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ABSTRACT

This learning activity package on syncope (fainting) is one of a series of 12 titles developed for use in health occupations education programs. Materials in the package include objectives, a list of materials needed, a glossary, information sheets, reviews (self evaluations) of portions of the content, and answers to reviews. These topics are covered: medical causes of syncope, conditions that cause syncope, symptoms preceding syncope, and treatment for syncope. (YLB)

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# SYNCOPE

*What is it?*



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CE 033 806

# SYNCOPE

WHAT IS IT?

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1982

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## OBJECTIVES:

AFTER YOU COMPLETE THIS LAP, YOU WILL BE ABLE TO DO THE FOLLOWING:

1. DEFINE SYNCOPE.
2. NAME SIX CONDITIONS THAT CAN CAUSE SYNCOPE.
3. LIST THREE SYMPTOMS WHICH MAY PRECEDE SYNCOPE.
4. IDENTIFY SIX METHODS OF TREATMENT FOR SYNCOPE.
5. DEMONSTRATE THE PROPER TREATMENT FOR A PERSON WHO IS ABOUT TO FAINT.

## MATERIALS NEEDED:

PAPER AND PENCIL

PATIENT (SIMULATED)

TOWEL

CHAIR

SPIRITS OF AMMONIA (IF APPROVED BY INSTRUCTOR)

WORK SHEET\*

\*PICK UP A WORK SHEET FROM INSTRUCTOR BEFORE BEGINNING THIS LAP.

GLOSSARY

WORDS YOU SHOULD KNOW:

SYNCOPE

THE ACT OF FAINTING

INSUFFICIENT

LACK OF

TRENDELENBURG POSITION

HORIZONTAL POSITION SO THAT THE HEAD IS LEVEL WITH OR LOWER THAN THE BODY

ACCUMULATE

PILE UP

CIRCULATION

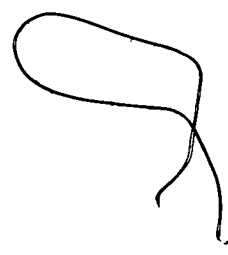
THE MOVEMENT OF BLOOD THROUGH THE VESSELS OF THE BODY

DILATED

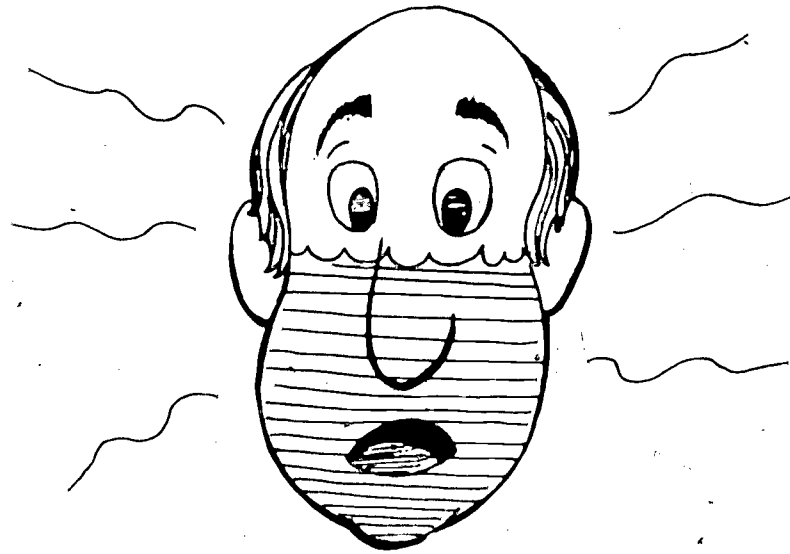
EXPANDED Laterally

CONSCIOUSNESS

AWARENESS



WHAT CAUSES SYNCOPE?



AN INSUFFICIENT SUPPLY OF BLOOD TO THE BRAIN.



REVIEW I.

WHAT IS SYNCOPE?

---

WHAT CAUSES SYNCOPE?

---

DID YOU ANSWER THE QUESTIONS CORRECTLY:

Yes? GO AHEAD.



