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Anleitung zur gesundheitspflege Kauffahrteischiffen

Chapter Attach. B No.

4. Shortness of Breath

Possible Causes * Bronchial asthma * Lung oedema in the event of heart failure or the swallowing of water * Foreign bodies in the respiratory tracts (tongue, vomited seawater) * Poisonous gases (fire gases, carbon oxide) * Tetany due to rapid breathing, e.g. in the case of fear, sea-sickness, vomiting	B.1.3.1.4. B. 3.7.2.2. B. 3.7.2.3. B. 3.7.1.2. B. 3.7.1.3.	1.02, 1.03, 1.04, 1.05 2.05, 2.06 1.05 6.02
Rescue * Stabilise respiration before transporting: Stress intensifies shortage of breath * Medical aids: Stretcher, suction apparatus, oxygen apparatus, breathing mask, Guedel -, Wendl - tube	C.5.	25.02, 23.02, 23.08 23.04, 23.05
First Aid * In the case of consciousness half-sitting position, allow arms to be propped up, administer oxygen * In the case of unconsciousness Stable side position administer oxygen * In the case of no breathing heart-lung resuscitation	C.1.7.1. C.1.7.1. C.1.1.	23.02 23.02, 23.02 – 23.08, 25.02
Further Treatment * Asthma: Exhalation impeded, wheezing respiratory noise * Lung oedema: Inhalation and exhalation impeded, rattling respiratory noise e.g. heart failure , administer oxygen, furosemide drowning accident , administer oxygen, furosemide * Clearing respiratory tract e.g. swallowed tongue Esmarch grip: Head far back in the neck, lift jaw Inhalation of foreign bodies Home grip, clean oral cavity * Conflagration gas poisoning: oxygen, cortisone spray * Fractured ribs: Lay on injured side * Tetany: Rapid breathing, tingling feeling in the fingers, cramped hands: Rehalation by means of plastic bag for a few minutes	B.3.7.2.2. B.3.7.2.3. B.3.2.1.2.2. B.1.3.1.3. C.1.1. B.2.2.7. ff B.2.1.2.2.2. B.3,2.1.2.4.	1.02, 1.03, 1.05, 10.03 23.02, 2.06, 2.01 23.02, 2.01 23.02, 1.01, 1.05 6.02
Further Measures: * Frequent checking of respiration, consciousness, circulation (RCC-rule : <u>R</u>espiration, <u>C</u>onsciousness, <u>C</u>irculation) * Make medical appointment * Telemetric supervision, especially of oxygenation and ECG		