Protocol Of Emergency Medicine HUMS

based on

Two Months Online Certification Training

Emergency & Pain Management

Shridhar University

SHRIDHAR UNIVERSITY

www.biswaroop.com/epm



Parameter/Obseration	Warning Range/Danger Sign				
Blood Sugar (mg/dl)	<70	≥500			
Systolic B.P. (mmHg)	≤90	>220			
Temperature	<95°F	>102°F			
Oxygen Saturation	≤85%				
Pulse Rate per min	<40	≥130			
Respiration Rate	≤8	≥28			
Urine Output	≤20 ml/hr				
Conscious state and orientation	 Reduced conscious state Disoriented in time or place Seizures, hallucinations, delirium 				
Lips, mouth, airway, voice	Swelling of lips, tongue				
Capillary refill test	> 4 second				
Color of skin	Very pale or yellow (jaundiced)				
Responsiveness of pupils	Unresponsive to light stimulus				
Diarrhea	Copious, watery, bloody				
Unresponsiveness	No pulse + No breathing→Cardiac Arrest /Death				
Dialysis patients	Vomiting/ Itching/ excessive swelling/ Breathlessness/Delirium Above symptom indicates emergency dialysis				

	WATIOIRANSFORM	misional copiecini	En from the type is no more	r (rangiant	Above symptom in	dicates emergency dialysis
	Medical Condition	Postural Medicine	Acupressure	Local Application	To consume	Tools/Materials needed
1	Angina/	LLHWI		Cold fomentation on forehead	Chew Ginger/ Red chilly	Long Bucket, Grad Dialysis Tub, Ginger,
	Heart attack	Heart safe posture HWI	, , , , , , , , , , , , , , , , , , ,	Cold formeritation on forenead	and angely near anily	Red chilly/Cold pack
2	Asthma attack	Recovery Position	K27	Sniff Kapoor (Desi)	Powdered Fitkari(Alum) under tongue	Kapoor (Desi), Alum
_		•				<u> </u>
3 👱	Cardiac arrest	Cardiac Compression	,cy 17	Automated Defibrillator		AED (Automated Defibrillator)
ഗ 4	Choking	Abdominal Thrust/Heimlich maneuver	1 1			
$=$ \sim	Electric shock		6' - 7	Sarson Oil + Saunth heat n apply	Coconut water/ Lemon water	Sarson oil, Saunth, Coconut water/ Lemon wate
	- 60	Biolot Lateral Describitors	\	2 drops of Tulsi juice		Tulsi leaves, Onion
<u>ق</u> 6	Epilepsy Right lateral decubitus	Right Lateral Decubitus		or Onion juice in the Nose		·
7	Poisoning	HWI			Drink 30ml Sarson Oil +30ml Onion juice. Vomit	Sarson oil, Onion, GRAD Dialysis Tub
8 8	Snake bite	Supine		Tourniquet/ Suction pump	Neem leaves + Chilies (Alternately)	Tourniquet, Suction Pump, Neem leaves, Chilies
		CAAT/Prone ventilation	W.C.D.C.	Sniff Kapoor (Desi)		Tulsi leaves, Saunth, Haldi, Dalchini, Ajwain, Lavang, Garlic
<i>-</i>	3pOZ\ 03/0 breatilessiless	·	GB33	Silii Kapooi (Desi)	Lavang, Kalimirch, Munakka, Garlic	Kalimirch, Munakka, Hand held fan , Desi Kapoor, Oximet
10	Stroke/Paralysis	LLHWI	GV26		Chew Ginger till tears roll out	Long bucket, Hot water , Ginger
11	Broken bones			Splint, cast/sling	Haldi+Methi+Saunth+Arjun ki Chaal	Splint, Cast/Sling, Haldi,Methi,Saunth, Arjun ki Cha
