

10 月度土曜例会 (11/10/15)

本日のゲストはおなじみガーナの Mercy Nuamah さん。先回はガーナへの里帰りの話、その前は Health: Prevention is better than Cure でした。今回は Health: First Aid. The Doctor

Could Be Too Late またまたさぞかし難しい内容になるのでは?と はらはらしましたが、最初に用意してくれた医学専門用語一覧表を勉強、そして本論に入りました。

その前に Introduction: Tell us what you like about Fall、Mercy さんは金木犀の香りが楽しめるから秋が好きだそうです。会場の皆さんひとりひとりまったく別々の好み方があります。紅葉を楽しめる、柿が美味しい、渋柿が作れる、秋刀魚が旨い、実った稲穂が美しい、秋の夜長をロマンチックに楽しめる、等々いろいろな意見が出ました。中には桜のシーズンの春のほうが良い、いや日本は四季折々それぞれが素晴らしい、話は終わりそうにありません。



### 保健：応急処置。医者は遅すぎるかもしれない

この講義では英語による意思疎通と、救命救急時において専門家による処置を待つ間に行いうる救命救急措置を提案するための英語力を身につけることを目標とする。自身による処置を講義するわけではない。必ず救急の専門家による処置を依頼すること。頑張ってください。との注釈が付きます。

This lecture is intended to help in English communication and to suggest possible first steps to take in medical emergency as you wait for professional help. It is not intended as a guide to self-treatment. Always call your emergency service for professional help.

Keep well- Mercy Nuamah, M.D., Ph.D..

### Terminology

Abdominal pain	腹痛	Accidental amputation	突然性切断
Acute pharyngitis (sore throat)	急性咽頭炎	Acute upper respiratory infection	急性上気道感染
Allergy	アレルギー	Back Pain	背中痛み
Bites	噛み傷	Bleeding	出血
Burns	火傷	Cardio Pulmonary Resuscitation (CPR)	心肺蘇生法
Chest pain	胸の痛み	Choking	息詰まり
Constipation	便秘	Coughing	咳
Cramp	筋肉痛	Diarrhea	下痢
Difficulty Breathing	呼吸困難	Dizziness	朦朧
Ear infection	目、鼻、耳の中のゴミ	Eye, Foreign body in eye	目への異物混入
Fever	発熱	Genital Bleeding	性器出血
Headache	頭痛	Laceration/wound	裂傷
Poisoning	中毒	Sexually Transmitted Disease( STD)	性感染症
Sprain/ external injury	捻挫	Urinary Tract Infection (UTI)	尿路感染症

## Top 10 Illness

- Acute upper respiratory infection
- Abdominal pain
- Ear infection
- Urinary tract infection
- Headache
- Unspecified chest pain
- Fever
- Diarrhea
- Acute pharyngitis (sore throat)
- Other chest pain

## Top Ten Emergency Room Visits

- Chest pain
- Genital bleeding
- Different bleeding
- Laceration/wound
- Sprain/ External injury
- Ear, Nose, Throat (ENT) garbage
- Abdominal pain
- Back pain
- Difficulty in breathing
- Least common.....I have a cramp.

Source: from CEN 35

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喉に刺さった魚の骨も garbage です。

## First Aid For Bleeding Nose

- Sit and lean forward slightly.
- Clear the blood from your nose by gently blowing the nose to release any clot.
- Pinch your nose for about 5 minutes.
- Cold compresses or ice applied across the bridge of the nose may help.
- Do not blow the nose for several hours after the bleeding has stopped.



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日本では喉の後ろを叩きますが、鼻血には何の関連も無いはずですよ。

# First Aid for severe bleeding

- Raise the injured part.
- Wash the wound if possible.
- Restrict the flow of blood by pressing hard on the wound with a clean pad.
- Maintain the pressure for 10 minutes.
- Put a firm pad on the wound and bind it tightly so the pressure is maintained.

