

# CASE STUDY NOTES 1-5



## CASE STUDY 1

**Lee and Jodie are playing football.**

**After Lee begins to cough, he then starts wheezing as he tries to speak. He has difficulty in breathing.**

**Jodie knows that Lee has asthma.**

- Jodie should reassure Lee and tell him to try to keep calm
- She should ask Lee whether he has an inhaler – she should tell him to use it
- Jodie should help Lee to sit in a position in which he feels comfortable
- If Lee does not improve within three minutes he should take another puff from the inhaler
- If the inhaler has no effect after five minutes Jodie should dial 999 or 112 for an ambulance.



## CASE STUDY 2

**Spiros is playing football with his friends when he trips and falls. His friend Ben hears a loud crack and the sound makes him feel sick.**

**Peter thinks that Spiros has broken his arm as it looks a strange shape.**

**Spiros is feeling dizzy and in pain.**

- Peter should tell Spiros not to move his arm
- Peter should try and support it using coats or jumpers
- Peter should dial 999 or 112 for an ambulance.



## CASE STUDY 3

**Mark woke up late and didn't have time to eat his breakfast. When he got to school the canteen had shut so he went straight to his lesson.**

**Even though he felt hungry at break he spent the time playing football with his friend Joe. By late morning Joe notices that Mark is a bit confused and seems to be sweating.**

**Mark says that he feels dizzy and faint.**

- Joe should make sure that Mark is sitting down
- Joe should give Mark a sugary drink, chocolate or other sweet food
- If Mark responds quickly, Joe should let him rest and give him more food until Mark feels better
- If Mark does not improve he should seek medical help.



## CASE STUDY 4

**Gill is playing tennis with her friend Andy when she twists her wrist awkwardly trying to hit the ball.**

**She calls out in pain and drops her tennis racket on the floor.**

- Andy should advise Gill to keep still
- He should try and support the injured wrist using any spare clothing they may have
- Andy should dial 999 or 112 for an ambulance.



## CASE STUDY 5

**Gina and Melissa are playing in Gina's garden when Melissa falls off the climbing frame.**

**She is lying in a strange position and her leg is bleeding.**

- Gina should tell Melissa not to move;
- Gina should put on disposable gloves and try to stop the bleeding using a sterile dressing and applying pressure;
- Gina should try to support the injured leg by placing blankets, coats or jumpers around it;
- She should dial 999 or 112 for an ambulance.

# CASE STUDY NOTES 6 - 10



## CASE STUDY 6

**Sarah is walking home from school when it begins to snow. She decides to visit her elderly next door neighbour. She lets herself in using the spare key. As Sarah opens the door she shivers.**

**Sarah can hear the television, so she opens the living room door.**

**She finds her neighbour slumped on the floor. Her lips are blue and she is hardly breathing.**

- Sarah should try to warm the neighbour slowly by covering her with layers of blankets and making sure the room temperature is around 25°C
- She should give the neighbour warm drinks or food
- Sarah should call a doctor.



## CASE STUDY 7

**Peter and Amar are on a camping trip.**

**They have been sitting round the campfire one evening but the weather has turned cold and the fire has died out.**

**Amar is only wearing a t-shirt and shorts. Amar starts to shiver.**

- They should return to their tent
- Amar should put on layers of clothes
- Amar should get in to his sleeping bag
- Peter should make Amar a warm drink and perhaps some warm food
- If Amar's condition does not improve they should seek medical help.



## CASE STUDY 8

**Suzie and Gemma are sharing a packed lunch. They are laughing and joking about something that happened at school that morning.**

**Suddenly Gemma appears to choke.**

**She clutches her throat and can't talk.**

- Suzie should ask Gemma: "Are you choking?"
- She should encourage Gemma to cough, if she can
- Suzie should remove anything obvious from Gemma's mouth
- She should give Gemma up to five back blows. She needs to stop if the obstruction clears
- If the obstruction doesn't clear, Suzie needs to give up to five abdominal thrusts
- If Gemma is still choking after three cycles, Suzie should dial 999 or 112 for an ambulance
- If Suzie used abdominal thrusts, Gemma must seek medical advice.



## CASE STUDY 9

**Greg is out walking with his grandad.**

**His grandad starts to complain of feeling a bit breathless and of having a pain in his chest.**

**This very quickly becomes stronger and he starts to look pale and sweaty.**

- Greg should make his grandad more comfortable - a half-sitting position is often the most comfortable
- Greg should dial 999 or 112 for an ambulance and say that he suspects a heart attack
- If Greg or his grandad have an aspirin then the grandad should chew it slowly
- Greg should reassure his grandad until the ambulance arrives.



## CASE STUDY 10

**Nadim is walking home from school one day when he sees a young child run onto the road and get knocked down by a passing car.**

**The child is lying in the road and is not moving.**

- Nadim could ask bystanders to try to slow or stop the traffic
- He should check the responses of the child by asking: "What has happened?" or by giving a command: "Open your eyes"
- Nadim should gently tap the child on the shoulder
- If there is a response Nadim should leave the child in the position they were found in
- Nadim should send a bystander to call an ambulance by dialling 999 or 112.

