



## Editor's Note

By Chris Earl

Thanks to Jim Howell for newsletter content this month. Excellent article Jim!

Deadline for the July issue is July 15<sup>th</sup> 2001. Submissions can be handwritten, on diskette as Microsoft Word or text file or you can email me at [cearl@odyssey.on.ca](mailto:cearl@odyssey.on.ca)

## Next Test Dates

### Earl Nicholls

Adults: Thursday June 28<sup>th</sup>

Children: Saturday June 30<sup>th</sup>

Black Belt Test: Saturday June 16<sup>th</sup>

### Carling Heights

Adults: Thursday June 28<sup>th</sup>

Children: Saturday June 30<sup>th</sup>

## Class Schedule

### **Tuesday**

6:15 to 7:00 Children Only

7:00 to 7:50 Beginners & 9th Kyu

7:55 to 9:00 8<sup>th</sup>, 7<sup>th</sup> and 6<sup>th</sup> Kyu

9:00 – 10:00 5<sup>th</sup> Kyu and above

### **Thursday**

7:00 to 7:50 Beginners, 9th & 8th Kyu

7:55 to 9:00 8<sup>th</sup> – 5<sup>th</sup> Kyu

9:00 to 10:00 5<sup>th</sup> Kyu and above

### **Saturday**

9:15 am to 9:55 am Children Only

10:00 am to 11:00 am Open Class

11:00 am to 12:00 noon Weapons Class

***Carling Heights Community Optimist Centre***

***(entrance off McMahan St.) and***

***Earl Nicholls Recreation Centre***

***Homeview (White Oaks Road) and Southdale.***

# **First Aid for Medical Emergencies - What is expected, what can you do?**

**By Jim Howell**

In life, accidents and sudden illnesses happen. Rather than letting fear and panic take hold when these situations take place, a positive approach is to formulate a general plan of action. A plan provides a marked increase in the chance of success, and it provides you with the confidence you will need to take decisive action. This principle can be used everywhere, the dojo, or where most occur, in and around your home. Accidents of course happen anywhere, and at anytime.

The first tenant of providing First Aid is to make the area safe for the rescuer! Incidents which put the rescuer at risk should only be undertaken if you have a plan, and have analyzed all the risks and possible outcomes. The catch phrase "Fire, Wire, Gas or Glass"

illustrates that the aider must consider the hazards rather than focus only on the injured party. Many a First Aider has been burned, electrocuted, poisoned by gas, cut by sharp edges or broken glass. This problem is further compounded by other dangers that exist due to your attention being focused on the casualty.

When casualties are able to take care of their own emergency, this principle still applies. A casualty bleeding onto dojo mats, will clean up his or her own spilled blood to protect other dojo members. This practice not only cares for the physical health of dojo members, but also gives others peace of mind that comes with avoiding a hazard.

Second and as a matter of law, when providing first aid, you must have permission of the casualty to render assistance. When a casualty is physically unable to grant permission, then permission can be assumed. More on this later. This law is based on the principle and respect for an individual's right of self-determination.

In the dojo, we also demonstrate respect for a casualty's person by allowing them every opportunity to care for the medical emergency on their own. If they require aid, and are able to ask for assistance, it would be proper to make the class instructor aware of the situation.

The main goal of providing First Aid is to preserve life, prevent the emergency from becoming worse, and to promote recovery. A casualty will usually make some attempt to accomplish these priorities before asking for help. If it is possible that they may succeed, they should be closely observed, and not interfered with. A person choking on food has a life threatening condition, but they are still legally entitled to refuse aid until they pass out. Once they have lost consciousness, we can assume that they have changed their mind and are willing to accept aid!

The priority of a life threatening injury includes, heavy (profuse) bleeding, not breathing, heart not pumping, major bones broken, and unconsciousness. Even though the offered help may be declined, when a life-threatening emergency exists, it is proper and important to call 911 for an ambulance. Often police will respond and they have authority to apprehend an injured party under the mental health act and ensure medical aid is administered.

