elevator</td>
</tr>
<tr>
<td>Belkin Art Gallery</td>
<td>1825 Main Mall</td>
<td>Research Ctr entrance across from Res 113 (behind Museum)</td>
</tr>
<tr>
<td>Biological Sciences</td>
<td>6270 University Boulevard</td>
<td>Outside Res 2100 (west wing) at Main Mall &amp; University Blvd.</td>
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<tr>
<td>Bookstore</td>
<td>6200 University Boulevard</td>
<td>Bottom of the mezzanine staircase (main entrance)</td>
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<tr>
<td>Botanical Gardens (x2)</td>
<td>6804 SW Marine Drive</td>
<td>Garden shop and Gatehouse</td>
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<tr>
<td>Brock Hall</td>
<td>1874 East Mall</td>
<td>Main floor in foyer outside Res 1074</td>
</tr>
<tr>
<td>Buchanan Block A</td>
<td>1866 Main Mall</td>
<td>Level 1 (lower level) next to Cafe</td>
</tr>
<tr>
<td>Buchanan Tower (x2)</td>
<td>1873 East Mall</td>
<td>Main and 5th floors across from elevator</td>
</tr>
<tr>
<td>Campus Security</td>
<td>2133 East Mall</td>
<td>Main entrance</td>
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<tr>
<td>Cecil Green Park House</td>
<td>6251 Cecil Green Park Road</td>
<td>Main floor inside kitchen</td>
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<tr>
<td>Centre for Comparative Medicine</td>
<td>4145 Wesbrook Mall</td>
<td>Main floor next to reception desk</td>
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<tr>
<td>Chan Centre for the Performing Arts</td>
<td>6255 Crescent Road</td>
<td>Lobby between Res 104 and elevator #1</td>
</tr>
<tr>
<td>Chemical and Biological Engineering</td>
<td>2360 East Mall</td>
<td>Main foyer outside Res 102</td>
</tr>
<tr>
<td>Chemistry</td>
<td>2036 Main Mall</td>
<td>Building B main floor outside room 8250</td>
</tr>
<tr>
<td>Child Care Services Main Office</td>
<td>2881 Acadia Road</td>
<td>Main office</td>
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<tr>
<td>Civil and Mechanical Engineering</td>
<td>6250 Applied Science Lane</td>
<td>Main floor next to elevator</td>
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<tr>
<td>CK Chou</td>
<td>1855 West Mall</td>
<td>Main floor next to elevator</td>
</tr>
<tr>
<td>Continuing Studies</td>
<td>2321 West Mall</td>
<td>Main floor next to elevator</td>
</tr>
<tr>
<td>Donald Rix (3rd Floor Parking Office)</td>
<td>5450 University Boulevard</td>
<td>Portable unit - Events</td>
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<tr>
<td>Doug Mitchell Thunderbird Sports Centre (x2)</td>
<td>6066 Thunderbird Blvd</td>
<td>Level 3 - Thunderbird Arena - South Concourse</td>
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<td></td>
<td></td>
<td>Level 1 - Thunderbird Arena - Near Locker Rooms</td>
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<td></td>
<td></td>
<td>Level 2 - Thunderbird Arena - Lobby</td>
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<tr>
<td></td>
<td></td>
<td>Level 2 - Father Bauer Arena - Near Locker Rooms</td>
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<td></td>
<td></td>
<td>Level 2 - North Entrance Lobby</td>
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<td>Level 3 - Outside Varsity Weight Room</td>
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- Almost every building at UBC has an AED
- 120+ AEDs across campus
Sudden Cardiac Arrest

No signs of life:
• No breathing
• No movement
• Blue-ish colour
Adult CPR: Cardiac Arrest

- Unresponsive casualty
- No signs of life = 10 sec check
- Start immediate chest compressions
- Apply AED when it arrives
- 911 dispatch will coach you
High Quality Chest Compressions Key

- High quality CPR
  - Correct rate = 100 - 120/min
  - Depth for adults is 2 - 2.5 inches
  - Allow complete recoil of the chest after each compression

- Continue until EMS arrives or patient shows signs of life
What is his problem?
Severe Allergic Reaction

• How do you recognize? - patient will usually tell you
• Activate 911 - stay on the line
• Try to keep them calm / position of comfort
• Is there an Epi-pen available?
• Patient can administer
Using an Epi-Pen

- Remove the blue safety cap by pulling it straight up
- Swing and firmly push orange tip against the outer thigh so it 'clicks' and HOLD on thigh several seconds to stimulate drug delivery
- Tip extends upon use
Common causes of airway obstruction:
- Tongue
- Vomit
- Food
- Dentures
- Blood
- Foreign bodies
Choking Adult

- How do you recognize?
- 911 activated – stay on the line
- Administer abdominal thrusts if responsive
- Administer chest compressions if unresponsive or obese/late stages of pregnancy
The Opioid Crisis

- Opioid overdose deaths are rising
- Not just a "street problem"
  - 60% of overdoses occur in private residences
  - 29% of overdoses occur in public buildings, hotels, community centres, campuses
- Those at risk include regular and recreational users
Overdoses and Naloxone

- How do you recognize signs of an overdose?
- Activate 911 - stay on the line
- If naloxone is available, administer, then provide rescue breaths.
  - If not awake in 3 minutes, provide second dose
- If no naloxone is available, provide rescue breaths
Administering Naloxone

[YouTube video]
Deadly Bleeding

- How to recognize it - expose?
- 911 activated
- Rest, elevate and apply direct pressure
- Apply tourniquet if bleeding continues
- **STOP THE BLEEDING**
- **COURSE**
- **BLEEDING**
Using a Tourniquet

- Place the tourniquet 2-4" above the wound
- Pull the free running end of the band tight and fasten it back on itself
- Twist the windlass until the bleeding stops
- Lock the windlass in place with a clip
- Insure the distal pulse is no longer palpable
- Secure the strap
I've fallen and I want to get up
First Aid Kits

- BZK towelettes
- Hand cleansing towelettes
- Assorted Bandaids
- Sterile Gauze
- Sterile pressure dressing
- Elastic bandage
- FAR form
- Cotton tape

- Abdominal pads
- Triangular bandages
- Bandage scissors
- Tweezers
- Cotton tip applicators
- Gloves
- Safety pins
Questions?