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Central Philippines
Updated May 2014

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STOP !	THINK !	ACT !
INITIAL ASSESSMENT	**FORMULATE PLAN**	**ALERT EMS/PROVIDE CARE**
Cause Of Injury?	Remain Safe	If Breathing – Monitor vitals
Any Hazards?	Emergency Care Type?	If non-breathing – Provide Care
Safe Approach?	Alert Team	Follow A-B-C- A- B - S
Prioritize Injured	Remain Calm	Monitor Own Safety

•In case of a **lost diver** initiate search - contact PCG and/or 505 SRG for air support

•In case of a **non-diving accident** provide 1st aid and proceed to nearest medical facilities

•In case of **drowning or near drowning** provide 1st aid/ CPR/Oxygen and proceed to nearest medical facilities

•In case of **suspected DCS** provide oxygen, monitor vitals, assess patient using Neuro assessment(below)

•In case of **unconcious diver or serious DCS** provide oxygen and 1st aid/CPR as necessary proceed with speed to nearest recompression chamber. Alert chamber of in-coming patient and contact insurers and/or helievac if this will reduce time to arrival at chamber

SUSPECTED DCS NEUROLOGICAL ASSESSMENT

1. Orientation (these may sound facile but they may indicate real confusion in a otherwise normal-looking victim… do not omit them).

- Ask diver for full name and age
- Ask diver to state present location
- Ask diver what time it is, what day of the week, the date and month

2. Eyes / Vision

- Ask diver to count the number of fingers you display (do this several times using different numbers)
- Check eyes together and then separately
- Ask the diver to describe a distant object… something several metres (yards) away at least
- Have diver follow your clenched fist with his/her eyes as you move it up, down, left and right in front of their face. Have them hold their head still and check that their eyes follow your movements smoothly
- Check both pupils are equal in size

3. Face (muscles and nerves)

- Ask the diver to smile and check there is symmetry in their expression
- Have the diver whistle. Watch the "pucker". Note any drooping of lips.
- Have the diver close their mouth tightly and feel that their jaw muscles are equally tight
- With their eyes closed, stroke the diver's face, forehead and neck and ask them to describe the sensation. It should be similar

4. Hearing

- Check hearing by rubbing your thumb and forefinger together with the diver's eyes closed. See how close the fingers have to be to be audible.

Note: If the surroundings are noisy, ask bystanders to be quiet and have noisy machinery turned off if possible.

5. Swallowing Reflex

- Have the diver take a sip of water and watch their "Adam's apple" as they swallow to be sure it moves up and down

6. Tongue

- Have the diver stick out their tongue. Note if it droops, moves to one side or other abnormal movements.

7. Muscle Strength

- Place your hands firmly on the diver's shoulders, have them "shrug". Note if there is any difference in strength
- Have the diver squeeze your fingers with both hands at the same time, notice any difference in strength. Have the diver hold his hands together at chest level and elbows high. Gently push and pull the elbows while the diver resists the movement. Notice any difference in strength
- Check leg strength by having the diver lie flat and raise and lower the legs while you resist the movement

8. Sensory Perception

- Check the diver's ability to feel you touching them lightly starting at their shoulders and working down to cover their entire body. Compare degree of response on each side. The diver's eyes should be closed while this is done.

9. Balance and Coordination

Note: Be prepared to protect the diver from injury when performing this test.

- If possible, have the diver walk heel to toe and check balance and coordination. Make sure the diver does not fall!
- Have the diver stand with feet together and eyes closed. Ask them to hold their arms straight out, and hold that position for half a minute at least. Be ready to catch them if they lose their balance or fall.

Results

- If patient is unable to perform tasks in points 1 through 9, have patient breathe 100% oxygen and alert the nearest recompression chamber.
- If in doubt, lay patient in recovery breathing 100% oxygen and alert the dive shop.
- Provide Secondary Care and Check for other injuries.

NON – BREATHING PATIENT

1. Two (2) rescue breaths.
2. Thirty (30) chest compressions.
3. Repeat cycle above.
4. Have helper assemble Oxygen unit, alert team.
5. Provide 2 rescue breaths using 100% Oxygen @15L, using Pocket Mask.
6. Continue Primary Care until patient recovers, arrival at medical facility or you are exhausted.
7. If another responder is on site, have them carry out a Secondary Care Assessment while you maintain rescue breathing & chest compressions.
8. If patients regains consciousness, provide Secondary Care if not already provided.