	Burn			Cold water flow for 10 min		Free flowing cold water, Amritdhara, Raw Potato
-				Amritdhara +Coconut oil/Aloevera gel or raw Potato paste all over		Coconut oil/Aloevera gel, Lemon water
13 4	Cuts/Injury/bleeding	Anti gravity position		Apply Fitkari (Alum), Dressing with		Haemostatic dressing, Stapler, Aloe Vera, Haldi,
	Head injury	+30° inclined		Aloe Vera+ Haldi	Saveth 1/2 Spann 1/4th Spann Hald:	Fitkari
	Joint dislocation			Cold Compression	Saunth 1/2 Spoon+1/4th Spoon Haldi	Tilt Bed, Inclinometer, Saunth, Haldi
15	JOHN GISIOCALION	Relocation of joint	\ F all	·		Cold pack
L6	Small insect bite	Water immersion @ 50°C	LI11	Raw Haldi+ Lemon juice/ Sarson oil heat napply/Rub Tulsi leaves with Salt		Grad Dialysis Tub, Hot water, Onion juice, Raw Haldi, Sarson oil, Lemon, Tulsi leaves, Salt
					Kadha of Dhania seeds + Saunth	
L7	Abdominal pain		CV6	Camphor oil around navel + hot fomentation/cold wet cloth bandage	+ Saunf+ Jeera+ Ajwain + Kala Namak + Ginger juice + Pudina juice with water	Ajwain, Water, Ginger, Saunf, jeera, Camphor o Dhania seed, Saunth, Kala Namak, Pudina
	Dealersin	11341 A	B23 D B23	· · · · · · · · · · · · · · · · · · ·		Grad- Dialysis Tub, Hot Water, Potli , Mustard oi
18	Back pain	HWI/Vajrasana	B47 - B47	Potli massage+ Ashwagandha + Saunth, Suction cups, TENS	Kadha Haldi+Methi+Saunth+Dalchani +Ajwain +Arjun Chhal	Saunth, Ashwagandha, Suction cups
L9	Cancer pain	HWI		TENS, Potli massage (Dry)		Grad- Dialysis Tub, Hot Water, TENS Machine, Potli + Ri
	·			Camphor oil around navel + Hot	Kadha of Saunth+Ajwain+Jeera+Pudina	+ Suction cups Camphor oil, Musturd oil, Saunth, Ajwain,
20	Colic Pain		•€V12	fomentation+ warm Musturd oil /Garlic	The arms of Sauntin Ajwann Sectarr utilla	Jeera, Pudina, Garlic, Hot Bottle
21	Ear Ache		B-9	Warm onion juice & pour in the ear/		Onion juice, Haldi, Garlic
	Fibromyalgia	HWI	c	Smoke of Turmeric + Garlic TENS + Potli	Haldi+Methi+Saunth+Dalchini+Ajwain	Grad tub/ TENS, Potli, Rice, Haldi, Methi, Saunth, Dalchini, Ajw
	Gallbladder			TENS /Hot and Cold Compress	Tulsi+Aiwain+Dalchini+ Black salt	
23	/Kidneystone pain			TENS / Hot and cold compress	and 2 drops of lemon	TENS Machine, Hot and cold pack, Tulsi, Ajwai Flannel Cloth, Dalchini, Black salt, Lemon
24 <mark>Z</mark>	Headache	Anulom-Vilom	LI 4	Chandan/Aloevera Lepas	Sniffing oil, Ginger Kadha	2 Sec headache sniffing oil, Ginger, Chandan/Aloevera
DE -	Labour pains	HWI@38°C	Sumplies 9'4	Tie Leaf of ark plant on forehead	Kadha (Jeera/Saunf + Dalchini)	Leaf of ark plant, hot water, Jeera, Dalchini
25 ◀	Labour pairis		SP 6	·	, ,	-
26	Painful Menstruation	HWI		Hot bottle fomentation	Powder of reddish seeds+carrot seeds + Kalongi seeds	Grad Dialysis Tub, hot water, Raddish seeds, Carroot seeds, Kalongi seeds, Hot bottle