No? GO BACK AND REREAD PAGES ONE AND TWO.



REVIEW I. ANSWER KEY

WHAT IS SYNCOPE?

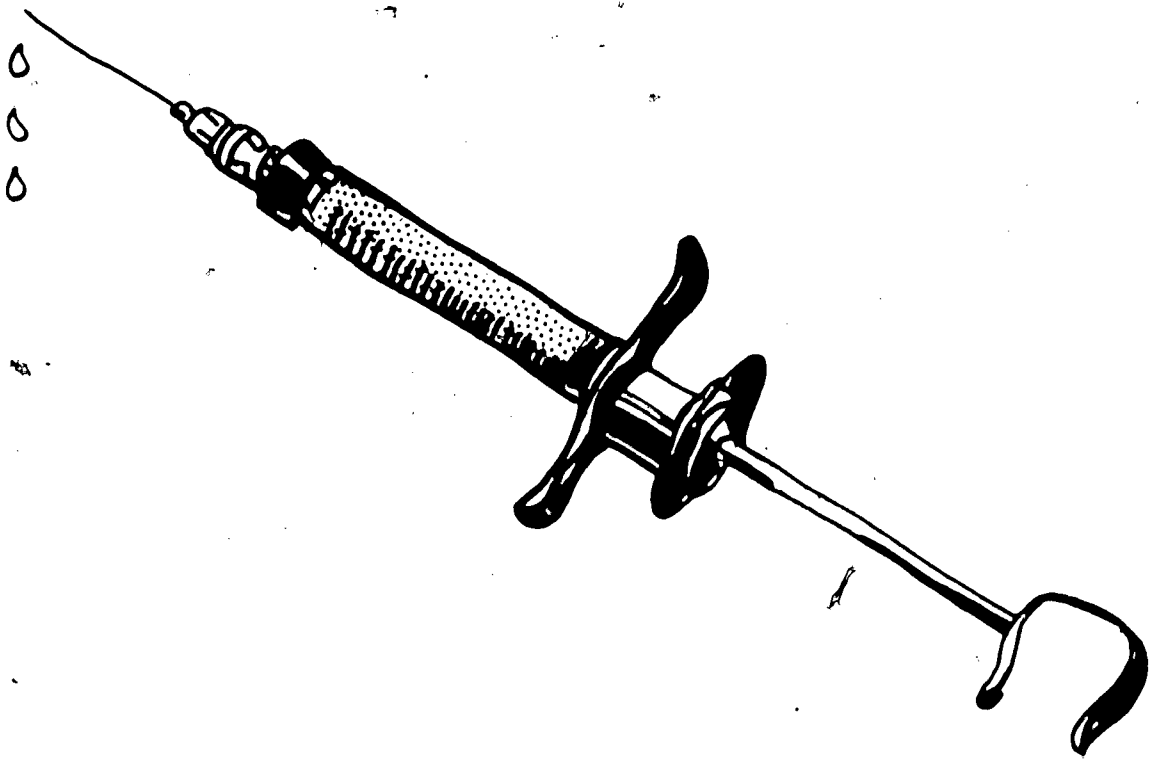
SYNCOPE IS THE ACT OF FAINTING.

WHAT CAUSES SYNCOPE?

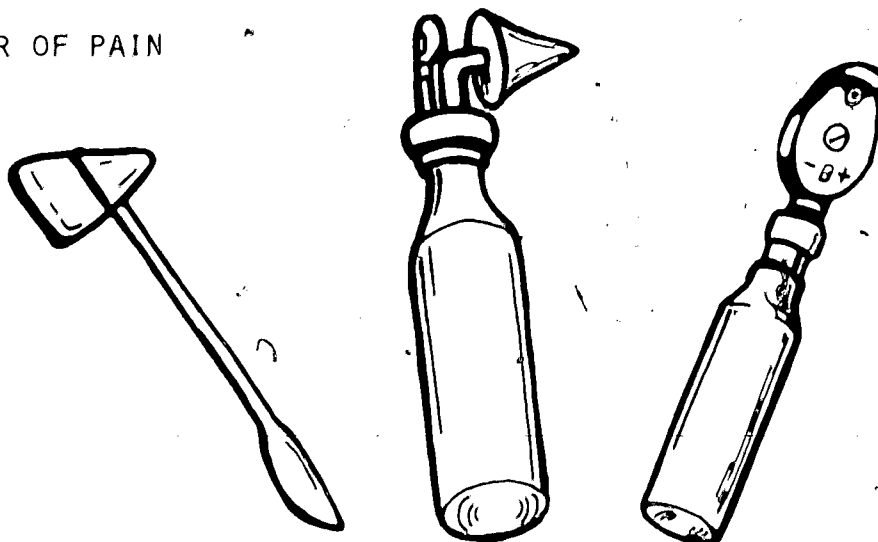
AN INSUFFICIENT SUPPLY OF BLOOD TO THE BRAIN.

