

Boys and Girls Club Clinical
Emergencies

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Group 1: **Fire Safety**

- Lindsey
- Lynnette

In the first station, we will be explaining fire related emergencies. For fire safety, we will be demonstrating how to “Stop, Drop, and Roll”, along with the acronyms RACE and PASS. We will educate them on how to use the back of their hand to feel the door handle for heat before opening it, and ways to call for help incase of an emergency.

A question for the kids relating to fire:

What should you do if you see smoke in a room?

- Wave the smoke away with your arms.
- Run to the top floor and hide from the smoke.
- Crawl low under the smoke to the nearest exit.
- Turn on a fan to blow the smoke away.

An alternative question:

What is the first step you take when using a fire extinguisher?

- Pull the pin.
- Squeeze the handle.
- Shake it up.
- Aim at the top of the fire.

Activity:

A game similar to sharks and minnows but instead of a shark one child will start as the fire with flame stickers. The fire will slowly spread through the kids as the game progresses and more kids get tagged with flame stickers.

Group 2: **Choking**

- Dylan
- Kaden

In the second scenario, we will teach about signs and symptoms of choking. Universal signs for choking such as not being able to talk or make noise, bluish lips or skin, hands around the throat (universal choking sign). Will will also teach how to prevent choking.

An activity for choking is: Charlie Says (Simon says)

- Sit down to eat food
- Call for help

- pointing to their throat or using the universal choking sign

Question: What should you do if you see someone choking?

1. Run away and hide
2. **Tell an adult or get help right away**
3. Jump up and down
4. Try to drink water

Group 3: **Medical Emergencies - Allergic reaction and Epi-Pen education**

- Savannah

In my demonstration of medical emergencies, I will explain how to recognize the signs of an allergic reaction and inject an Epi-pen on yourself or others. I will talk through the signs of an allergic reaction (swelling, redness, pain in stomach, chest tightness, dizziness, vomiting, confusion, severe hives/rash) as researched by the Cleveland Clinic, *How and When To Use an EpiPen for an Allergic Reaction*. I will then explain how to insert an Epi-pen in six steps: remove the epi-pen from the carrier tube; point the orange tip downward and the blue safety tip upward; remove the blue safety cap without bending it; place the orange tip against the middle of the outer thigh (may have clothes on); complete a slight swing and jab the auto-injector into the thigh to hear a click, hold the epi-pen in for three seconds.

I am keeping this explanation very simple and to the point so I do not confuse the children. When talking about the orientation of the Epi-Pen prior to insertion I will give them the rhyme of, "Blue to the sky, orange to the thigh," as a simple way to remember. I would like to demonstrate on a practice doll or at least show them a video of an Epi-Pen being inserted. I would also like to show a practice epi-pen if the school of nursing has any.

Cleveland Clinic. (2024, July 3). *How and when to use an epi-pen for an allergic reaction*. <https://health.clevelandclinic.org/how-to-use-an-epipen>.

Question 1: What way should you have an epi pen pointed when inserting it?

- a. Blue pointed downwards
- b. Orange pointed upwards
- c. **Orange pointed downwards**
- d. Don't insert one on your own

Answer: C, an epi-pen should be inserted with blue pointing upwards and orange pointing downwards. Remind them "Blue to the sky, orange to the thigh"

Question 2: Where should you insert an Epi-Pen?

- a. Upper Arm
- b. **Mid outer thigh**
- c. Bottom of foot
- d. Side of neck

Answer: B, epi-pens should be inserted above clothing in the middle of the outer thigh at a 90 angle.*

Question 3: True or false, you can insert an Epi-pen through jeans/pants.

a. True

b. False

Answer: A, the auto-injector needle of an Epi-Pen is designed to go through jeans and pants.