

FAINTING

Jane Doe Wellness 8-5

A brief loss of consciousness that happens suddenly as a result of the blood flow to the brain being interrupted.

CAUSES

- Emotional distress.
- Standing too long without moving.
- Improper nutrition.
- Excess heat.
- Limited air circulation.
- Occasionally, the sight of blood.



TREATMENT

- Prevent the person from falling.
- Have the victim lie down.
- Elevate feet 8-12 inches.
- Loosen tight clothing.
- Place a cool, wet cloth of forehead.
- If the victim has already fainted, monitor the ABC's of CPR.
- Attempt to waken the victim.



SYMPTOMS

- Victim reports seeing spots or things going gray.
- Dizziness.
- Nausea.
- Pale Skin.
- Sweating.
- Weakness.



PREVENTION

- If susceptible to fainting, know & avoid the triggers.
- Eat proper nutrition at regular intervals.
- If you need to stand motionless for extended periods, do not lock your knees, attempt to shift weight.
- Keep your environment cool, with adequate air movement.
- Recognize the early symptoms & take measures to prevent falling & sustaining additional injuries.

