

## CRAMPS

### Awareness:

A cramp is a painful, spasmodic constriction of either a muscle or a group of muscles, Cramps occurs most commonly in the lower limbs.

### Assessment:

- The areas is painful and the affected area is firm to touch

### Action:

- Gently stretch the affected muscle fully
- Straighten and raise the leg.
- In the lower leg, draw the toes towards the shin.
- Apply a cold compress or ice pack t the affected areas.

## FAINTING

### Awareness:

Fainting is a brief lapse of conscious due to inadequate blood flow to the brain.

### Common causes are:

- Emotion: unpleasant smells or frightening sights or smells or bad news
- Prolonged standing
- Injury: especial at the sight of blood

### Assessment:

- Persons feels tight headed and things look "green or yellow"
- Person wants to lie down, is restless and pale, and has clammy skin.

### Action:

- Follow the DRABCD action plan.
- If unconscious place the person in lateral/recovery position.
- If conscious. Lie person on the backs with their legs elevated
- If person is pregnant place onto her left side
- If unconscious persists for longer than 2 minutes or more a more serious cause should be suspected and medical help should be called