WHAT CONDITIONS CAUSE SYNCOPE?

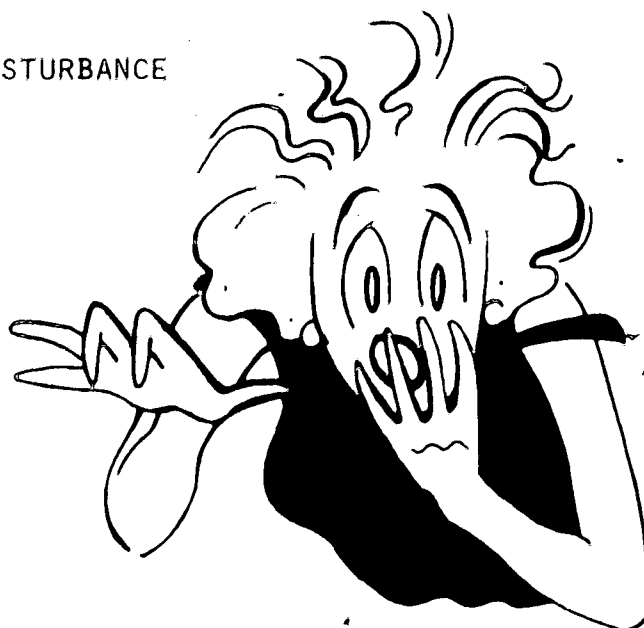
1. SIGHT OF BLOOD OR NEEDLES



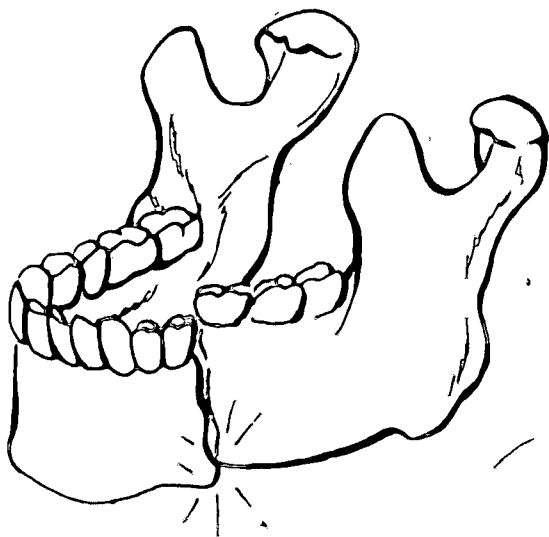
2. FEAR OF PAIN



3. EMOTIONAL DISTURBANCE

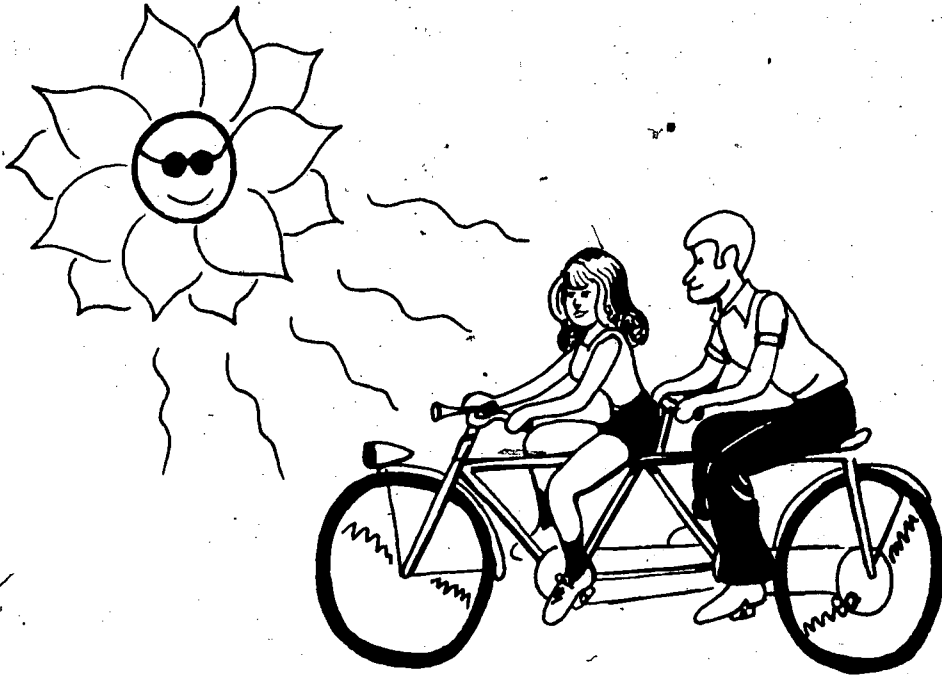


4. PAIN

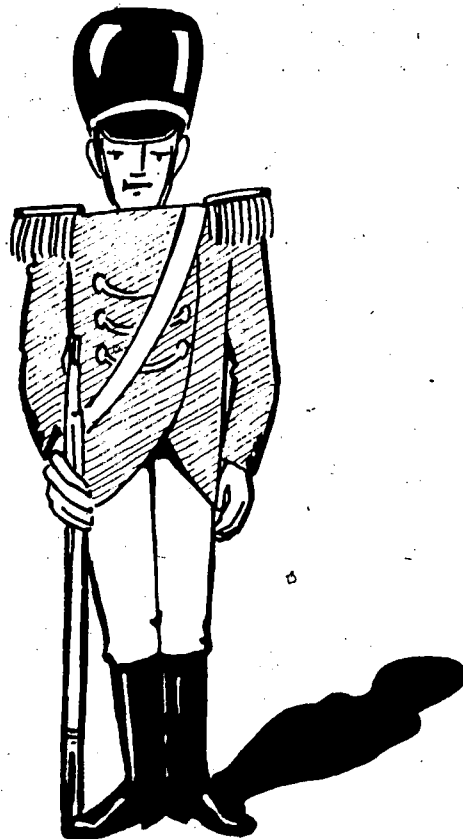


5. DEHYDRATION

WHICH MAY OCCUR IN HOT WEATHER



6. LONG TIME IN AN UPRIGHT POSITION WITH LITTLE OR NO MOVEMENT



SYMPTOMS PRECEDING SYNCOPE

1. FEELING OF DIZZINESS

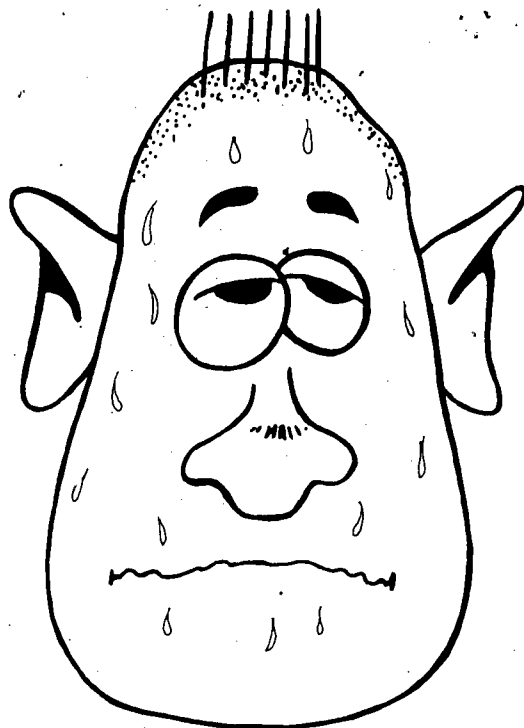


AND LIGHTHEADEDNESS

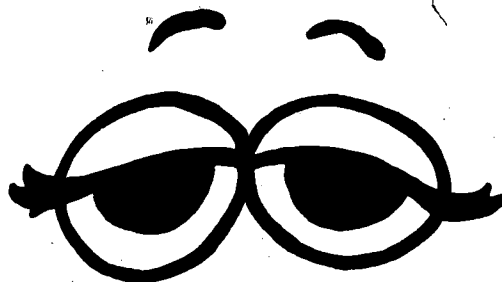
2. SKIN IS PALE

COOL

AND CLAMMY.



3. THE PUPILS ARE DILATED.



REVIEW II.

