UNIT 5  MANAGEMENT OF FITS AND FAINTING

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5.0  INTRODUCTION
Fits are commonly encountered in day to day situation. They may arise due to underlying disease or may occur just as an episode. Also, fainting can occur in individuals due to various reasons. Stroke is also one of the major disease that is encountered especially in old age people and an episode of stroke is a medical emergency which must be dealt immediately. All these situations require the first aid provider to be prompt in giving first aid. You have already studied these in Theory Block 4 as Unit 1. This practical will discuss the first aid skills to provide first aid in these conditions.

5.1  OBJECTIVES
After the completion of this unit, you will be able to:
- recognize Fits, fainting and stroke;
- assess a victim with Fits, fainting and stroke;
- demonstrate First aid in case of Fits, fainting and stroke; and
- perform First Aid as and when required.

5.2  RECOGNIZING FITS, FAINTING AND STROKE
In this section, we will discuss the procedure for identifying fits/fainting and stroke.

Purposes
The purpose of this procedure is to recognize these medical emergencies.

Articles required
You will require various flashcards and discussion on various case scenarios for these emergencies.
**Procedure**

**Step 1**  To recognize fits in children, you will collect history about the presence of fever since the common cause of fits in children is fever. The child/baby will have jerking or twitching movement of the body, stiff arms or legs, difficulty in breathing. The child will gain consciousness after the episode and he/she will be very groggy and sleep after the episode (Fig. 5.1).

![Fig. 5.1: Fits in children](Image)

**Step 2**  To recognize fits in adults, you will note that during the episode the person suddenly falls on the ground, the body becomes stiff and rigid with shaking movement, frothy mouth, eye balls will be rolled up. The person will be unconscious for sometime and if awakened, the person does not remember what happened and will be confused (Fig. 5.2).

![Fig. 5.2: Fits in adults](Image)

**Step 3**  To recognize Fainting, you will note that there is a brief loss of consciousness causing the victim to fall to the floor, dizziness, weakness, seeing spots in the eyes, blurred vision, nausea. The person will have slow pulse, pale and cold skin with sweating (Fig. 5.3).

![Fig. 5.3: Fainting](Image)

**Step 4**  To recognize Stroke, you will note that the person will have an uneven face, one arm is hanging down, difficulty to talk or understand what others say, loss of vision in one or both eyes, deteriorating conscious state or unconsciousness or fainting (Fig. 5.4).

![Fig. 5.4: Stroke](Image)
Thus, in the above steps we learnt how to recognize fits, fainting and stroke. In the next section, we will discuss how to assess fits, fainting and stroke. So, let’s continue.

5.3 ASSESSING A VICTIM HAVING FITS, FAINTING AND STROKE

In this section, you will learn the skills for assessment of the victim having fits, fainting and stroke.

Purpose

The main purpose of assessing the victim is to conduct assessment and provide first aid.

Articles required

For this activity you need to have a volunteer. However, he/she should be explained that they would have to be placed in a specific position by changing the posture.

Procedure

Step 1 Ask the volunteer to act as victim. Ask him/her to lie down on their back/sit as required.

*Skills:* The volunteer should sit/lie down comfortably. When lying he/she should lie on back with hand on the side of his/her body and both the feet straight.

Step 2 Conduct assessment as per the flow-diagram given below.
Skills: Perform Primary assessment and monitor fits, fainting and stroke. Check to find out the requirement of the situation.

Step 3 Assess and Monitor the victim.
Step 4 Give first aid

Skills: The specific first aid has been discussed in Sections 5.4 of this unit.

Step 5 Record and Report the findings, call for ambulance and Transport the victim.

Therefore, in this section we learnt the steps of assessment of scene and the victim when the emergency has arisen and when the emergency involves fits, fainting and stroke. Now we will learn about the procedure for first aid in the upcoming sections. So, let’s proceed.

5.4 PROCEDURE FOR FIRST AID IN FITS, FAINTING AND STROKE

In this section, we shall be discussing the procedure for first aid in fits, fainting and stroke.

Articles required
The required articles are:
1) An adult and a child volunteer to act as victim
2) Case scenario e.g. cases of fits, fainting and stroke.
3) First Aid Box
4) The standard articles required are dressing, triangular or roller bandages, scissors, safety pins, adhesive tape, Antiseptic lotion, cotton, disposable
Management of Fits and Fainting

hand gloves, waste bag, tourniquet/binder as required, soap and water supply, plastic bags, ring pad, pillows etc.

Improvised articles can be used as discussed in Unit 6 of previous Block on “First Aid with Improvisation”.

Steps of Procedure for First Aid in Fits in Adults

Step 1 Wash hands.

Skills: This is important to prevent cross contamination.

Step 2 Make the victim or volunteer to lie down. Assess and Identify Fits.