7.7	D.1 D .	Sit- bath @ 430C	MA	Fresh Aloe-vera in & out of Anus	Kadha Methi leaves	Sitz Bath Tub warm water, Aloe vera,
27	Piles Pain	Sitz bath @ 42°C		Trestit tion vera in a dat of tinas	/ Coriander leaves	Methi leaves/Coriander leaves
28	Sciatica Pain	Avagaha Therapy	GB 30	Suction cups, TENS	Haldi+Methi+Saunth+Dalchani+Ajwain	Nirgundi/Dashmool leaves, Suction cups, Haldi,
		, wasana merapy	GB 30	Dati massa (Math / Compani)	+Arjun Chhal (Take 1 Spoon After Mixing)	Methi, Saunth, Dalchani, Ajwain, Arjun Chaal
29	Severe joint pain			Potli massage (Wet)/Sarso oil massage + Ginger/Suction cups, TENS	Night Jasmine leaves Kadha	Potli + Onion, oil (Herbal oil)+Onion/ Alovera,Sarso oi Ginger,Night Jasmine leaves, Suction Cups, TENS
30	Sprain			Potli + Onion massage/Turmeric	Saunth+Tulsi leaves Kadha	Saunth, Tulsi leaves, Haldi, Potli, Lime, Onion
		UST	Septe 24	/ Lime stone lepas	4/2.4.2	
31	Swelling in legs	HDT	SP 6	Haldi & Methi seeds paste /Suction Cups	1/2-1 Spoon Of Saunth Powder Kadha	Haldi, Methi seeds, Tilt Bed, Inclinometer /Suction Cups
22			The state of the s	<u>'</u>	Gargle 4 clove + 1 glass water	<u>'</u>
32	Tooth Ache		ll11	Put Garlic paste	+ 1 Pinch Alum/Chew Garlic	4 Clove, Water, Alum, Garlic
				Cold wet cloth bandage	Kadha: Saunf+ Jeera+Mulethi	Saunf, Jeera, Mulethi, Dhaniya, Mishri,
33	Acidity/GERD	Left lateral position	CV16	on upper abdomen	+ Dhaniya + Mishri	Cotton Cloth
34	Anaphylaxis	Leg raise	***	· ·		2-3 Pillows
		LLHWI	EX1		Haldi/ Jeera Kadha	Long bucket, Hot water, Haldi and Jeera
	,, 0		IC 20		,	
		LBHWI			Fasting	Glucometer
37	Blood sugar< 70		LI11		Fruit juice	Fresh fruit Juice, Glucometer
38	Fever >102°	Cold Fomentation	Occ.		Night Jasmine Leaves Kadha/ Chirata Kadha	4 Pieces of towel, cold water, Night Jasmine leaves, Chirata, Thermometer
	Faint	Recovery position	St. 43 B	2 drops of Tulsi juice in the Nose	Children Rudilla	Tulsi leaves
			GV 26	•	20ml Orien Line to Line	
40	Heat stroke	Recovery positions	LI11	Cold towel on head	20ml Onion Juice to drink	Drinking water, Onion, Towel
11 W	High B.P.	LLHWI/ HWI	GB 20 (1) (2)	Cold towel on head	Eat 4-5 Belpatra, Black Papper/	Long Bucket, Hot Water, Cold water, Towel,
	ט וואָוו ו.ד.	LLIIVVI/ TIVVI			1/2cup Bottle Gourd juice	Bottle Gourd, B.P monitor, GARD Dialysis Tub
42 0	Hickups	Valsalva maneuver	GV26		Munakka+Roasted Hing powder 1Tsp Honey + 1Tsp lemon juice	Munakka, Roasted Hing Powder/Honey & Lemo
	Itching		N /	Alum / Amritdhara+ Coconut Oil/	, , ,	Alum, Coconut oil, Amritdhara, Aloevera gel
+3 ⋖	rttillig			Aloevera gel		Neem leaves
44	Low B.P.	-5° HDT	G3(140 x) G33	Apply Chandan paste	Water+ Jaggery+Rock Salt/Salt +Lemon / Coffee drink+ boiled Munakka	Tilt Bed, Bricks, Inclinometer, Chandan, Jaggary Salt, Lemon/Coffee, Munakka, B.P monitor
			as 20			, , , , , , , , , , , , , , , , , , ,