LIST SIX CONDITIONS THAT CAUSE SYNCOPE.

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_
- 4. \_\_\_\_\_
- 5. \_\_\_\_\_
- 6. \_\_\_\_\_

TRUE OR FALSE

- 1. PRECEDING SYNCOPE A PERSON USUALLY FEELS DIZZY AND LIGHTHEADED. T F
- 2. THE SKIN IS WARM AND DRY TO THE TOUCH BEFORE A PERSON FAINTS. T F
- 3. PUPILS THAT ARE DILATED IS A SIGN THAT PRECEDES SYNCOPE. T F

DID YOU ANSWER THE QUESTIONS CORRECTLY:

YES? GO AHEAD.

*lllllll →*

No? GO BACK AND REREAD "SYMPTOMS PRECEDING SYNCOPE."

*← lllllll*



REVIEW II. ANSWER KEY

## LIST SIX CONDITIONS THAT CAUSE SYNCOPE.

1. FEAR OF PAIN
2. SIGHT OF BLOOD OR NEEDLES
3. EMOTIONAL DISTURBANCE
4. PAIN
5. LONG TIME IN AN UPRIGHT POSITION
6. DEHYDRATION

## TRUE OR FALSE

1. PRECEDING SYNCOPE A PERSON USUALLY FEELS DIZZY AND LIGHTEADED.
2. THE SKIN IS WARM AND DRY TO THE TOUCH BEFORE A PERSON FAINTS.
3. PUPILS THAT ARE DILATED IS A SIGN THAT PRECEDES SYNCOPE.

 T  F T  F T  F

TREATMENT FOR SYNCOPE

1. IF THE PATIENT IS IN THE BEGINNING STAGES OF SYNCOPE AND STILL CONSCIOUS, HIS OR HER HEAD MAY BE PLACED IN BETWEEN THE KNEES, WITH HIS OR HER ARMS HANGING LOOSE.



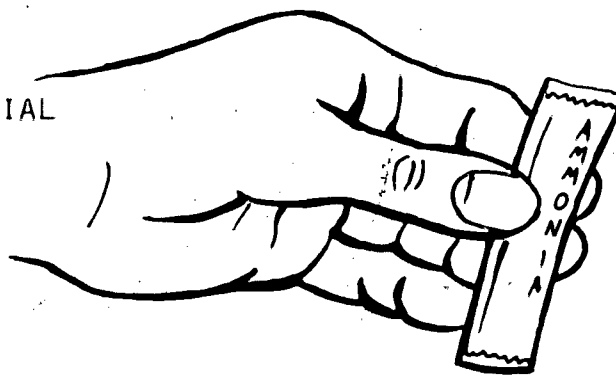
2. PLACE YOUR HAND ON THE BACK OF THE PATIENT'S HEAD, AND INSTRUCT HIM OR HER TO APPLY UPWARD PRESSURE WITH HIS OR HER HEAD.



