

Respiratory Emergencies in EMS (EMTs & Paramedics) Step by Step Method.

1. Introduction to Respiratory Emergencies in EMS

- We are talking about Respiratory emergencies.
- Respiratory emergencies have to do with the lungs.
- **Respiratory emergencies are very common calls in EMS.**
- They are in the top three most common calls.
- You will get a patient with difficulty breathing almost every shift.
- We need a checklist system for these emergencies.

2. The HORID Mnemonic for Assessing Difficulty Breathing

- If someone has difficulty breathing, use a Mnemonic.
- The Mnemonic is called **HORID**.
- This is the best Mnemonic the speaker has ever seen.
- It helps you not make a horrid mistake and miss something.
- Having a checklist system prevents getting burned.

Mnemonic Letter	Meaning
H	Heart
O	Obstruction
R	Reactive
I	Infection
D	Death

3. H is for Heart: Cardiac Causes of Difficulty Breathing

- The first H in HORID is for **Heart**.
- There are two main heart things to watch out for.
- The first is **ACS**, which is a heart attack.
- In medical terms, this is a myocardial infarction.
- Myocardial means heart muscle, and infarction is bad.
- The other heart issue is **CHF**, which is heart failure.
- In CHF, blood backs up into the lungs.

4. O is for Obstruction: Airway Obstruction Causes

- The O in HORID is for **Obstruction**.
- This could be a foreign body in the airway.
- It could also be tightening in the upper airway.
- An example is stridor.
- Think of obstruction with difficulty breathing.

5. R is for Reactive: Reactive Airway Conditions

- The R in HORID is for **Reactive**.
- Think of three things when you hear reactive.
- These are **Anaphylaxis, asthma, and COPD**.

Condition	Description	Cause	Symptoms
Anaphylaxis	Severe allergic reaction involving multiple body systems	Allergic reaction to a substance	Hives, wheezing, nausea, vomiting
Asthma	Chronic problem causing bronchoconstriction	Hypersensitivity	Tightness, wheezing
COPD	Chronic disease, usually in older people	Chronic bronchitis or emphysema	Tightness, hypersecretion (bronchitis)

6. I is for Infection: Infectious Causes of Difficulty Breathing

- The I in HORID is for **Infection**.
- In normal times, think of **flu and Pneumonia**.
- These infections can cause fever.
- The skin will be hot.
- They may have junk in their lungs.
- They might cough up green fluid.

7. D is for Death: Life-Threatening Respiratory Emergencies

- The D in HORID is for **Death**.
- Missing these can cause a patient to die.
- The two main ones are **pulmonary embolism** and **Pneumothorax**.
- Pneumothorax is a collapsed lung.
- A Tension Pneumothorax is when air collapses the lung and pushes on the heart.
- Pulmonary embolism is a blood clot in the lungs.

8. Pulmonary Embolism (PE): Vitals, Risk Factors, and Exams

- PE means **Pulmonary Embolism**.
- Vitals for PE are **hypoxic and tachycardic**.
- This relates to heart blood flow.
- A PE often starts as a DVT in the leg.
- A DVT is a deep vein thrombosis, a blood clot in a deep vein.
- The clot can travel up to the lungs.
- PE is sneaky because lung sounds can be clear.
- **Always do a leg exam** for difficulty breathing.
- Document your leg exam.
- Risk factors include long travel, smoking, birth control, cancer, and recent surgery.

9. Common Medications for Respiratory Emergencies

- We will talk about common medications used in Respiratory emergencies.
- Some common medications are Albuterol, Ipratropium (DuoNeb), Nitroglycerin, and Epinephrine.
- We will discuss what they treat and why.

Medication	Use	Action	Notes
Albuterol	Asthma, COPD, Anaphylaxis	Acts on beta-2 receptors to open lungs	For reactive airway constriction
Ipratropium	Used in DuoNeb	Dries up secretions	May make infection harder to clear
Nitroglycerin	CHF	Decreases preload in the heart	Helps clear fluid from lungs
Epinephrine (Epi)	Severe asthma, anaphylaxis	Acts on beta-2 receptors to open lungs	For severe constriction

10. Albuterol and Ipratropium: Bronchodilation and Secretion Control

- Albuterol is used for asthma, COPD, and Anaphylaxis.
- This treats reactive airway conditions.
- Albuterol acts on beta-2 receptors.
- This opens up the lungs (bronchodilation).
- Ipratropium is part of DuoNeb.
- Ipratropium dries up secretions.
- It might make infection harder to clear.

11. Nitroglycerin and Epinephrine: Other Key Respiratory Medications

- Nitroglycerin decreases preload in the heart.
- This is useful in CHF when lungs fill with fluid.
- It decreases blood flow back to the heart.
- Epinephrine (Epi) acts on beta-2 receptors.
- This opens up the lungs (bronchodilate).
- Epi is used in severe asthma and Anaphylaxis.

12. The Paramedic Coach Mission and Resources

- The speaker's mission is simple.
- They believe you should pass your boards if you want to be in EMS.
- The speaker wants to give back to the EMS community.
- There is a course called The Paramedic Coach.
- It has over a hundred videos for EMT and Paramedic school.
- The course helps you pass school and work on the road.
- It currently costs \$49.

13. Upcoming Changes and Giveaways

- There will be a giveaway soon.
- The giveaway is for reaching 3,000 YouTube subscribers.
- The prize is a Littmann Cardiology IV stethoscope.
- The course price might change.
- There will be big changes and additions to the course.

14. Private Facebook Group for Members

- The speaker gets many messages.
- It is hard to answer all questions directly.
- A solution is a private Facebook group for members.
- Members will have access to the speaker.
- You can ask questions directly in the group.
- This gives one-on-one feedback and a community.

15. Encouragement and Future Plans

- The speaker has many things planned.
- The goal is to change EMS education.
- The speaker wants to help you succeed.
- The speaker almost failed EMT school without a mentor.
- The speaker wants to help anyone who wants to serve their community.