

FAINTING (SYNCOPE)



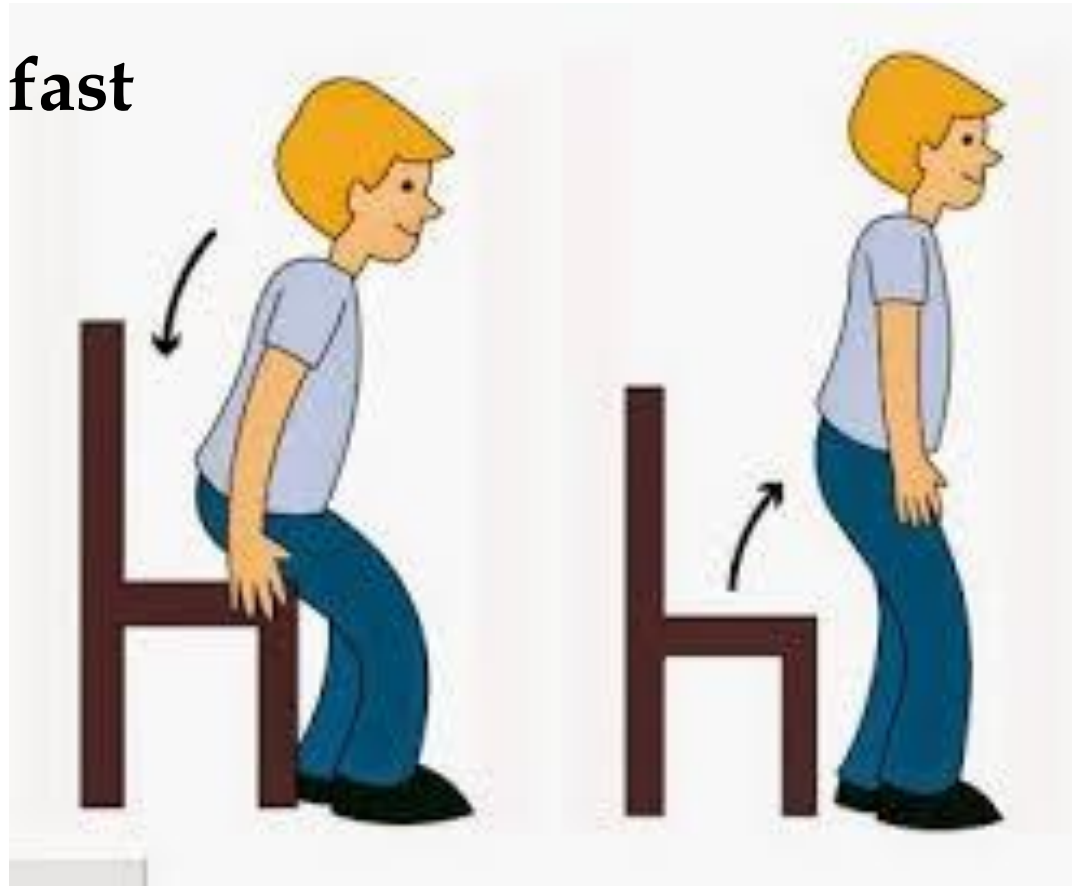
Fainting, "blacking out," or syncope is the temporary loss of consciousness followed by the return to full wakefulness.

CAUSES OF FAINTING

Fainting or syncope occurs when the brain is deprived of blood, oxygen, or glucose.

FAINTING CAN HAPPEN WHEN

1. You stand up too fast



FAINTING CAN HAPPEN WHEN

2. You work or play hard, especially if it's very hot



FAINTING CAN HAPPEN WHEN

3. You begin to breathe too fast (eg., hyperventilation due to anxiety)



FAINTING CAN HAPPEN WHEN

4. **You get very upset, affecting the nerves that control your blood pressure**



FAINTING CAN HAPPEN WHEN

5. Your blood sugar drops. This can happen if you don't eat for a long time or if you have diabetes



SIGNS AND SYMPTOMS BEFORE THE PERSON FAINTS

- 1 lightheadedness
- 2 sweating
- 3 cold clammy skin
- 4 dizziness or vertigo
- 5 nausea
- 6 blurring of vision
- 7 muffled hearing
- 8 numbness of hands/feet
- 9 tingling sensations in the body

What Should you do if you Think you are Going To Faint?

Lie down



Fainting - First Aid

If you can't lie down, sit and bend forward with your head between your knees.

This helps get the blood flowing to your brain



Wait until you feel better before trying to stand up.

When you stand up, do so slowly.