/15			SP 6	Cold wet Cloth on abdomen	Kadha (Jeera + Dalchini)+ Sauf	Jeera, Dalchini, Saunf, Cotton Cloth
+3 O	Loose motion		/ min	Massage with mustard oil	Ginger + Raw Haldi (Kadha	2 Pillows, Mustard Oil, Ajwain, Methi Seeds,
၂		Postural	9m	Iviassage with mustaru on	\ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \	Crushed Garlic, Ginger, Raw Haldi
၂	Loose motion Mucus in lungs	Postural Drainage	LIV 3	+ Ajwain + Methi seeds + Garlic	+ Chew)	Crusiled Garile, Giriger, Naw Haidi
46 ×	Mucus in lungs	Drainage	1	+ Ajwain + Methi seeds + Garlic Cold Compression	5-6 tender Peepal leaves juice	Small towel, Ice water, Onion, Raw Haldi,
46 E	Mucus in lungs Nose bleed	Drainage 10 min	1	+ Ajwain + Methi seeds + Garlic Cold Compression Put 2-3 drops of Onion juice in the nose	5-6 tender Peepal leaves juice	Small towel, Ice water, Onion, Raw Haldi, Peepal leaves
46 E	Mucus in lungs	Drainage	1	+ Ajwain + Methi seeds + Garlic Cold Compression	5-6 tender Peepal leaves juice 1 pinch Camphor + 1 Spoon Water	Small towel, Ice water, Onion, Raw Haldi, Peepal leaves Head Tilt Bed , Camphor, Mustard Oil, Inclinomet
46 × 47	Mucus in lungs Nose bleed	Drainage 10 min	LIV 3	+ Ajwain + Methi seeds + Garlic Cold Compression Put 2-3 drops of Onion juice in the nose	5-6 tender Peepal leaves juice	Small towel, Ice water, Onion, Raw Haldi, Peepal leaves
46 × 47 × 48 × 49 ×	Mucus in lungs Nose bleed Pulse rate≤40 Pulse rate≥130	Drainage 10 min HDT Valsalva maneuver	H7	+ Ajwain + Methi seeds + Garlic Cold Compression Put 2-3 drops of Onion juice in the nose	5-6 tender Peepal leaves juice 1 pinch Camphor + 1 Spoon Water Kadha: Dalchini+Methi	Small towel, Ice water, Onion, Raw Haldi, Peepal leaves Head Tilt Bed , Camphor, Mustard Oil, Inclinomet Dalchini, Methi Warm water. Aloe vera.
46 X 47 48 49	Mucus in lungs Nose bleed Pulse rate≤40 Pulse rate≥130 Respiration rate≤8	Drainage 10 min HDT Valsalva maneuver Segmental Breathing/ Deep Breathing	LIV 3	+ Ajwain + Methi seeds + Garlic Cold Compression Put 2-3 drops of Onion juice in the nose Massage Sole of foot with Mustard Oil	5-6 tender Peepal leaves juice 1 pinch Camphor + 1 Spoon Water Kadha: Dalchini+Methi Kadha: Methi Leaves/ Dhaniya leaves	Small towel, Ice water, Onion, Raw Haldi, Peepal leaves Head Tilt Bed , Camphor, Mustard Oil, Inclinomet
17 18 19 50	Mucus in lungs Nose bleed Pulse rate≤40 Pulse rate≥130 Respiration rate≤8 Respiration rate≥28	Drainage 10 min HDT Valsalva maneuver Segmental Breathing/ Deep Breathing Pursed lip breathing	H7 K27	+ Ajwain + Methi seeds + Garlic Cold Compression Put 2-3 drops of Onion juice in the nose Massage Sole of foot with Mustard Oil	5-6 tender Peepal leaves juice 1 pinch Camphor + 1 Spoon Water Kadha: Dalchini+Methi Kadha: Methi Leaves/ Dhaniya leaves Sip warm water	Small towel, Ice water, Onion, Raw Haldi, Peepal leaves Head Tilt Bed , Camphor, Mustard Oil, Inclinomet Dalchini, Methi Warm water, Aloe vera, Methi leaves/Dhaniya leaves
