

# Chest pain



# Chest pain

A short course to learn how to deal with a casualty who is having chest pain.

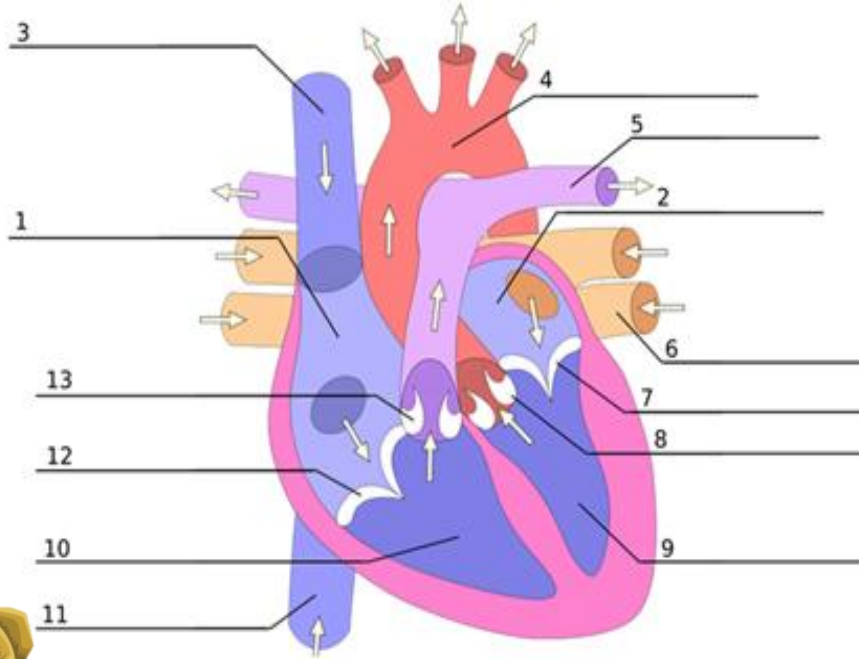
# Learning outcomes

- I am able to recognise when somebody is having chest pain
- I know what to do when someone has chest pain
- I am able to get help for a casualty with chest pain

# Casualty care

- **Always communicate with the casualty, if possible**
- **Listen carefully to what your casualty tells you**
- **Try to make sure you have the correct information before dialing 999 or 112**

# The heart A48



- The heart has its own blood supply
- It is approximately the size of your fist
- The adult heart beats on average 60-80 times per minute
- The heart has 4 different chambers



# Cardiac maths

The volume of blood in the human body is approximately **5 litres**.  
Every hour the heart pumps, on average, **280 litres**.

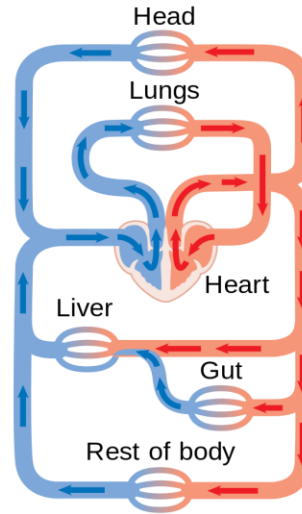
Each day (24 hrs) = ? litres  
Each year = ? litres



# Activity A36 or A49

## The circulatory system

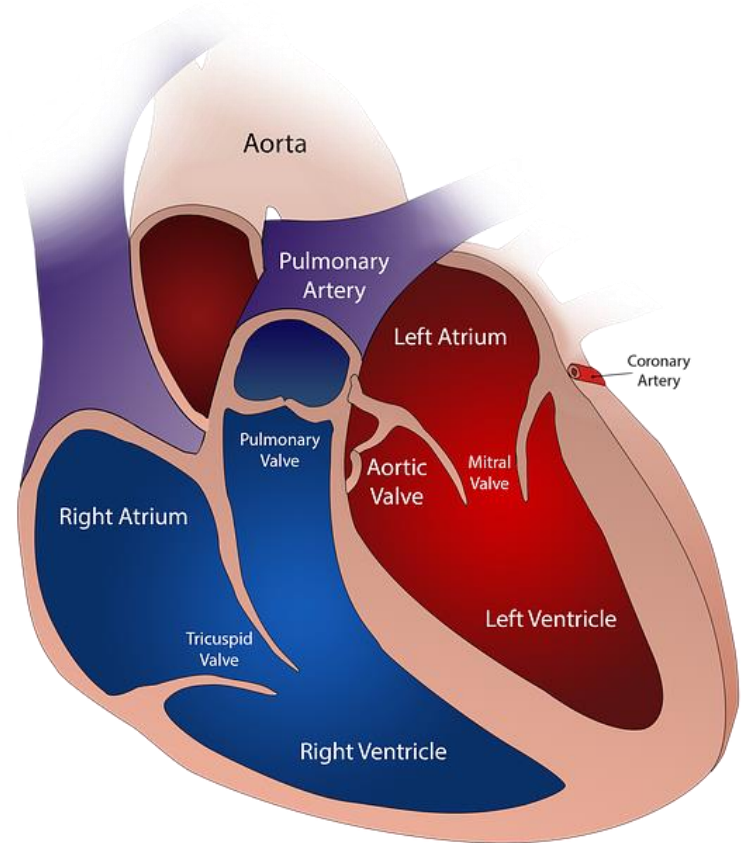
Create your own circulatory system - bring to life the key organs of the body by being creative. Use blue and red pens/string etc. to demonstrate the flow of blood in and out of the heart and lungs to the rest of the body. Use our [downloadable worksheet](#) which can be found on the St John Ambulance website.