FIRST AID FOR FAINTING

If you notice a person starting to faint

...try to catch the person and slowly lower them to the ground



wikiHow to Deal With Fainting

Fainting - First Aid

1. Make the Person Safe
Lay the person flat on their back



Fainting - First Aid

2. Elevate the person's legs to restore blood flow to the brain



Fainting - First Aid

3. Once you have elevated the person's feet, make sure if he/she is breathing



Fainting - First Aid

4. Loosen any tight clothing



Fainting - First Aid

5. Try to Revive the Person - Shake the person vigorously, tap briskly, or yell



Fainting - First Aid

In most cases, people who have fainted regain consciousness quickly (usually between 20 seconds & 2 minutes). Reassure them and help them sit up slowly



Fainting - First Aid

6. If the person doesn't respond, call emergency services or get ready to perform CPR



Fainting - First Aid

7. If and when the person is alert, give glucose or sugar, or fruit juice, especially if the person has not eaten in more than 6 hours or has diabetes



Fainting - First Aid

8. Stay with the person until they have recovered fully



Fainting - First Aid

9. Call a Health Care Provider in case of

Head injury

Frequent fainting

Heart disease

Other medical conditions

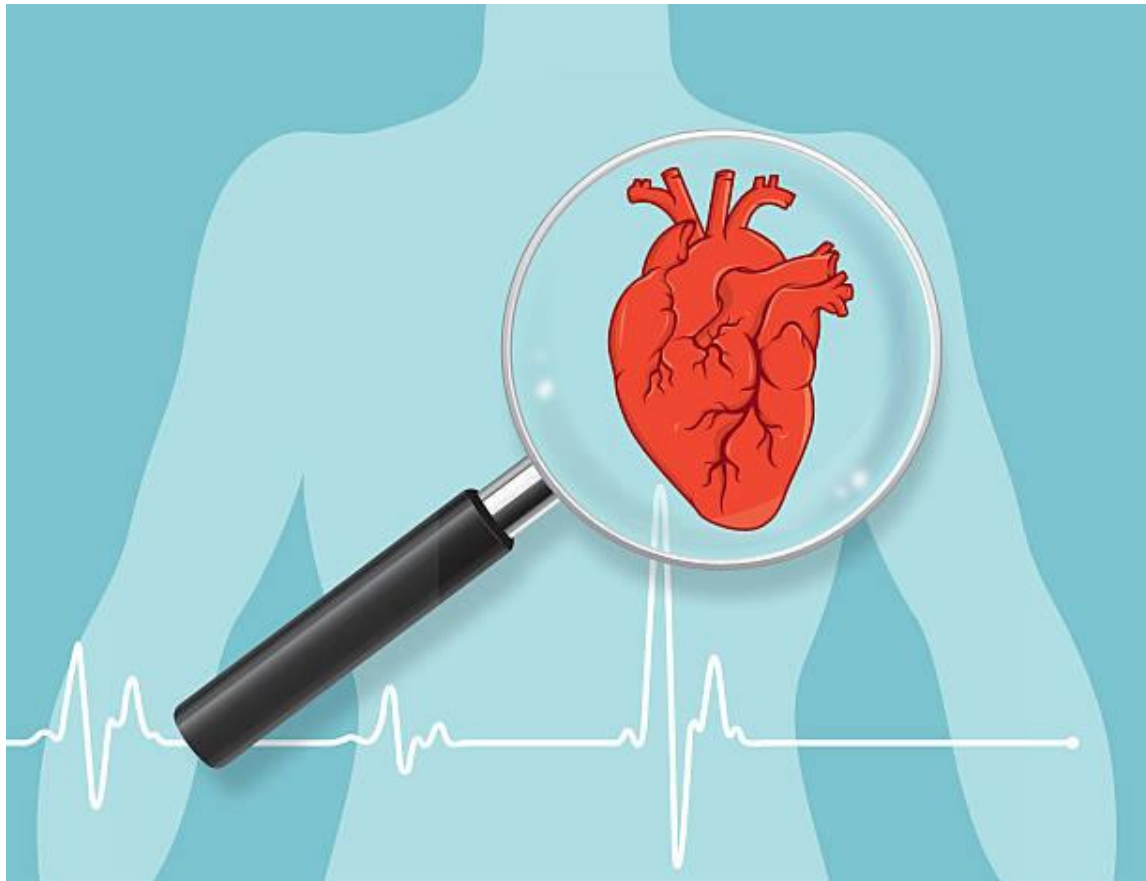
Any unusual symptoms eg. chest pain, difficulty breathing or talking



Fainting - First Aid

Who is at risk for fainting?

1. People with certain cardiac conditions



Who is at risk for fainting?

2. Person with diabetes



Who is at risk for fainting?

3. Person suffering from anxiety or panic disorders



Who is at risk for fainting?

4. Person suffering from dehydration
(diarrhoea/vomiting)



Who is at risk for fainting?

5. Person with low blood sugar
- starvation or skipping a meal



Fainting - Points to Remember

Fainting is a relatively common symptom caused by a variety of problems relating to changes in blood pressure



Fainting - Points to Remember

Being unconscious is not normal; those affected should seek medical care



Fainting - Points to Remember

Fainting can occur in people of any age, but dangerous causes of fainting are more common among older people



Fainting - Points to Remember

When in doubt, call the emergency medical system



Fainting - Points to Remember

It is always appropriate to seek medical care



Fainting - Points to Remember

Some causes of fainting can be a warning of a life-threatening situation. Most times, however, it is a relatively benign situation

