

WELCOME TO ROCK SPRINGS, WY



Memorial Hospital of Sweetwater County
Education Department
Reference: Up To Date
<https://www.uptodate.com/contents/altitude-sickness->

The Education Department from Memorial Hospital of Sweetwater County:

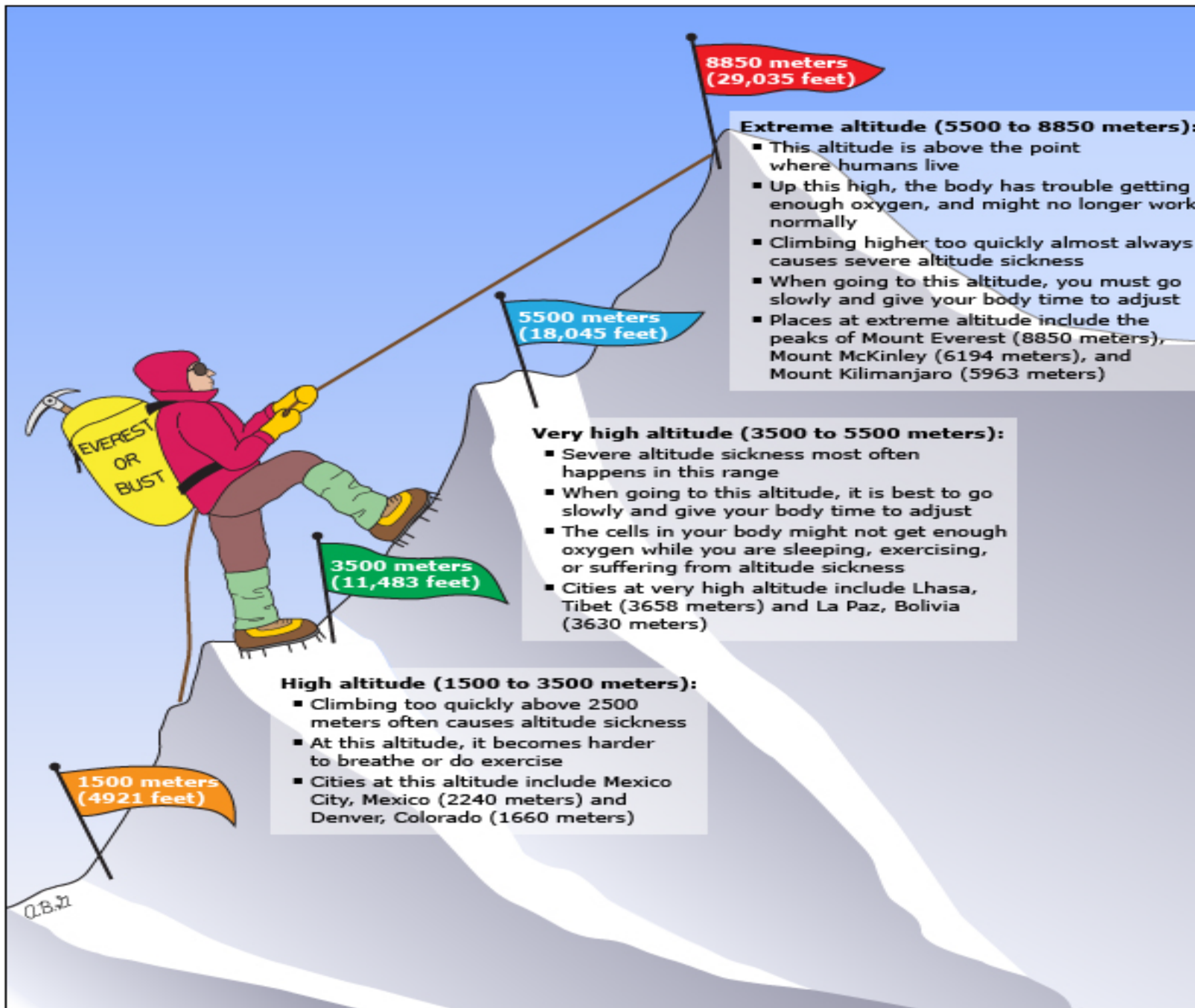
- High Altitude Sickness
- Basic First Aid and CPR
- Advance Directives

High Altitude Sickness

What is altitude sickness?

