

Medical emergency essentials

YOUR ESSENTIAL MEDICAL EMERGENCY KIT



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A well-stocked first-aid kit can help you respond effectively to common injuries and medical emergencies. It's pivotal for citizens to keep their medications and medical supplies with them at all times. Preparing for an emergency is the best way to ensure you have everything ready to prevent one. Here are some key essentials to deal with unexpected scenarios of medical emergencies. When it comes to first aid, you should keep at least one first-aid kit in your home and one in your car. Store your kits in an accessible place and but out of the reach of very young kids or infants. But, make sure children old enough, understand the purpose of these kits. They should be made aware about where and why these essential kits are stored. You can buy basic first-aid kits at many medical stores or assemble one of your own. You may want to personalize your kit based on your activities and needs.

FOR YOURSELF AND YOUR FAMILY

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- **Emergency phone list.** This list should include basic local emergency phone numbers, plus numbers for all of your immediate relatives, friends, doctors, your specialty pharmacy, nurse and the direct line to the ambulance services to your area. MGM's 24*7 emergency support team is accessible on +91 44 45242444.
- **A mobile ready blood donor list.** A simple way to build your own blood donor list for your blood type is by making a small list of friends and family contacts who can donate blood compatible for you. Annotate and mark them as blood donors with the contacts app on your phone. For instance handy apps like Friends2Support or G1 Health.



- **Doctor's Recommendation.** Ask your physician or family doctor to write a note that briefly explains the specifics about any illness and medications. You may want to make this into a small laminated card that is easy to carry.
- **Your medications.** It is critical that you have a comprehensive list of all medications that you are currently on or have been prescribed. This includes the ones you take regularly plus those you take "when needed." Emergency medical support teams would need a quick reference to ensure they do not give you something that would adversely affect you. Make sure oxygen (and your dose or flow rate) is on the list if you are using oxygen.



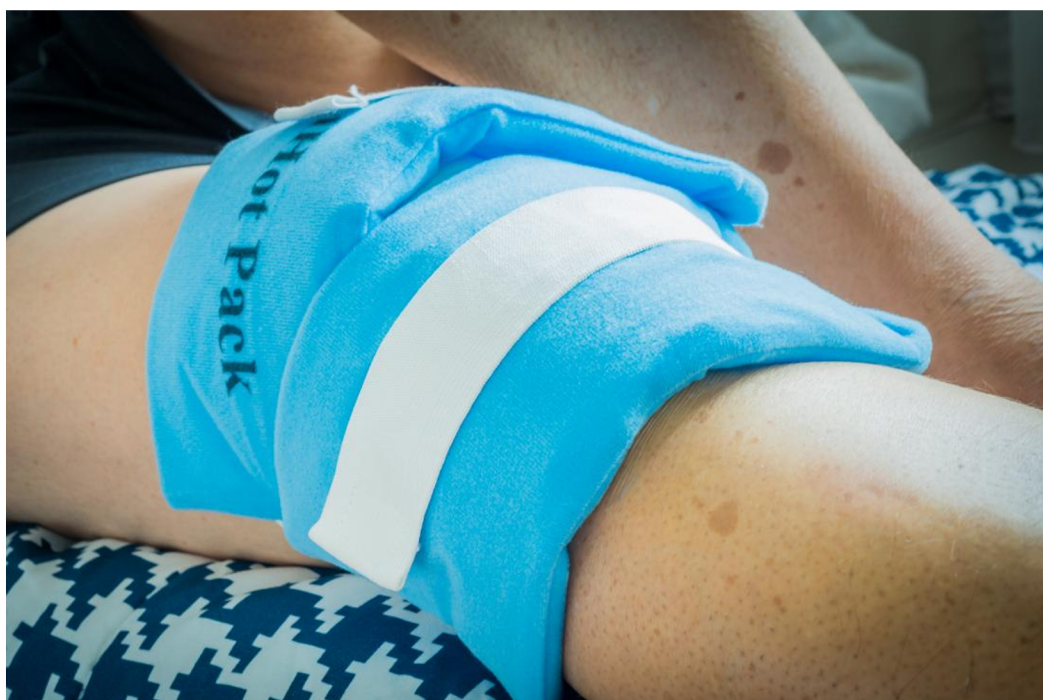
- **Medication stock.** Even though you have a list of medications, you need to keep a kit of all medications handy and take them with you when you travel or go to the hospital.
- **Medical supplies.** You need to consolidated supplies of different kinds of medications. Think through all your medications including ones that are dispensed, mixed, infused or inhaled. Your checklist should consider pumps, inhalers, syringes, needles, batteries, valves, extension tubing, alcohol pads and other cleaning supplies.
- **Thermometer.** Never forget a simple thermometer! A simple temperature check can help you spot signs of infection).
- **Blood pressure monitor.** These invaluable asset can provide critical information to your doctor over the phone. The smaller portable models available these days take up very less space in your kit.
- **Cell phone.** Always carry a cell phone and let people know where you are going if you are traveling alone.
- **Medical alert identifier.** It's always a good idea to wear a medical alert bracelet or necklace or any app on your phone that gives emergency personnel details about your condition(s).
- **Overnight change of clothes.** Always have a small bag with some loose-fitting clothing, pajamas, slippers and some basic toiletries for the hospital or the trip home.