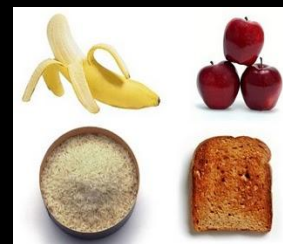


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Not so tight, not so long 会員の中で救急の免許を持っているという方から、10分以上続けると細胞が死滅してしまうので押さえすぎないようにという指摘があり、Mercyさんも同意。

# First Aid For Diarrhea

- Drink lots of clear fluid and Oral Rehydration Solution (ORS).
- Eat probiotic yogurt.
- Try the BRAT diet: bananas, rice, apples or applesauce, and dry toast.
- Get plenty of rest.
- Avoid un prescribed diarrhea medication.



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水 1 リットルに塩大匙 1/3 砂糖 2/3 をお勧め、スポーツドリンクも良し。

# First Aid For Constipation

14 million people in the UK suffer from constipation.

- Take regular exercise,
- Drink plenty of water
- Eat more fiber, including bran cereals, wholegrain bread and rice, and at least five portions of fruit and vegetables a day.
- Never ignore the urge to go to the toilet. Try to keep stress to a minimum.



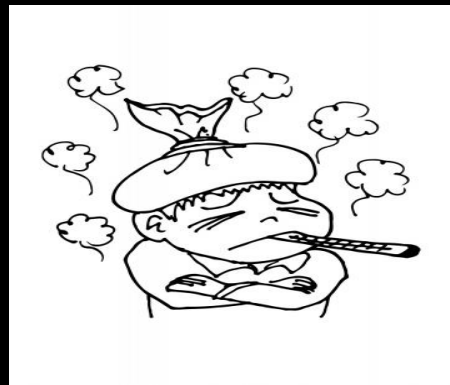
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ウォーキングが安く手軽でベスト、朝晩オレンジジュースを飲みなさい。  
赤ちゃんは4日出なくてもOKです。

# First Aid For Fever

Fever by itself is not harmful or dangerous, and unless it is very high (over 38 degrees Celsius), then it is unlikely to cause brain damage or other problems.

- Get plenty bed rest.
- Drink plenty of Liquids (for example Carrot juice to give provitamin A).
- Take plenty of vitamin C as it helps as a natural antibiotic and also strengthens the immune system.



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家で休んでいれば他の人に病気を移すこともありません。

# Poisoning

- Seek Immediate Medical Help.
- If the person has inhaled poisonous gas, get him or her into fresh air .
- If the person swallowed the poison, remove anything remaining in the mouth.
- If the poison spilled on the person's clothing, skin or eyes, remove the clothing. Flush the skin or eyes with cool or lukewarm water.
- Take the poison container with you to the hospital.



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# First Aid For Choking

- "five-and-five" approach to delivering first aid:
- Give 5 back blows between the person's shoulder blades with the heel of your hand.
- Give 5 abdominal thrusts (also known as the Heimlich maneuver).
- Alternate between 5 blows and 5 thrusts until the blockage is removed.



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子供には upside down も効果あります。



# First Aid CPR (old method)

- Call emergency service.
- Tilt head, lift chin, check breathing.
- Give two breaths.
- Put hands in the center of chest.
- Push down on the chest firmly, 15 times.
- Continue 2 breaths 15 pumps until help arrives.



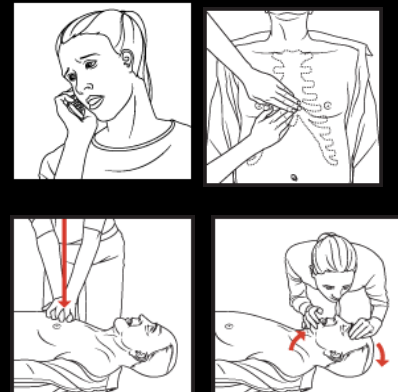
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Cardio                      heart  
 Pulmonary                lungs  
 Resuscitation            wake up

海外に行く折には Mercy さんが作ってくれたこれらを冊子にして持参下さい。難しい医学用語もこれさえあれば安心です。

# First Aid CPR (New Method)

- Call emergency service.
- Put hands in the center of chest
- Tilt head, lift chin, check breathing Give 2 breaths.
- Push down on the chest firmly and fast 30 times.
- Give two breaths.
- Continue with 30 pumps and 2 breaths until help arrives.



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