

March 2013

Health Topic

Sturgeon Bay United Methodist Church
Carol Moellenberndt, parish nurse

Are You a Good Samaritan?

Would You Know What to Do if You Found Someone Injured Alongside the Road?

We have all heard the Bible story about the Good Samaritan and Jesus teaching about "who is our neighbor". But what would happen if you were traveling down a road in your car and you witnessed an accident or someone on a bike lying on the road. What if you were taking a hike at Crossroads and you came across someone who was unconscious or injured on the path. What if a child were choking on some food from Sunday School class. What would you do? Do you have any training in first aid or CPR? Do you know where first aid items and the AED are located here at the church?

I think, if we are honest, that sometimes our tendency would be to think that someone else more qualified will step up to help, or just panic and go the other way. A common misconception is that you need lots of knowledge to do first aid. Common sense is important and learning a few key concepts can enable you to help others when needed. Of course the first response is to call for help whether it be by cell phone and/or shouting out for help. If the person is unconscious, opening the airway is sometimes all that is needed. You can do this by tilting their head back or using a jaw lift if you suspect head or neck injury. The jaw lift is taught in CPR class.

First Aid Class
Tuesday
March 26th
1:00pm-5:00pm
contact Carol at
743-3476 to
register

Some misconceptions about first aid:

- "If you can move a limb it can't be broken" You can only tell a break by X-ray unless the bone is out of the skin. Always support the injury with a cushion or items of clothing to prevent unnecessary movement.
- "The best way to stop bleeding is to run water over the area." Pressure on the wound with something clean is the best way to stop bleeding and help prevent infection. Water can wash away some of the clotting factors. A tourniquet is no longer taught in first aid classes because of the damage it can cause.
- "Nosebleeds are best treated by putting the head back." If you put the head back during a nosebleed, all the blood goes down the back of the airway. Instead, advise them to tilt their head forwards. Ask the person to pinch the end of their nose and breathe through their mouth.
- "Keep someone from biting their tongue when having a seizure". If someone is having a seizure do not put anything in their mouths. There is a high risk the object will break and result in choking. Or the object could break teeth.
- "Rub Frostbite." If the tissue is actually frozen, rubbing it will damage the skin. When water in the tissue freezes it expands and forms tiny crystals in the skin cells. The crystals can actually cause small cuts in the skin. The best thing to do is to warm up those body parts by going inside or placing them on another body part that is warm.
- "Drink Milk when poisoned, or induce vomiting." It depends of what poison has been swallowed as to what the best treatment is. Milk or water can react with some poisons. Some poisons burn on the way down and would burn on the way up also. Calling poison control center is best. The poison control number is: 1-800-222-1222.

We all hope that we don't have to use First Aid or CPR/AED for people injured on the road, or in our homes or churches. But the knowledge is good to have. If you are interested in learning more contact Carol to register for the classes in March.



"But a Samaritan while traveling came near him; and when he saw him, he was moved with pity. He went to him and bandaged his wounds, having poured oil and wine on them. Then he put him on his own animal, brought him to an inn, and took care of him."
Luke 10:33-34

Health News Notes

- **Parish Nurse hours** 10am-2pm Thursdays. Carol is out of town March 14th and 21st.
- **Blood Pressure checks** Sunday March 3rd
- **Parkinson Support Group** Thursday March 7th - Caregiver Support Group and splitting into two groups for discussion.
- **CPR-AED class and First Aid Class** Mark your calendars for Tuesday March 26th for an all-day class of CPR/AED class and First Aid class in the afternoon. Take one or both. Talk to Carol if you are interested in either. Registration is necessary. The CPR is free and there may be a small charge for the First Aid class to pay for a couple books.