Twitter Thread by Dr Gary Payinda



Dr Gary Payinda
@GaryPayinda



First and most importantly, these guys are heroes. These kaitiaki stepped up. Ka pai to mahi! (btw, how do you get a macron on twitter?)

cont...

#NorthlandAdvocate wrote: "First aid experience from 19 years ago "naturally kicked in". He placed a finger in the unconscious girl's mouth to help her vomit sea water which cleared her airway and roused her, he said."

But wait!...

As the medical director for surf life saving NZ, I gotta comment, so that if you ever come across this situation, you can do the best job possible.

cont...

Ngunguru beach rescue: Family rescued from near drowning at Papaka, via @nzherald https://t.co/islBTrZGwW

continued...

Don't ever do this. Forcing a drowned patient to vomit can put vomit from their stomach into their airway, making things much, much worse.
If they're breathing: recovery position. Done.

continued...

If they're breathing poorly or snoring:
Use "Head-Tilt, Chin-Lift" to 'open the airway'. And hold it there until ambulance arrives.
https://t.co/47S236HV6c

And if they're not breathing normally with "head-tilt, chin-lift", then begin CPR. (chest compressions and mouth-to-mouth ventilations in drowning, or just chest compressions if you're not willing to give mouth-to-mouth.
30 compressions, then 2 breaths (pinching the nose closed).

at a rate of 100 to 120 compressions a minute. Pushing hard and fast, pushing the chest down 1/3 of its depth!
If you forget EVERYTHING: just push hard and push fast...the worst thing is to just stand there as someone's oxygen level is dropping and they're dying.

Remember to update your first aid training this month if it's been more than 2 years. Someone's life may depend on it.

May we all have someone like these two proactive tane to help us...
If anyone knows them, please invite them along to the surf lifesaving club!

-end-

unroll @ThreadReaderApp