

Asthma	Seizures	A Diabetic experiencing a Hypoglycaemic episode
An allergic reaction of the lungs.	A disturbance in electrical or chemical activity in the brain. It alters the persons' attention and/or behaviour.	A condition where the body is unable to effectively balance sugar levels in the bloodstream.
Triggers are things like animals, pollen, exercise, smoke, change in air temperature, stress, emotions, infection.	It can be caused by excessive drugs or withdrawal of drugs, abnormal sodium/glucose levels, brain injuries including strokes and infections.	The patient does not have enough sugar to maintain normal body function. It may due to a lack of food, excessive exercise, too much insulin, coldness, an infection or illness.
The respiratory pipes constrict and become swollen and inflamed. Mucous is also produced.	For a small percentage of people there is no known trigger.	Rapid onset with sweating, and pale, cool skin.
Wheezing and/or coughing.	Blank spells – minimal or no movement.	Respirations (shallow) and pulse may go up.
Using medication.	Whole body, violent muscle contractions and tongue or cheek biting.	They may appear drunk with slurred speech and staggering.
Shortness of breath, tight feeling in the chest.	Loss of consciousness.	They may be hungry and feel dizzy and weak.
Can only speak in three words or less.	Incontinence of urine.	The patient may be irritable, anxious, aggressive or combative.
Remove from trigger.	Altered taste/smell and/or nausea and vomiting.	Give simple sugars – jellybeans, lollies, chocolate, sweet drinks, etc.
Position comfortably, reassure and give O ₂ if available.	Protect from further injury.	Follow up with complex carbohydrates – museli bars, sandwiches, pasta, etc.
Encourage the use of their own medication (ventolin) every 5 minutes via a spacer if available.	Allow time to rest and recover.	If they carry a glucagon injection with them, assist them to administer this.
Call for external help if severe.	Get medical help if it is their first seizure, if they do not stop fitting after 5 minutes, if the continue to fit multiple times or are pregnant.	If unconscious place sugar, honey, golden syrup or glucose paste on lips, ensuring the airway is not compromised.
Small sips of cool water.	Do not place anything in their mouth.	Never give insulin , unless assisting the patient with their medication under the direction of their doctor.
Keep the chest warm.	Treat for any injuries.	Allow time for rest and recovery.
		Seek medical assistance if blood sugar levels remain unstable or patient is unconscious.

Anaphylaxis	Stroke	Fainting (syncope)
An immediate, overwhelming allergic reaction to an allergen that is life threatening unless treated quickly.	The signs and symptoms will vary depending on the area of the brain affected.	It is caused by a reduced blood flow to the brain as a result of a strong emotional experience, side effects of medications or underlying illnesses.
They may have itchy skin with welts, flushing of the face, show acute respiratory distress, itching and swelling of the tongue, lips, neck and face.	Symptoms can include headache, unequal pupils, drooping of one side of the face, slurred words or difficulty finding correct words, difficulty swallowing or weakness of one side of the body.	A patient experiences a temporary loss of consciousness which usually resolves itself once the patient lies down.
Allergens include bee stings, drugs, peanuts, seafood.	They may appear dazed or confused.	It may be confused with a seizure as there can be jerky muscle movements for a short period while the patient is unconscious.
Usually occurring on the second or third exposure to the allergen.	Breathing is often slow, erratic and noisy.	Signs and symptoms include pale, cool and clammy skin, light headedness, altered vision (may see black/white spots) and/or altered hearing.
Rapid onset of symptoms that may include nausea and/or vomiting.	The patient often has a history of high blood pressure or high cholesterol. They may be diabetic or a smoker (this puts them at a higher risk).	The patient usually feels faint prior to the episode and was in a standing position.
Administer Adrenaline (by epi-pen or by drawing up adrenaline from a vial) if authorised to so or assist the patient to administer it. The first dose is usually 0.5mg and a second dose of 0.5mg can be given 5minutes later if patient has not recovered.	A condition where the blood supply to the brain is blocked, reducing oxygen and nutrients to surrounding brain tissue.	Cool the patient – damp cloth to the forehead and fan. Seek medical help if the patient does not recover within 5 minutes or if there are reoccurring episodes.
For adults: give 20mg of an anti-histamine (cetirizine* or loratidine**), if conscious. Continue to give cetirizine* 10mg, 12 hourly for 4 days.	Ask the patient to smile, talk, raise both arms and poke out their tongue to check for any deficits.	Assess for injuries of a fall (especially head trauma).
Remove from trigger (if able) and give oxygen if available.	Talk to the patient and reassure, even if they are unconscious.	Encourage patient to cross legs and squeeze thighs to increase the blood flow to the brain.
Ice packs or cool cloths may reduce the swelling around the airway.	Medical evacuation should be arranged as soon as possible.	Rest and reassure patient. Encourage them to remain sitting for 10-15mins and assist them when standing up.
Monitor and treat for shock – lie flat, elevate legs.	Monitor the airway and support as required.	
Medical evacuation should be arranged as soon as possible. Monitor for a relapse within 6-12hrs	Do not give food, medications or water.	Give oxygen (if available) and keep legs elevated.
	Keep the patient warm and safe.	
Ventolin may reduce some of the swelling in the airway.	If placing in the recovery position, ensure the affected side of the face is downwards.	Assess for a potential cause (dehydration, illness, medication, shock, pain, etc).

* Cetirizine brand names include: *Alercet; Alergex; Alerid; Certex-24; Cetrine; Cetzine; Cezin; Histazine;*

** Loratidine brand names include: *Claritin, Alavert*

Allergy Relief Tablets, Claritin 24 Hour Allergy Riztec; Ryzen; Triz; Virlix; Xero-sed; Zirtin; Zyrtec; Zyrine

Angina	Heart Attack	Hyperventilation
It usually occurs during periods of exercise, stress or in cold conditions.	A condition where the blood vessels supplying blood to the heart are blocked reducing or stopping the blood flow to the heart.	Excess carbon dioxide is blown out, minimal oxygen is breathed in.
A temporary condition where the blood vessels supplying blood to the heart are partially blocked.	Signs and symptoms include shortness of breath, cool clammy skin and a fear of impending doom.	Rapid, shallow breathing brought on by anxiety, cold water immersion or asthma.
Signs and symptoms may be a discomfort or a heavy crushing central chest pain, pale, cool and clammy skin, shortness of breath or use of their medication.	Often described as a crushing, vice-like or burning pain in the central chest, radiating down the left or right arm, into the neck, shoulders or back.	Hands can curl up in a claw like manner.
Provide rest, reassurance and keep warm.	Give oxygen if available.	Loss of hearing, black dots in vision, passing out.
Assist patient with the use of medication - GTN spray or tablets.	Monitor for cardiogenic shock and treat if required.	Tingling in fingers and face.
The pain usually resolves quickly with medication, if it does not resolve suspect a heart attack.	Provide rest, reassurance and keep warm.	Rest, reassure and encourage slow breathing.
Make an early call for help with any suspected heart problems.	Make an early call for help with any suspected heart problems.	Remove from stressful stimuli.
	Give 300mg of aspirin.	Encourage to sit down and protect from further danger.
		Encourage to breath into a paper bag or cupped hands.
		Seek medical help if it does not settle down.