

HEART ATTACK

Assessment

- Tightness, heaviness or pain in the chest.
- May be pale sweaty or breathless.
- Pain spread to the shoulder, arm, throat or jaw.

Action

- Follow the DRABCD action plan.
- Send for medical aid and an ambulance
- Reassure the person
- Loosen the clothing around the neck and chest
- Support in a comfortable position
- Encourage to remain calm and quiet
- Oxygen therapy is very helpful
- Cardiac arrest is always a possibility, so be ready to perform CPR if required
- If CPR is required, attach an AED (automatic external defibrillator) available and follow the prompts.