46 × 47 × 48 × 49 × 50 × 51	Mucus in lungs Nose bleed Pulse rate≤40 Pulse rate≥130 Respiration rate≤8 Respiration rate≥28	Drainage 10 min HDT Valsalva maneuver Segmental Breathing/ Deep Breathing Pursed lip breathing	H7 K27	+ Ajwain + Methi seeds + Garlic Cold Compression Put 2-3 drops of Onion juice in the nose Massage Sole of foot with Mustard Oil	5-6 tender Peepal leaves juice 1 pinch Camphor + 1 Spoon Water Kadha: Dalchini+Methi Kadha: Methi Leaves/ Dhaniya leaves Sip warm water Castor oil /Trifala Churna + Warm water	Small towel, Ice water, Onion, Raw Haldi, Peepal leaves Head Tilt Bed , Camphor, Mustard Oil, Inclinomet Dalchini, Methi Warm water, Aloe vera, Methi leaves/Dhaniya leaves Enema Kit, Water, Castrol Oil, Trifala Churna
46 × 47 48 49 50 51 52	Mucus in lungs Nose bleed Pulse rate≤40 Pulse rate≥130 Respiration rate≤8 Respiration rate≥28 Severe Constipation	Drainage 10 min HDT Valsalva maneuver Segmental Breathing/ Deep Breathing	H7 -CV12	+ Ajwain + Methi seeds + Garlic Cold Compression Put 2-3 drops of Onion juice in the nose Massage Sole of foot with Mustard Oil	5-6 tender Peepal leaves juice 1 pinch Camphor + 1 Spoon Water Kadha: Dalchini+Methi Kadha: Methi Leaves/ Dhaniya leaves Sip warm water Castor oil /Trifala Churna + Warm water Kadha: Ajwain+Turmeric+Ginger+Jaggery	Small towel, Ice water, Onion, Raw Haldi, Peepal leaves Head Tilt Bed , Camphor, Mustard Oil, Inclinomet Dalchini, Methi Warm water, Aloe vera, Methi leaves/Dhaniya leaves Enema Kit, Water, Castrol Oil, Trifala Churna Ajwain, Haldi, Ginger, Jaggery, Clove
46 × 47 48 49 50 51	Mucus in lungs Nose bleed Pulse rate≤40 Pulse rate≥130 Respiration rate≤8 Respiration rate≥28	Drainage 10 min HDT Valsalva maneuver Segmental Breathing/ Deep Breathing Pursed lip breathing	H7 - K27	+ Ajwain + Methi seeds + Garlic Cold Compression Put 2-3 drops of Onion juice in the nose Massage Sole of foot with Mustard Oil Enema	5-6 tender Peepal leaves juice 1 pinch Camphor + 1 Spoon Water Kadha: Dalchini+Methi Kadha: Methi Leaves/ Dhaniya leaves Sip warm water Castor oil /Trifala Churna + Warm water Kadha: Ajwain+Turmeric+Ginger+Jaggery +Clove+Black pepper+Sendha Namak	Small towel, Ice water, Onion, Raw Haldi, Peepal leaves Head Tilt Bed , Camphor, Mustard Oil, Inclinomet Dalchini, Methi Warm water, Aloe vera, Methi leaves/Dhaniya leaves Enema Kit, Water, Castrol Oil, Trifala Churna Ajwain, Haldi, Ginger, Jaggery, Clove Black pepper, Sendha Namak