Traveling to high altitudes can sometimes cause health problems ([figure 1](#)).

This group of problems is called "altitude sickness." This can happen if you live at a low altitude and go to the mountains or a city that is at high altitude (for example, Mexico City or Denver, Colorado).



High Altitude Sickness Cont.

The 3 main types of altitude sickness are:

- **Acute mountain sickness** - This is the most common type and causes symptoms like those caused by an alcohol hangover.
- **High-altitude cerebral edema (also called "HACE")** - This is less common but more serious than acute mountain sickness. It involves swelling of the brain.



High Altitude Sickness Cont.

The 3 main types of altitude sickness are:

- **High-altitude pulmonary edema (also called "HAPE")** - This is also less common and more serious than acute mountain sickness. It involves fluid buildup in the lungs.

What are the symptoms of altitude sickness?

The symptoms differ depending on the type of altitude sickness you have.

The symptoms can include:

- Headache
- Feeling tired
- Feeling lightheaded
- Having no appetite
- Trouble sleeping
- Nausea, sometimes with vomiting
- Getting short of breath with exercise

Acute mountain sickness can happen within a day of traveling or climbing to a very high altitude.

If you have these symptoms, do not travel or climb any higher until you feel better. You should feel better within a day or so.



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The symptoms of **HACE** (swelling of the brain) usually start 1 to 3 days after traveling or climbing to a high altitude.

They include:

- Extreme tiredness and weakness
- Problems with coordination, for example, having trouble walking normally
- Confusion and irritability
- Acting drunk

The symptoms of **HAPE** (fluid in the lungs) usually start 2 to 4 days after traveling or climbing to a high altitude.

They include:

- Coughing
- Feeling breathless
- Trouble walking uphill

Is there anything I can do on my own to feel better?

Yes. If you have mild symptoms of acute mountain sickness, you should rest. Do not travel or climb to a higher altitude until you feel better. If possible, moving to a lower altitude can also help. For a headache, you can take medicines such as aspirin, acetaminophen (sample brand name: Tylenol), or ibuprofen (sample brand names: Advil, Motrin).

Is there anything I can do on my own to feel better? Cont.

You might be tempted to keep climbing, especially if you are with other people. But it's important to rest so you don't get worse. If you are climbing or traveling with someone who has symptoms of altitude sickness, stay with them so you can get help if needed.

Is there anything I can do on my own to feel better? Cont.

If you have symptoms of a more serious problem, such as **HACE** or **HAPE**, try to get help right away and move to a lower altitude **immediately**.

How is altitude sickness treated?

Treatment depends on which type of altitude sickness you have.

If you have symptoms of acute mountain sickness, rest and stay where you are until you feel better. If your symptoms get worse, move to a lower altitude. Breathing in extra oxygen can also help. Many hotels and resorts at high altitude have oxygen available.

How is altitude sickness treated? Cont.

Prescription medicines that can help treat the symptoms of acute mountain sickness. These include:

- Acetazolamide (brand name: Diamox) - This medicine can help prevent and treat acute mountain sickness.

- Dexamethasone (brand name: Decadron) - This medicine can help keep the symptoms of acute mountain sickness from getting worse. It can also help prevent or treat swelling of the brain.

How is altitude sickness treated? Cont.

The most important treatment for **HACE** (swelling of the brain) or **HAPE** (fluid in the lungs) is to get to a lower altitude right away.

If you have **HACE** or **HAPE** and cannot get to a lower altitude, you might be put inside a special inflatable bag called a "portable hyperbaric chamber". Once you are zipped inside this bag, it is filled up with air that is similar to the air at lower altitudes. You might also get extra oxygen to breathe.

Can altitude sickness be prevented?

Yes. The best way to prevent altitude sickness is to avoid moving quickly to a higher altitude. Increasing your altitude a little at a time, over several days, gives your body time to adjust:

- If you are traveling to a very high altitude, plan to stretch your trip out over several days



Can altitude sickness be prevented? Cont.

- If you are hiking or climbing, don't do difficult physical activities for the first few days, and avoid alcohol and sleeping pills
- When hiking, go to a higher altitude during the day and then go back down to a slightly lower altitude each night to sleep
- If you have had altitude sickness before, your doctor might give you a medicine to keep you from getting it again





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Four Main Steps to First Aid



STOP **THE BLEED[®]**

Stop the Bleed Class will be from the
WEBSITE- Instructor portal
Approximately 20 minutes- depending on
hands on activity.