Simple essentials for your checklist:

- Adhesive tape
- Elastic wrap bandages
- Bandage strips and "butterfly" bandages in assorted sizes
- Super glue
- Rubber tourniquet or 16 French catheter
- Nonstick sterile bandages and roller gauze in assorted sizes
- Eye shield or pad
- Large triangular bandage (may be used as a sling)
- Aluminum finger splint
- Instant cold packs
- Cotton balls and cotton-tipped swabs
- Disposable nonlatex examination gloves, several pairs
- Duct tape
- Petroleum jelly or other lubricant
- Plastic bags, assorted sizes
- Safety pins in assorted sizes
- Scissors and tweezers
- Hand sanitizer
- Antibiotic ointment
- Antiseptic solution and towelettes
- Eyewash solution
- Thermometer
- Turkey baster or other bulb suction device for flushing wounds
- Sterile saline for irrigation, flushing
- Breathing barrier (surgical mask)
- Syringe, medicine cup or spoon
- First-aid manual
- Hydrogen peroxide to disinfect

Additional items to include if you're on any infusion medication:

- **Back-up pump.** If you are on infused medication, keep your back-up pump in your emergency kit. Remember that despite safety standards and careful monitoring, these devices can fail.
- **Catheter site supplies.** If you have a catheter, you need to have all your site cleaning and dressing supplies with you. This includes gloves, mask, alcohol pads, dressings, tape, etc.
- **Site pain supplies.** If you are a patient on subcutaneous Remodulin, you will also need to carry with you the local, topical and systemic medicines and creams you use to manage site pain.
- **Portable cooler and ice packs.** If you must refrigerate your medicine, a relatively small portable cooler box or bag and some large ice packs can make an excellent refrigerator in the event of an emergency. Make sure there is room in the cooler for the ice packs, your back-up medicine cartridge (place the cartridge inside a plastic baggie to limit condensation), and several of the small plastic ice packs you use in your pump pouch. This will keep your medicine cool for several hours.



Additional items to include if you use oxygen:

- **Oxygen information.** Keep a copy of your oxygen prescription or dosage in your medicine bag.
- **Back-up oxygen tanks.** Most oxygen concentrators do not have battery back-ups. Large liquid oxygen tanks (stationary) are very difficult to move. Portable tanks can be lifesavers during power outages or natural disasters until you can get to a constant supply.
- **Oxygen regulator.** You will need a regulator for portable tanks to control the flow.
- **Oxygen tank tool.** Get one of these plastic tank tools to turn on the oxygen. Do not use pliers. While the possibility is remote, metal (tool) on metal (tank) could cause a spark, and sparks do not mix with oxygen.
- **Tank cart.** Carrying a portable tank can be difficult for some patients. A tank cart makes it easier for you to get around without assistance. Many wheelchair and scooter manufacturers also make tank holders for their products.
- **Nasal cannula.** You need a nasal cannula to dispense oxygen. Keep a spare in your kit just in case. They wear quickly and are easy to damage. Some oxygen tanks require special cannulas.
- **Connectors and tubing.** Take along an extra section of oxygen tubing and a couple of connectors, even when you go to the hospital. If you forget these, it is inevitable that your tubing will be a few feet short of where you want to go.
- **CPAP or BiPAP machine.** If you suffer from sleep apnea, you must have your CPAP or BiPAP machine and mask/tubing/humidifier with you. Take it with you to the hospital to ensure you have a mask that fits and that pressures are correct. Remember your oxygen enrichment (bleed) connector if you use one.

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