# CASE STUDY NOTES 11 - 15



## CASE STUDY 11

**Sanjeep hears a scream from the garage next door and runs in to find his next door neighbour lying on the ground.**

**He is not moving.**

**In his hand is an electric drill, which is still plugged in.**

- Sanjeep should turn off the electricity at the mains before touching or going near the casualty
- If the casualty is unconscious Sanjeep should open the airway and check for breathing
- Sanjeep should be prepared to give chest compressions and rescue breaths if necessary
- Sanjeep should call for help.



## CASE STUDY 12

**Banji and Leeto are on a bike ride in the country park. It is a hot, sunny day and there are lots of insects about.**

**A small fly flies into Leeto's eye.**

**Her eye starts to water and feels sore.**

- Banji should sit Leeto down and tell her not to rub her eye
- She should stand behind Leeto and gently open her eye so that she can see if there is anything in it
- If Banji can see the fly she should wash it out, perhaps using water from an unopened bottle of mineral water, or sterile eyewash if available
- If this does not work she could try to lift the fly off with a damp corner of a clean tissue
- If the fly is still in the eye they should seek medical help.



## CASE STUDY 13

**Maalik is in the park and sees a young child fall over on the gravel.**

**The child's leg is badly grazed.**

- Maalik should remove any dangers to himself or the child
- Maalik should put on disposable gloves if they are available
- If the wound is dirty, Maalik should clean it by rinsing it lightly under running water, or use an alcohol-free cleansing wipe
- Maalik should cover the wound with gauze to minimise the risk of infection
- Elevate the injured part above the heart if possible
- Maalik should seek medical help if any gravel is still embedded in the wound.



## CASE STUDY 14

**Zac is walking home from school with his friends and they decide to buy an ice cream from the local shop.**

**As they are walking and eating the ice creams, Raj calls out in pain; he has been stung on the face.**

- Zac should reassure his friend
- If a sting is visible, Zac should brush it away with a fingernail
- Zac should apply an ice pack or cold compress (if available) for 10 - 15 minutes
- If the swelling and pain persist Raj should see a doctor.



## CASE STUDY 15

**Dani comes home from school one hot, sunny day to find that her mum has fallen asleep in the garden. She looks extremely red and sunburnt.**

- Dani should wake her mum up and move her out of the sun
- Dani should sponge her mum with cold water or put the burnt area in a cold bath for 10 mins
- Dani should give her mum frequent sips of cold water
- For mild burns, calamine or aftersun may soothe
- For severe burns seek medical help.

# CASE STUDY NOTES 16 - 20



## CASE STUDY 16

**A group of friends are playing in the park.  
Robyn slips over and lands heavily on her arm.  
She screams out in pain and faints.**

- The friends should be careful not to slip over as well
- The friends should support the arm with coats and jumpers to stop it from moving
- They should try and raise their friend's legs
- They should dial 999 or 112 for an ambulance
- The friends should make sure all bystanders leave plenty of space.



## CASE STUDY 17

**Rachel is making a cup of tea for her mum.  
Her younger sister comes into the kitchen and  
wants Rachel to help her with some colouring.  
Rachel is busy talking to her sister when she  
reaches over to get a mug from the cupboard.  
Her arm passes through the steam from the  
boiling kettle.**

- Rachel's arm should be flooded with cold water for at least 10 minutes
- Any jewellery should be removed before the injured area begins to swell
- Rachel's mum should put on disposable gloves, if available
- Rachel's mum should cover the area with a sterile dressing or a clean non-fluffy pad and bandage loosely in place
- A clean plastic bag or cling film applied lengthways could also be used as a temporary covering.



## CASE STUDY 18

**Vicki and Tara are washing up the dinner  
dishes for their parents.  
They start flicking each other with water.  
Tara picks up the bottle of washing up liquid  
and squirts it into Vicki's face.  
Some of it gets into Vicki's eyes.**

- Tara should carefully pour clean water in to Vicki's eyes to help clean out the washing up liquid
- If the eyes are still sore Vicki should seek medical help.



## CASE STUDY 19

**A family are at home watching television.  
There is a crash of breaking glass from the  
kitchen.  
Everybody rushes into the kitchen to find the  
youngest child holding a broken glass and  
bleeding heavily.  
Dad faints and mum doesn't know what to do.**

- Everyone should be careful not to cut themselves on the glass
- The child should put pressure on the cut and raise their hand in the air or mum should apply pressure and elevate the injured arm
- If there is any glass embedded in the hand they should not try to remove it, but apply pressure on both sides of the glass splinter
- Dad's legs should be raised and any tight clothing loosened
- They should check for any injuries he may have sustained from falling
- They should dial 999 or 112 for an ambulance.



## CASE STUDY 20

**Peter is 15. One evening he goes round to his  
girlfriend's house to cheer her up. She has been  
miserable about her exams and arguing with her  
parents.  
Peter finds her asleep on the sofa but he can't  
wake her up, although he can see that she is  
breathing. He gets really worried when he finds  
a bottle of paracetamol on the floor with only a  
few tablets left in it.**

- Peter should open her airway and check her breathing
- If she is breathing he should put her in the recovery position and then dial 999 or 112 for an ambulance
- Peter should give the paracetamol bottle to the paramedics when they arrive.