46 W 47 48 49 50 51 52	Mucus in lungs Nose bleed Pulse rate≤40 Pulse rate≥130 Respiration rate≤8 Respiration rate≥28 Severe Constipation	Drainage 10 min HDT Valsalva maneuver Segmental Breathing/ Deep Breathing Pursed lip breathing	H7 -CV12	+ Ajwain + Methi seeds + Garlic Cold Compression Put 2-3 drops of Onion juice in the nose Massage Sole of foot with Mustard Oil Enema Sole massage Mustard oil	5-6 tender Peepal leaves juice 1 pinch Camphor + 1 Spoon Water Kadha: Dalchini+Methi Kadha: Methi Leaves/ Dhaniya leaves Sip warm water Castor oil /Trifala Churna + Warm water Kadha: Ajwain+Turmeric+Ginger+Jaggery +Clove+Black pepper+Sendha Namak Hot water steam with Jeera/	Small towel, Ice water, Onion, Raw Haldi, Peepal leaves Head Tilt Bed , Camphor, Mustard Oil, Inclinomet Dalchini, Methi Warm water, Aloe vera, Methi leaves/Dhaniya leaves Enema Kit, Water, Castrol Oil, Trifala Churna Ajwain, Haldi, Ginger, Jaggery, Clove Black pepper, Sendha Namak
46 × 47 48 49 50 51 52 53	Mucus in lungs Nose bleed Pulse rate≤40 Pulse rate≥130 Respiration rate≤8 Respiration rate≥28 Severe Constipation Severe Cold/Cough Sleep disorder	Drainage 10 min HDT Valsalva maneuver Segmental Breathing/ Deep Breathing Pursed lip breathing LLHWI/HWI	H7 K27	+ Ajwain + Methi seeds + Garlic Cold Compression Put 2-3 drops of Onion juice in the nose Massage Sole of foot with Mustard Oil Enema	5-6 tender Peepal leaves juice 1 pinch Camphor + 1 Spoon Water Kadha: Dalchini+Methi Kadha: Methi Leaves/ Dhaniya leaves Sip warm water Castor oil /Trifala Churna + Warm water Kadha: Ajwain+Turmeric+Ginger+Jaggery +Clove+Black pepper+Sendha Namak	Small towel, Ice water, Onion, Raw Haldi, Peepal leaves Head Tilt Bed , Camphor, Mustard Oil, Inclinomet Dalchini, Methi Warm water, Aloe vera, Methi leaves/Dhaniya leaves Enema Kit, Water, Castrol Oil, Trifala Churna Ajwain, Haldi, Ginger, Jaggery, Clove Black pepper, Sendha Namak Long bucket, Hot water / Grad- Dialysis Tub, Hot Water, Mustard oil, Jeera, Unripe banana
46 W 47 48 49 50 51 52 53	Mucus in lungs Nose bleed Pulse rate≤40 Pulse rate≥130 Respiration rate≤8 Respiration rate≥28 Severe Constipation Severe Cold/Cough	Drainage 10 min HDT Valsalva maneuver Segmental Breathing/ Deep Breathing Pursed lip breathing	H7 - K27	+ Ajwain + Methi seeds + Garlic Cold Compression Put 2-3 drops of Onion juice in the nose Massage Sole of foot with Mustard Oil Enema Sole massage Mustard oil /lavender oil massage behind ear	5-6 tender Peepal leaves juice 1 pinch Camphor + 1 Spoon Water Kadha: Dalchini+Methi Kadha: Methi Leaves/ Dhaniya leaves Sip warm water Castor oil /Trifala Churna + Warm water Kadha: Ajwain+Turmeric+Ginger+Jaggery +Clove+Black pepper+Sendha Namak Hot water steam with Jeera/ Unripe banana (Kadha)	Small towel, Ice water, Onion, Raw Haldi, Peepal leaves Head Tilt Bed , Camphor, Mustard Oil, Inclinomet Dalchini, Methi Warm water, Aloe vera, Methi leaves/Dhaniya leaves Enema Kit, Water, Castrol Oil, Trifala Churna Ajwain, Haldi, Ginger, Jaggery, Clove Black pepper, Sendha Namak