



# Infirmary's New Items

# Outline



- I. New equipment at the infirmary.
- II. Doctors and nurses' conferences.
- III. Screening.

# I. New equipment at the infirmary

## AED



An automated external defibrillator is a portable device that checks the heart rhythm and sends an electric shock to the heart to try to restore a normal rhythm. AEDs are used to treat sudden cardiac arrest and may save the person's life. We have 10 AED machines distributed between RAS Beirut and Ain Aar campuses; they can be found in the PE areas and the infirmaries. AEDs are located inside unlocked boxes and are easily accessible to all. Nurses, coaches and security staff are well trained in using the device.





The **10** AEDs machines distributed between RAS Beirut and Ain Aar campuses are located in:

- Tayeb Gymnasium
- Green Field
- Middle School Entrance
- Elementary Infirmary
- Preschool Infirmary
- Middle and Secondary Infirmary
- Rockefeller Entrance
- Ain Aar Infirmary
- Ain Aar Basketball court
- Ain Aar Old Football Pitch

# EZ Glide



It's a wheelchair that glides down stairs, around corners, and through tight spaces without needing to be carried or lifted. The track system carries patient loads up to 500 lbs., reducing situations where operators may injure their back. EZ Glide facilitates the safe pick up of injured patients in departments and areas that do not have elevators.



# Sterilizer



Most of the medical supplies used in the infirmary are single use, but some instruments are not. The sterilizer is used to kill all bacteria and viruses on these instruments.



# IC Emergency Vehicle



This emergency vehicle was used several times for critical cases, and it helped us reach the hospitals more quickly.





IC has its own emergency vehicle which is equipped with the following items:

- **Najo Back Board;**      **Fastrap restraints;**      **Head Immobilizer**





- **Cervical Collar:** used to support a patient's neck.





- **KED Extrication Devices:** used in vehicle extrications to remove victims; it immobilizes the torso, head and neck which minimizes risks of further injury.





- **Blue Splint Set:** used to immobilize joints effectively, simply and practically.





- **Model 25 Cot Stretcher** with mattress, three patient straps, and floor fastener





- **O2 Kit** (2 different sizes of ambu bag, O2 cylinder with regulator, oxygen masks, manual suction, different sizes of Guedel Airways, SPO2)
- **Wall Type Sphygmomanometer** with stethoscope
- **Trauma Bag** (includes elastic bandage, gloves, betadine and alcohol swabs, gauzes, ice pack, arm slings, non allergetic adhesive, distilled water, scissors, and forceps)
- **Fire Blanket**
- **AED**
- **Fire Extinguisher**
- **Serum hanger** with equipment for IV insertion

# Ear Wash System



Turn cerumen removal into a clean, quick, safe procedure with the first system to simultaneously irrigate and suction discharge using hydrovac action. It is designed to reduce typical side effects like vertigo, nausea and tympanic membrane damage.



# Spot Vision Screener



The Spot Vision Screener is a handheld, portable device designed to help users quickly and easily detect vision issues such as Myopia, Hyperopia and astigmatism... on patients from 6 months of age through adult. The device spot screens both eyes at once from a nonthreatening 3-foot distance.



# ECG



The Welch Allyn CP 150 ECG offers simplicity with speed using a unique 7 touch-screen display and keyboard to aid accuracy. It takes quick ECG readings with the touch of a button, and it has advanced filters for optimal ECG trace quality to ensure accurate readings with ECG interpretation software.



# Blood Pressure Machine



The digital blood pressure device provides an accurate, fast, reliable, connected blood pressure reading in the palm of your hand. It obtains accurate readings even in the presence of some movement or a weak pulse.



## II. Doctors and nurses conferences



Every year, IC doctors attend several conferences inside and outside Lebanon; every 2 years one nurse travels abroad to participate in an international conference for school nurses. As well, they also attend the frequent conferences in Lebanon.

The international conferences held in Hong Kong and Slovenia discussed the following issues:

Hong Kong:

- A rise in new communicable diseases like (SARS, H1 N1, and Avian Flu).
- A rise in school bullying due to the increased presence of multi - cultural families.
- School nurse needs to be able to distinguish between physical and emotional/psychological complaints and /or symptoms.
- Common problems faced in school settings: child abuse, substance abuse, antibiotic resistance, sedentary life.
- Inhalant abuse of common household and commercial products among teenagers that all have serious side effects.



### **Some recommendations:**

- No need to screen the entire school for head lice if only one child is infested.
- A sex education program that can help prevent or decrease the number of abortions reported among those of young age.
- Schools need to have systems already in place for emergencies to maximize the number of survivors in case of a natural disaster and/or chaotic situations.
- Schools should keep enough stock of emergency supplies and medication such as nonperishable food, drinks, blankets, batteries, torches and walkie-talkies.
- Schools in general, should have an emergency and crisis management team, in case of the following: fire, natural disasters and any chaotic situation.
- School nurses should be part of the security and safety committee.



## Slovenia:

Health, lifestyle, and education particularly in the promotion of better dietary habits, the importance of personal hygiene, exercise and sleeping habits, social, mental and ecological health.

- The challenges in school nursing encountered and overcome, particularly mother and infant mortality, epidemic diseases such as malaria, and widespread poverty.
- Issues in school nursing such as preventing and combating date violence among adolescents, including psychological, emotional and sexual assault. The need to educate young people on the healthcare effects of the internet. Internet addiction, insomnia, eyesight problems, back/spinal pains and doubtful social consequences.



- Empowerment for quality of life: first-aid training workshops provided to students; a school-based prevention program directed at strengthening mental health in adolescents, the development of positive self-esteem, social and communication skills to support adolescents in their everyday lives.
- Public health: the role of data collection by school nurses to identify and help resolve major issues facing school-age children and adolescents and how nurses now in Slovenia cooperate with the police, fire service and NGO's in ensuring the well-being of adolescents, including sensitive fields such as sexuality.



- Additional conference attended regarding sports injuries discussing possible causes, treatment and prevention advice such as:
  1. Difference between spondylosis and spondylolisthesis, diagnosis and treatment.
  2. Anatomy of the knee.
  3. Difference between patella and knee dislocation, treatment and the way you transfer the patient to the ER.
  4. Ligament tear of the knee.
  5. Osgood Schlatter disease.
  6. Baker cyst.
  7. Cramps and stretching.
  8. Difference between strain and cramp.
  9. Trauma of ankle: difference between fracture and sprain and PRICE protocol ( Protection, Rest, Ice , Compression, Elevation).



10. Trauma of head ( concussion).
  11. Trauma of shoulder.
  12. Trauma of fingers and wrist.
  13. How to wrap a bandage.
- Several months' training held at the clinic of Doctor Hassan Baydoun regarding sports injuries.
  - Conference about ECG:
    1. Definition.
    2. Conduction and it's problems.
    3. The rhythm of the heart.
    4. Abnormalities of P waves, QRS complexes and T waves.
    5. Discussion of some cases with their ECG studies.



- Each 2 years IC nurses renew their BLS ( basic life support) certificate after attending the related training:
  1. CPR for adults.
  2. AED for adults and children 8 years of Age and older.
  3. CPR for children from 1 year of age to puberty.
  4. CPR for infants.
  5. AED for infants and for children from 1 to 8 years of age.
  6. Relief of choking.
- Our doctors attend several conferences in Lebanon and abroad for CME (continued medical education) and to be up to date.

# III. Screening



- ECG screening: it is done for all the middle and secondary students.
- Eye vision screening: We are on the process of screening all the students at IC.