3. SPIRITS OF AMMONIA MAY AID AS A REFLEX STIMULANT.

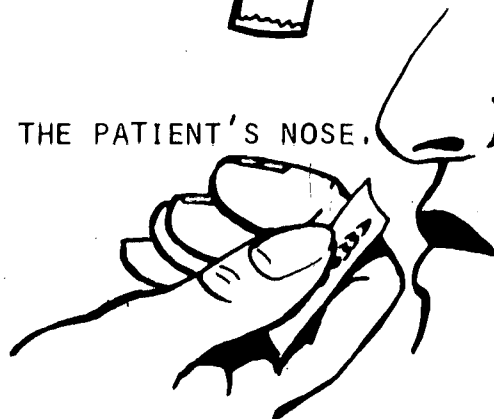
STEP A.

BREAK VIAL

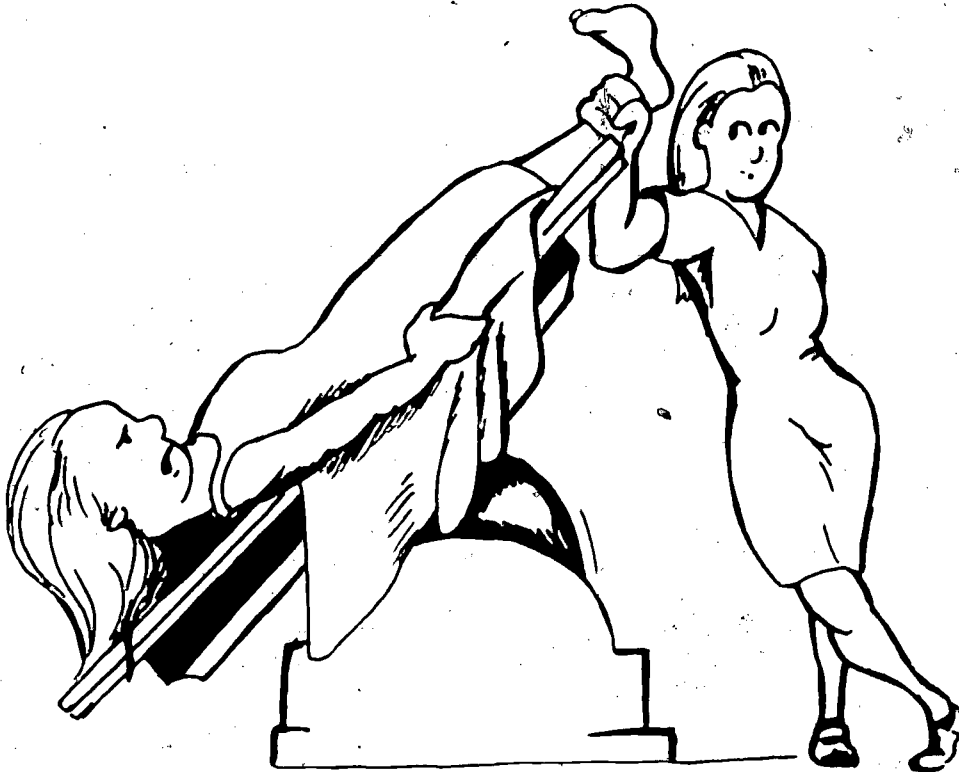


STEP B.

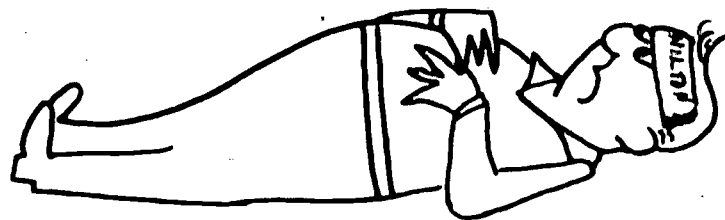
BRIEFLY HOLD IT UNDER THE PATIENT'S NOSE.