Skills: Make the person lie down as demonstrating the case of fits.

Step 3 Make the scene safe.

Skills: First step is to protect the person who is experiencing the fit. You need to make the scene safe. This is done by clearing the scene, moving furniture or any other objects out of the way. Also clear up the bystanders by moving them away from the scene. Be calm and reassure the people nearby you (Fig. 5.5).

Fig. 5.5: Clear the onlookers

Step 4 Note the time when the fit started.

Step 5 Place a small pad or towel or folded jacket/cloth under the person’s head (Fig. 5.6).

Skills: This helps to avoid injury to head.

Fig. 5.6: Place a pillow under the head
Step 6  Loosen ties or anything constrictive around the neck like chunni, stole/shawl. Also remove eye glasses or watches that can damage during the fits (Fig. 5.7).

**Skills:** This help the victim to breath easy and any kind of damage is reduced.

![Loosen tight clothing](image)

**Fig. 5.7: Loosen tight clothing**

Step 7  Stay with the person till the fit ends. Note the time when it ends.

Step 8  When the fit ends, turn the victim and place in recovery position (Fig. 5.8).

**Skills:** This will help saliva to drain out from mouth and will not obstruct the airway. You can cover the victim lightly with a coat or blanket. Recovery position has been discussed in Unit 7 of Previous Block of this Practical Course.

![Placing in recovery position](image)

**Fig. 5.8: Placing in recovery position**

Step 9  Wait for the person to become fully awake. Rest him/her (Fig. 5.9).

![Wait till the victim becomes awake](image)

**Fig. 5.9: Wait till the victim becomes awake**

**Skills:** Ask questions like name of the person, where he is, time of day to know about his consciousness level. Check breathing, pulse and responses.

Step 10  Perform Secondary assessment and record and report.

**Skills:** Check for signs of injury and infection and apply necessary first aid.
Step 11 Refer to hospital as per the condition of the victim.

**Skills:** Transfer the victim to medical facility if the condition doesn’t improve, worsens/deteriorates after the fit or if the fit does not stop after 5 minutes or if the victim does not wake up within 10 minutes after the fit has stopped or is not breathing well or repeated seizures occur or victim has suffered injury or victim is pregnant or seizure has occurred in water or if it is first seizure or the victim doesn’t respond or gain consciousness after the episode.

### Steps of Procedure for First Aid in Fits in Children (Febrile Seizures)

**Step 1** Wash hands.

**Skills:** This is important to prevent cross contamination.

**Step 2** Make the victim or volunteer to lie down.

**Skills:** Make the child lie down as demonstrating the case of fits.

**Step 3** Make the scene safe. (Fig. 5.10)

**Skills:** Place soft pillows or rolled up blankets/bed-sheets around the child so that movement does not cause injury.

**Fig. 5.10:** Maintain scene safety around the baby

**Step 4** Note the time when the fit started.

**Step 5** Try to reduce the temperature of the child/baby by the following ways:

- Remove excess bedding, clothes or any other constrictive clothing.
- Ensure good supply of air but don’t overcool or chill the baby/child.
- Sponge the baby using luke warm water. For this you can use a towel/small towels/gauze etc. dipped and squeezed in luke warm water to sponge the body.

**Skills:** Try to bring the temperature down but don’t chill or cool the baby or expose him/her unnecessarily.

**Step 6** Be with the baby till the fit ends and note the temperature when the fit ends.

**Step 7** After the fit ends, place the child in recovery position (Fig. 5.11). Also, cover up with coat or blanket.
Step 8 Wait for the baby to become fully awake. Rest him/her.

Step 9 Monitor the baby and check CAB.

Step 10 Perform Secondary assessment and record and report.

**Skills:** Check for signs of injury and infection and apply necessary first aid.

Step 11 Refer to hospital as per the condition of the victim.

**Skills:** Transfer the victim to medical facility if the condition doesn’t improve, worsens/deteriorates after the fit or if the fit does not stop after 5 minutes or if the victim does not wake up within 10 minutes after the fit has stopped or is not breathing well or repeated seizures occur or victim has suffered injury or seizure has occurred in water or if it is first seizure or the victim doesn’t respond or gain consciousness after the episode.

Steps of Procedure for First Aid in Fainting

Step 1 Wash hands.

**Skills:** This is important to prevent cross contamination.

Step 2 Make the victim or volunteer to sit/lie down. Assess and Identify Fainting.

**Skills:** Make the person lie down as demonstrating the case of fainting.

Step 3 Make the scene safe.

**Skills:** If the victim is sitting, don’t let him/her stand. Remove any hazardous or dangerous object/furniture nearby. Loosen any constrictive clothing.

Step 4 Note the time when the Fainting occurred.

Step 5 If the victim is sitting, keep the person’s head between knees.

