



Newsletter-your vote will name it!

By Lianna Stewart, GdS

The four choices for names for this newsletter are: “The Chirurgeon’s Burden”, “Infusions”, “Chirurgeon’s Journey”, and “On the Chirurgeon’s Trail.” Please e-mail your vote to the Editor at lynlou@hevanet.com.

Thanks and pleasant voting.

SCA First Aid kit in a Ziploc bag. (Formerly known as first aid kit in a band aid box)

by Robert Trinitie The Chickenhearted MC

People sometimes run short of first aid items at SCA events. In these cases, SCA Chirurgeons can provide some items for use. However, unless the chirurgeon is using a group sponsored kit, everything was purchased at their personal expense. Forgive me for using my personal history as an example:

In 1983 I became first aid qualified. I started providing voluntary first aid services to the SCA and other groups I belong to. I quit tracking my first aid supply purchases when they hit \$500 in 1989. I know I'm not alone in this situation. Also, it makes a chirurgeon’s blood run cold when someone walks up to you and says: "Excuse me. Do you know of anyone on site who may have any digitalis?" (or, Eppi pen, insulin, etc.) Trust me, I know. So, please help out your friendly local chirurgeons.

These are some common suggestions for a useful minimum first aid kit for SCA or any other outdoor event. Depending on how much of each item you have, most of this should fit in a Ziploc style sandwich bag. (It used to fit in a metal Band-Aid box. But those have gone the way of vinyl records and weren't waterproof.) Please remember that this is a MINIMUM suggested list. I do not consider this list to be complete. Feel free to add more items and use a larger water resistant container. Finally, always remember to restock the kit after each event as you clean out your tourney basket or box.

General "OOPs" list:

- Bandages (band aids™)
- One or more of the following: antibiotic cream: Either a tube or, single use packages Mercurochrome, or other germ killer for wounds Iodine (be warned, some people are allergic to iodine)
- Two by Two inch sterile gauze pads: can be used as a large bandage or, for cleaning wounds.
- One or more of the following:
Medical tape (Coban™ wrap): Can be found at veterinary or farm supply stores cheaper than the EXACT same stuff at a drug store
- Medical gloves: latex, vinyl, etc. (be warned some people have latex allergies) Remember, if its wet sticky and not yours, don't touch it!
- Plastic bag: For disposal of gauze, gloves and other things covered with wet sticky stuff that isn't yours.
- Alcohol or bleach: Wipes, pads, or small bottle. Used both for cleaning up the wet sticky stuff and for sterilizing tools (see below).

Tools :

- Tweezers: for splinters, thorns and such. (not for bee or wasp stingers!)
- Thermometer
- Small scissors
- At least \$2.00 in quarters. For use in pay phones. (Not required for dialing 911 or an operator). Cell phones still don't work everywhere.

Medications:



NOTE: All medications should be marked with an expiration date and replaced at least each spring when you spiff up your tourney chest. All medications not in original containers should be CLEARLY MARKED!

- At least a three day supply of ALL prescription medications your family uses. This should be INDEPENDENT of your normal supply in case you accidentally leave it at home. This includes Eppi kits and such. The following over the counter medications can either be in a bottle or, single use packages.
- Pain relievers: Aspirin, Tylenol(TM), Advil(TM)
- Antacid tablets:
- Diarrhea medication
- Allergy medication
- Optional: Sunscreen, waterless hand cleaner, extra plastic bags or Ziplocs. (The Ziplocs can be used as ice bags for sprains and strains).

Artificial intelligence is not a substitute for natural stupidity

Is It a Cold or the Flu?

Colds and flu are both highly contagious and, in the initial stages, a bad cold and a mild case of the flu might seem alike. However, flu is a serious illness that can have life-threatening complications, unlike colds.

Symptoms:

Symptom	Cold	Flu
Fever:	Rare in adults and older children, but usually 102° F, can go to 104° F	Can be as high as 102° F in infants and small children. Usually lasts 3 days
Headache:	Rare	Sudden onset/can be severe
Muscle aches:	Mild	Usual, and often severe
Tiredness and Weakness:	Mild	Often extreme, and can last two or more weeks
Extreme exhaustion:	Never	Sudden onset/can be severe
Runny nose:	Often	Sometimes
Sneezing:	Often	Sometimes
Sore throat:	Often	Sometimes
Cough:	Mild hacking cough	Usual/can become severe

Flu/Colds Prevention

Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick too. If possible, stay home from work, school, and errands when you are sick. You will help prevent others from catching your illness. Cover your mouth and nose with a tissue when coughing or sneezing. It may prevent those around you from getting sick.

Washing your hands often will help protect you from germs. Germs are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth.



God put me on this earth to accomplish a certain amount of things, right now I'm so far behind I'll never die.

COMMUNICATION

All surgeons should continue to reassess our communication style with patients. Don't forget that we should have learned to listen, assess, educate, support, and listen again to make sure that our interventions have been effective. If we follow the OPQRST, we should gather enough information to treat the patient or to send them for advanced intervention.

O= Onset—when did the problem begin.

P= Palliative—what makes it better/worse.

Q= Quality—achy, sharp, dull, throbbing, stabbing, scale of 1-10 with 10 being worst.

R= Referral—where does it go, does it shoot, etc.

S= Site—location of problem.

T= Timing—is it better in the morning/evening, does it come and go, is it constant.

The more information we gather, the better we help our clients.