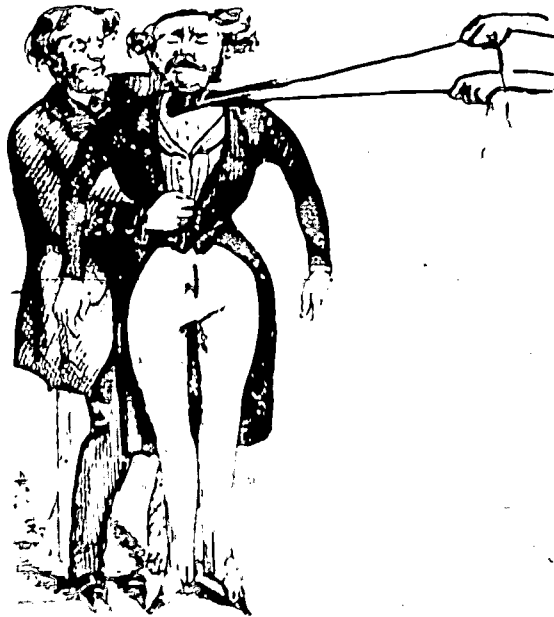
4. FAINTING CAN BE PREVENTED OR QUICKLY CURED BY LAYING THE VICTIM FLAT, WITH THE LEGS ELEVATED.



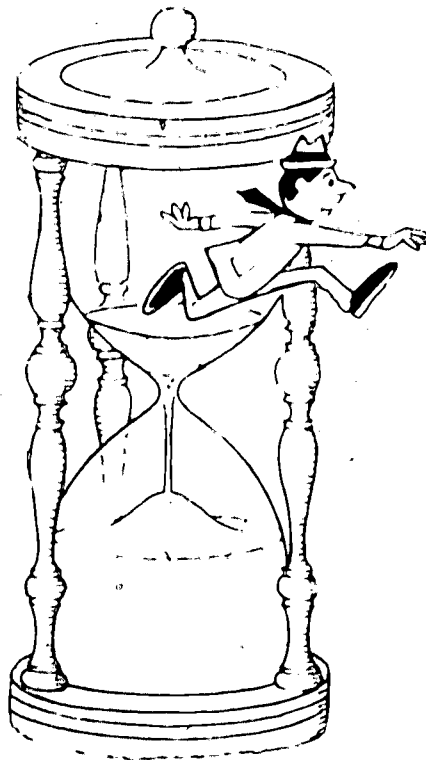
5. A COLD TOWEL SHOULD BE PLACED ON THE FOREHEAD.



6. TIGHT CLOTHING SHOULD BE LOOSENED IN ALL CASES OF FAINTING.



7. MAKE SURE THE PATIENT HAS HAD SUFFICIENT TIME TO ADJUST FROM FAINTING BEFORE HE OR SHE RESUMES NORMAL ACTIVITY.



REVIEW III.

## TRUE OR FALSE

- |  |   |   |
|--|---|---|
| 1. TIGHT CLOTHING SHOULD NEVER BE LOOSE-<br>NEED IN ALL<br>-CASES OF FAINTING.   | T | F |
| 2. SPIRITS OF AMMONIA MAY BE USED AS A REFLEX<br>STIMULANT.  | T | F |
| 3. IF THE PATIENT IS IN THE BEGINNING STAGES OF<br>SYNCOPE, HIS OR HER HEAD MAY BE PLACED IN BETWEEN<br>THE KNEES, WITH HIS OR HER ARMS HANGING LOOSE. | T | F |
| 4. TRENDELENBURG POSITION IS WHEN THE PATIENT PLACES<br>HIS OR HER HEAD BETWEEN THE KNEES.   | T | F |
| 5. A COLD TOWEL IS PLACED ON THE FOREHEAD OF A PERSON<br>WHO HAS FAINTED.  | T | F |

DID YOU ANSWER THE QUESTIONS CORRECTLY?

Yes? GO AHEAD.



TURN IN YOUR LAP AND WORK SHEET, AND THEN PICK UP YOUR SYNCOPE  
FINAL LAP REVIEW FROM THE INSTRUCTOR.

No? GO BACK AND REREAD "TREATMENT FOR SYNCOPE."



REVIEW III. ANSWER KEY

TRUE OR FALSE

1. F
2. T
3. T
4. F
5. T

## **Learning Activity Packages Available from the Department of Education**

This learning activity package is one of a series of 12 titles relating to health careers that are available from the California State Department of Education. A student packet and an instructor's packet are published in each of the following subjects:

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