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**Anleitung zur Gesundheitspflege
auf Kauffahrteischiffen**

Chapter Attach. B No.

3. Sudden Unconsciousness

<p>Possible causes</p> <ul style="list-style-type: none"> * Sudden decrease in blood pressure (standing for a long time, fluid deficiency, psyche, internal bleeding) * Irregular heartbeat (heart attack) * Brain disorders (stroke, sunstroke, poisoning e.g. alcohol, drugs, gases) * Blood pressure disorders 	<p>B. 1.3.1.1. B.2.1.1. B.3.2.1.2.3. B.3.2.2.2. B. 2.2. ff B.3.1.6.3.</p>	
<p>Rescue</p> <ul style="list-style-type: none"> * Quick but careful action, avoid abrupt and extreme positioning of the body * Medical aid 	<p>B. 2. ff C. 5</p>	<p>25.01</p>
<p>First Aid</p> <ul style="list-style-type: none"> * Consciousness regained Check: consciousness, respiration, circulation (blood pressure, pulse) * No consciousness, maintain respiration Stable side position, administer oxygen if required * No consciousness, no respiration Clear the respiratory tracts Esmarch grip: Position the head far back in the neck, lift jaw Home grip Artificial respiration: Mouth to mouth, mouth to nose, guedel or wendl tube, if required artificial respiration with respiratory bag and oxygen Apply infusion * No consciousness, no respiration, no pulse: Heart-lung resuscitation 	<p>C.1.7. C.1.2.1. C.1.2.1. c. 1.5 C1.1.</p>	<p>23.02 23.03, 23.01 23.04, 23.05, 23.06 11.03 23.02 – 23.08, 25.02</p>
<p>Further treatment</p> <ul style="list-style-type: none"> * Heart attack: absolute bed rest * Irregular heartbeat * Decrease in blood pressure * Stroke * Sugar deficiency: glucose, strongly sweetened drinks * Psyche * Poisoning (alcohol, medicaments, drugs, suicide) enquire in the vicinity * Hypothermia: can cause irregular heartbeat and unconsciousness 	<p>B.3.2.1.2.1. B.3.2.1.2.3. B.3.2.2.3. B.3.2.2.2. B3.1.6.3. B.3.8. B.2.2. ff B.2.5.1.</p>	<p>8, 48, 210 7, 8 10 815 177,120</p>
<p>Further Measures</p> <ul style="list-style-type: none"> * Frequent checking of respiration, consciousness, circulation (RCC-rule : <u>R</u>espiration, <u>C</u>onsciousness, <u>C</u>irculation) * Make medical appointment * Telemetric observation of oxygenation, blood pressure and ECG 		