#1-Remember **S-A-F-E**

STOP- think before acting

ASSESS- the scene- Is the scene safe to approach, any hazards, downed powerlines, chemical spills, other dangers

FIND - and locate - First aid kit and AED unit

EXPOSURE PROTECTION- use barriers such as gloves and mouth to mouth barriers devices



#3- Seek Help First



Person not Conscious

- Look and listen for breathing and chest rise
- Feel for pulse

No breathing and no pulse

Start CPR

30 compression -2 breaths

- If there is a pulse but not breathing - give rescue breathes, 1-6 seconds
(If there is a pulse and breathing continue with First Aid Assessment)

Heartsaver® Adult CPR AED



Tap and shout.



Shout for help. Send someone to phone 9-1-1 and get an AED.



Look for no breathing or only gasping.



Push hard and fast.
Give 30 compressions.*
Open the airway and
give 2 breaths.



Repeat sets of 30 compressions
and 2 breaths.

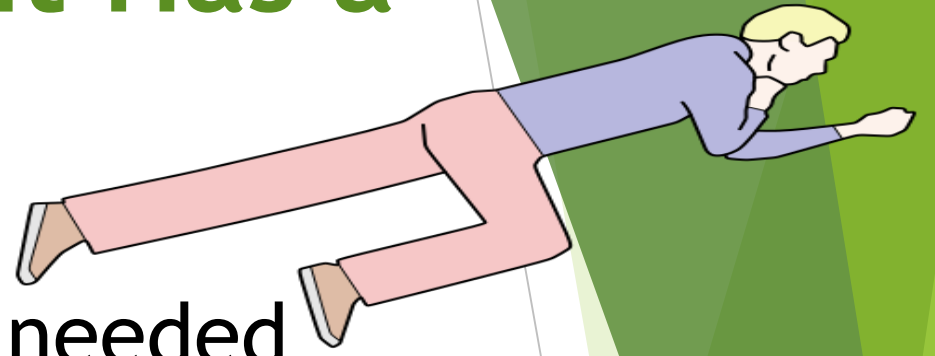


When the AED arrives, turn it on
and follow the prompts.

- *• Push down at least 2 inches
- Give 100 to 120 compressions per minute
- Let the chest come back up to its normal position
- Try not to interrupt compressions for more than a few seconds

Person is Not Conscious But Has a Pulse and Is Breathing

- Continue with Assessment
- Look for bleeding, Apply pressure if needed
- Look for broken bones or deformities
- Place unconscious person in Recovery Position
- Placing an unconscious, breathing person in recovery position maintains an open airway and prevents vomit or other body fluids from obstructing the airway.
- **DO NOT USE RECOVERY POSITION IF YOU SUSPECT A NECK, SPINE or PELVIC INJURY**



Advance Directives Don't Wait To Have The Talk

2 out of 3

U.S. adults have
not completed an
advance directive



JAMA. 2020 Jul 20. Completion of Advance Directives and Documented Care Preferences During the Coronavirus Disease 2019 (COVID-19) Pandemic
Accessed at: <https://candc.link/357FCIP>



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Have you wondered what type of medical care your parents would want should something happen?

Have you wanted to tell your family what type of care you would like if you were unable to do so?

For some, it sounds like a daunting task and a depressing subject.....

It shouldn't be. It's an effort to be proactive in your choices or those of your loved ones.

An Advance Directive is:

- A plan to help you let others know what kind of care you want.
- It is a legal form that allows you to say how you want to be cared for if something happens and you cannot speak for yourself.
- It is a tool to guide your loved ones and healthcare team in making clear decisions about your health if you can't make medical decisions yourself.

You don't want to cause unnecessary emotional and financial distress to those you love you, but where do you begin.

Here's some information that will help:

- Talk about it- start the conversation
- Pick Someone - ask someone to be your agent
- Know what you want- Do you want life sustaining treatments

Get the forms from your state.

**Most states have provisions
accepting Advance Directives
created on another state.**

**Please check state laws for
clarity.**

Most Important.....

- Talk with your loved ones and share what your end of life wishes.
- Advance Directives/Living Wills do not cover financial matters.
- Take the time to prepare and put all of your wishes in writing.



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Questions?

