

## MSN Tips by Dr Marwah - Pocket Card Edition

| #  | Emergency                   | First Critical Nursing Action                                               |
|----|-----------------------------|-----------------------------------------------------------------------------|
| 1  | Cardiac arrest              | Check response/breathing $\leq 10$ s → activate code, start CPR             |
| 2  | Choking (adult)             | If unable to cough/speak: 5 back blows + 5 thrusts; CPR if unresponsive     |
| 3  | Opioid overdose             | Ventilate with O <sub>2</sub> , give naloxone, call for help                |
| 4  | Anaphylaxis                 | IM epinephrine immediately, lay supine legs up, O <sub>2</sub>              |
| 5  | Chest pain/ACS              | ECG $< 10$ min, give aspirin, O <sub>2</sub> if SpO <sub>2</sub> $< 90\%$   |
| 6  | Stroke                      | Note last-known-well, check glucose, NPO, airway, activate stroke team      |
| 7  | Seizure                     | Protect from injury, time seizure, side-lying post-event                    |
| 8  | Status epilepticus          | Airway/O <sub>2</sub> , give benzodiazepine, prepare for escalation         |
| 9  | Asthma attack               | Sit upright, give nebulized SABA, titrate O <sub>2</sub> to 94–98%          |
| 10 | COPD exacerbation           | Controlled O <sub>2</sub> to SpO <sub>2</sub> 88–92%, bronchodilators       |
| 11 | Tension pneumothorax        | High-flow O <sub>2</sub> , prepare needle decompression                     |
| 12 | Open pneumothorax           | Seal with 3-sided dressing, O <sub>2</sub> , prep chest tube                |
| 13 | Massive hemothorax          | O <sub>2</sub> , 2 large-bore IVs, fluids/blood, prep chest drain           |
| 14 | Flail chest                 | O <sub>2</sub> , stabilize with bulky dressing, analgesia, prep ventilation |
| 15 | Head injury + C-spine       | Manual stabilization, apply collar, airway care                             |
| 16 | Raised ICP                  | Elevate HOB 30°, neck neutral, minimize stimuli                             |
| 17 | Meningitis suspected        | Droplet isolation immediately, IV access                                    |
| 18 | Septic shock                | Early recognition, fluids 30 mL/kg, cultures, antibiotics                   |
| 19 | Hypoglycemia                | If awake → oral glucose; if altered → IV dextrose/IM glucagon               |
| 20 | DKA/HHS                     | Start 0.9% saline, labs, insulin after fluids & K <sup>+</sup>              |
| 21 | Hyperkalemia (ECG changes)  | IV calcium gluconate, cardiac monitor                                       |
| 22 | Severe hyponatremia seizure | 3% saline bolus per protocol                                                |
| 23 | Hypernatremia               | Give hypotonic fluids slowly, monitor Na <sup>+</sup>                       |
| 24 | Pulmonary edema             | Sit upright, O <sub>2</sub> if SpO <sub>2</sub> low, nitrates, prep NIV     |
| 25 | PE suspected                | O <sub>2</sub> , call physician/RRT, support hemodynamics                   |
| 26 | Upper GI bleed              | Airway, 2 large IVs, fluids, NPO, alert GI                                  |
| 27 | Variceal bleed              | Airway, IV access, vasoactive + antibiotics, alert GI                       |

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|----|------------------------|---------------------------------------------------------------------|
| 28 | Acute abdomen          | NPO, IV access, analgesia, surgical consult                         |
| 29 | Acute pancreatitis     | NPO, fluids, pain relief, monitor                                   |
| 30 | Urinary retention      | Catheterize unless trauma suspected                                 |
| 31 | Renal colic            | NSAID analgesia, fluids, strain urine                               |
| 32 | Chemical eye burn      | Immediate irrigation until neutral pH                               |
| 33 | Chemical skin burn     | Remove clothes, copious irrigation                                  |
| 34 | Thermal burn           | Cool under running water 20 min, no ice                             |
| 35 | Electrical injury      | Turn off power, ABCs, cardiac monitor                               |
| 36 | CO poisoning           | 100% O2 NRB immediately                                             |
| 37 | Heat stroke            | Rapid cooling (ice-water immersion)                                 |
| 38 | Hypothermia            | Gentle handling, remove wet clothes, active rewarm                  |
| 39 | Frostbite              | Warm water bath 37–39°C, protect from refreeze                      |
| 40 | Snakebite              | Immobilize limb, no tourniquet, urgent antivenom                    |
| 41 | Dog/animal bite        | Wash wound ≥15 min with soap/water, assess for PEP                  |
| 42 | Transfusion reaction   | Stop transfusion, keep IV open with saline                          |
| 43 | Air embolism           | Left lateral Trendelenburg, O2                                      |
| 44 | Aspiration             | Side-lying, suction airway, O2                                      |
| 45 | Epistaxis              | Pinch nose, lean forward 10–15 min, ice                             |
| 46 | Open fracture          | Cover sterile dressing, immobilize, control bleed                   |
| 47 | Compartment syndrome   | Loosen dressings, keep limb at heart level, alert surgeon           |
| 48 | Near-drowning          | Rescue breaths first, compressions if no pulse                      |
| 49 | Cord prolapse          | Knee-chest/left lateral, lift presenting part, prep urgent delivery |
| 50 | Post-partum hemorrhage | Call help, uterine massage, IV, uterotonics, fluids/TXA             |

### References:

1. AHA CPR & ECC Guidelines (2020 updates)
2. AHA/ACC Chest Pain Guideline (2021)
3. WAO Anaphylaxis Guidance
4. AHA/ASA Stroke Guidelines
5. NICE Epilepsy Guidance
6. BTS/TSANZ/GOLD COPD/Asthma oxygen targets
7. Surviving Sepsis Campaign 2021

8. ADA Diabetes Care Standards
9. ACG/AASLD GI bleeding guidelines
10. CDC CO Poisoning, Infection Control
11. WHO Snakebite & Rabies management
12. Red Cross/NHS burn first aid
13. RCOG/WHO obstetric emergencies
14. Brunner & Suddarth, Lewis's Med-Surg Nursing texts