**Skills:** This will stabilize the head.

Step 6 If the victim is lying down:

- Make the person lie flat on floor or smooth surface on his/her back.
- Raise the feet so that these are atleast one foot above the level of heart (Fig. 5.12).
Management of Fits and Fainting

Skills: This is called as shock position. You can raise the feet with the help of towels, bricks, chair etc. whatever is available. This has been discussed in Unit 5 of Theory Block 4 and Practical 13 of this Block.

![Fig. 5.12: Shock Position](image)

Step 7 Stay with victim till he/she gains consciousness. This will take one minute.

Step 8 If the victim vomits, turn the victim to one side and place in recovery position.

Step 9 Perform Secondary assessment and record and report.

Skills: Check for signs of injury and infection and apply necessary first aid. Loosen any tight, constrictive clothing.

Step 10 Refer to hospital as per the condition of the victim.

Skills: If consciousness is not regained within one minute immediately call the ambulance or transfer to medical facility and keep on monitoring/assessing the victim.

Steps of Procedure for First Aid in Stroke

Step 1 Wash hands.

Skills: This is important to prevent cross contamination.

Step 2 Make the victim or volunteer to sit/lie down.

Skills: Make the person lie down as demonstrating the case of stroke.

Step 3 Recognize the sign and symptoms of the episode of Stroke.

Skills: Note the “FAST” to recognize the stroke.

Step 4 Make the scene safe.

Step 5 Call for the ambulance immediately.

Skills: Once you recognize that the episode of Stoke is occurring, call for the ambulance with no waste of time.

Step 6 Note the time when the episode began.

Step 7 Position the victim properly to avoid further damage:

- If conscious, make the person lie down with their head and shoulders raised and supported on pillows or sitting in greatest comfort with body at 45 degree to the legs. (Fig. 5.13 a)
If victim is unconscious and breathing normally, place in Recovery position (Fig. 5.13b).

**Fig. 5.13 a: Placing the victim in sitting position  b: Recovery Position**

**Skills:** Cover the victim with blanket or coat to reduce heat loss.

**Step 8** Stay with the person and monitor for change in condition and development of shock. If shock develops place in shock position as discussed in first aid in fainting.

**Step 9** Transport to hospital in the ambulance.

**Check Your Progress 1**

Match the following:

<table>
<thead>
<tr>
<th>Column A</th>
<th>Column B</th>
</tr>
</thead>
<tbody>
<tr>
<td>a) FAST</td>
<td>i) Used when shock develops</td>
</tr>
<tr>
<td>b) Fever</td>
<td>ii) Fits (seizure)</td>
</tr>
<tr>
<td>c) Twitching movement of the body</td>
<td>iii) Fainting</td>
</tr>
<tr>
<td>d) Loss of consciousness for 1 minute</td>
<td>iv) Fits in children</td>
</tr>
<tr>
<td>e) Shock Position</td>
<td>v) Recognizing Stroke</td>
</tr>
</tbody>
</table>

**5.5 LET US SUM UP**

Thus, in this practical we talked about the first aid in fits, fainting and stroke. Hope you will utilize the practical skills in day to day situations as and when encountered. We shall study first aid skills for a person with chest pain in the next practical of this block.

**5.6 KEYWORDS**

<table>
<thead>
<tr>
<th>Term</th>
<th>Description</th>
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</thead>
<tbody>
<tr>
<td>Groggy</td>
<td>Dazed, weak, or unsteady, especially from illness, sleep, or a blow</td>
</tr>
<tr>
<td>Epilepsy</td>
<td>A disorder causing seizures/fits</td>
</tr>
<tr>
<td>Hurt</td>
<td>Getting injured</td>
</tr>
<tr>
<td>Obstruct</td>
<td>Getting or Causing blockage</td>
</tr>
<tr>
<td>Restrain</td>
<td>Try to control, not allow to do something</td>
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</tbody>
</table>
Bedding : Clothes use on bed or bed-linen
Alert : Awake and attentive
Jerk : Very quick, sharp, sudden movement.

5.7 ANSWERS TO CHECK YOUR PROGRESS

Check Your Progress 1

a) v  b) iv  c) ii  d) iii  e) i

5.8 ACTIVITIES

Activity 1

Enact a scenario in which your friend suddenly falls down and has fits. Practice the first aid you will give him. Record it in your Log-Book.

(Self Activity)

Activity 2

Consider a situation where your friend faints. Practice how will you give first aid in this situation. Record it in your Log-Book.

(Self Activity)

Activity 3

Consider a situation where an old person suddenly develops uneven face, with difficulty to sleep and raise hand. He/she is sitting in the chair and is unable to get up and then suddenly faints. Recognize this condition and practice how to give first aid in this condition. Record it in your Log-Book.

(Self Activity)

5.9 REFERENCES

17. https://www.slideshare.net/shaileshbhatta/post-operative-care-general-chhabi