The victim's denial may be as a result of brain damage, cardiac problem or other mental and physical impairment. When the injury is not life threatening, but aid is requested, those providing aid are limited to the aid that is within the bounds imposed by their training. Those who are trained beyond first aid should identify themselves and offer assistance. In some situations "several first aiders" may be called upon.

Perhaps some dojo examples would be useful. While kneewalking, casualty #1 breaks a toenail. Hopefully there is no bleeding and this casualty will be able to tape the toe with tape which all students carry in their bags!! If unable to handle the emergency on his or her own, they can ask the class instructor for assistance. Should the class instructor be so overcome with emotional grief by this request for medical aid that they are unable to help, the class instructor may request assistance from a dojo member. The class will continue with the absolute minimum of disruption.

Casualty #2 does a slightly more efficient job of injury and now discovers they have spilled their blood on the dojo mats. Casualty #2 is respectfully given every opportunity to care for matters properly. Making the class instructor aware of the problem will allow the class to be properly directed away from the affected area. Steps to ensure the bleeding is stopped and the wound is bandaged as well as to clean the bloodied mats with soap and water. If the casualty requires assistance, a senior student may be requested by the class instructor to assist.

Casualty #3, with a very flamboyant flair, does a wonderful half break fall coming down heavily on his shoulder. Those nearby hear a thud, a slight cracking sound, followed by a sickening moan. The casualty will be given the opportunity to remove himself from the mat to care for his obviously broken collar bone. Another classmate should offer to assist him. The class instructor should be made aware of the injury. Medical assistance may include First Aid splinting, icing, and transportation to hospital and / or phone calls to relatives. If class was interrupted once needs have been addressed class will resume. Proper medical attention and expert

examination are just common sense.

Casualty #4 suffers an asthma attack. Proper respect for the casualty permits her to manage this emergency on her own, if able. As always etiquette requires when a student leaves the mat during class, the instructor should be informed. Similar to choking on food, asthma can quickly become life threatening. Any casualty should be accompanied until the situation is under control. That's what an Aikido partner is for!

When prescription drugs become involved in treatment, First Aiders are limited to assisting in the retrieving of the drugs. The casualty or authority of a medical doctor is required to administer the drugs. Class carries on as normal.

Lastly casualty #5 is suffering a life threatening injury, becoming suddenly unconscious. Others present, but without any idea of what to do should move away from the casualty. Class will cease. The class instructor will initially be responsible for the care of the casualty until relieved by a person with more medical training. Once confirming that they need assistance, the instructor should delegate two persons to go and call and report the emergency and return to advise help is on the way. A pay phone or the phone at the reception desk can be used. When calling 911, let the person answering the phone control the conversation. They will answer "Police, Fire or Ambulance?" Your call will be transferred accordingly. "Where is your emergency? " Carling Heights Community Centre or Earl Nichols Arena! What is the nature of the emergency? I.e. person is unconscious, or has vital signs absent (not breathing, or no pulse) the dispatcher will also send a Fire Department Vehicle to this call. At some point, at least three persons should be sent to meet the responding emergency vehicles, and direct them to the casualty.

Since the CHOCC has recently obtained Automatic External Defibrillators (stored in the pool area) CHOCC staff may be busy retrieving Defibrillator and Oxygen equipment rather than calling 911. Make sure 911 has been called. Those class members with training may relieve the class instructor and begin CPR for the casualty as required.

The first vehicle, from the London Fire Department will be arriving in about four minutes. They will take over patient care from CHOCC staff. At some time a Police officer may arrive, but will not interfere with medical treatment. Approximately 7 minutes after the initial 911 call, the first ambulance will arrive and the paramedics on board will take over patient care from the firefighters.

Someday, sometime in your future you will be in a position where you may need First Aid skills. It may be a traffic accident; an Aikido seminar; or a classic heart attack or an incident in your home. Hopefully, before then you will have taken a CPR and first aid course. If not, please reconsider. It is only a matter of time, and a reality of life.



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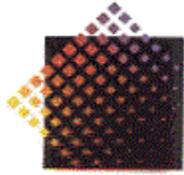
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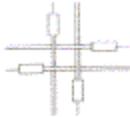
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