MOCK DISASTER DRILL

MEDICAL NOTES

Please note- all of the information below is approximate. Not everyone will have these EXACT vitals. Also, Nardone is not a medical expert! These notes are a compilation of our discussion with paramedics over time. For real medical treatment or advice, find a doctor! ☺

In the event of multiple injuries, the most severe injury is the generally the one that will have the greatest impact on your vitals.

BLOOD PRESSURE

Normal= 120/80

Elevated blood pressure 140-160/90-95 (extreme = 210/120 –like going to die!)

Pain, stress, excitement, broken bones, lacerations, small and large burns where you're still conscious, collapsed lung, breathing difficulties etc, loss of sense like hearing or sight, some type of paralysis if you're still conscious

Lower blood pressure 100/60, near death = 60 or lower/20ish

Falling over, balance issues, burns to the state of unconsciousness, bleeding out from large wounds

Head injuries (which might cause extreme relaxation, confusion), internal bleeding, in and out o f consciousness

PULSE

Normal= 60-80

High end= 160

Pain, stress, excitement, broken bones, lacerations, smaller burns, mild hysteria, etc

Bleeding out also increase heart rate- heart pumps harder to push less blood through

Really high can cause dizziness

Low=20-60-

Your body is giving out, destabilizing, lowers the closer to death

RESPIRATION

Normal 10-12 breaths per minute

High end 20-40 breaths per minute

Mild hysteria, Smoke inhalation, Collapsed lung, trouble breathing, anything that causes pain that does not result in loss of consciousness

Low end- 5 breaths per minute

Mild hysteria, Smoke inhalation, Collapsed lung, trouble breathing

Other notes:

Cyanotic- very plae, blue lips, loss of blood, low blood pressure, lack of oxygen

Agonal respiration=- your last dying breaths, the gasping,