→ Blood carrying carbon dioxide in veins  
→ Blood carrying oxygen in arteries

# The heart

- A **cardiac arrest** means that the heart has stopped beating normally and CPR is needed
- **Chest pain** May be caused by the heart muscle not getting enough oxygen from the coronary arteries. Remember, not all heart attacks have chest pain





**Watch this video**

[https://youtu.be/1\\_B8HkK6-s](https://youtu.be/1_B8HkK6-s)



KS4 – Chest pain

# Your turn: Chest pain

**1. Help the casualty to sit down**

- Sit them on the floor with pillows behind their back



**2. Encourage them to take medication if they have any (tablet or spray)**



**3. If the pain persists after 5 minutes advise them to take another dose**



**4. Call 999/112 if the pain is not easing after the second dose (suspect a heart attack)**

**5. Keep them calm and reassure them until help arrives**

# Your turn: Heart attack

1. Call 999/112 for emergency help.



2. Make them as comfortable as possible.

- Put them in a half sitting position on the floor
- Place a cushion behind their back and under their knees



3. Assist them to take one 300mg aspirin tablet.



4. If they have angina medication (tablet or spray), let them administer it.



5. Monitor them and keep them reassured while you wait for help to arrive

- Remember, your casualty could become unresponsive. Be prepared to perform CPR

# Complete the sentences

If someone was having a **heart attack**...

- They may have pain in their \_\_\_\_\_
- The colour of their skin may be \_\_\_\_\_
- They could feel \_\_\_\_\_
- Their breathing may be \_\_\_\_\_



# Check your learning

I am able to:



➤ State the different between a heart attack and a cardiac arrest

➤ Help someone who is having chest pain

➤ Call for help if someone is having chest pain

**Thank you!**

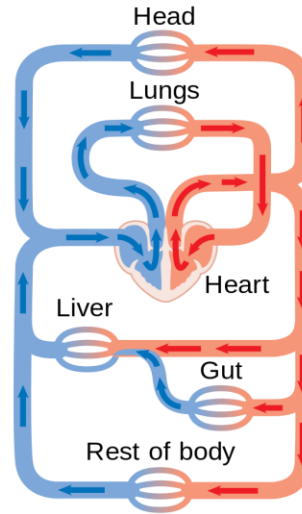
**St John  
Ambulance**



# Activity A36 or A49

## The circulatory system

Create your own circulatory system - bring to life the key organs of the body by being creative. Use blue and red pens/string etc. to demonstrate the flow of blood in and out of the heart and lungs to the rest of the body. Use our [downloadable worksheet](#) which can be found on the St John Ambulance website.

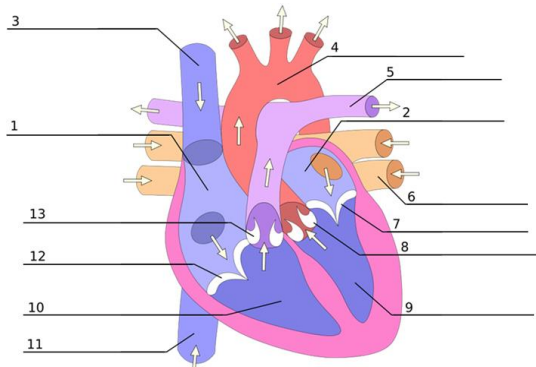


→ Blood carrying carbon dioxide in veins  
→ Blood carrying oxygen in arteries

# Activity A48

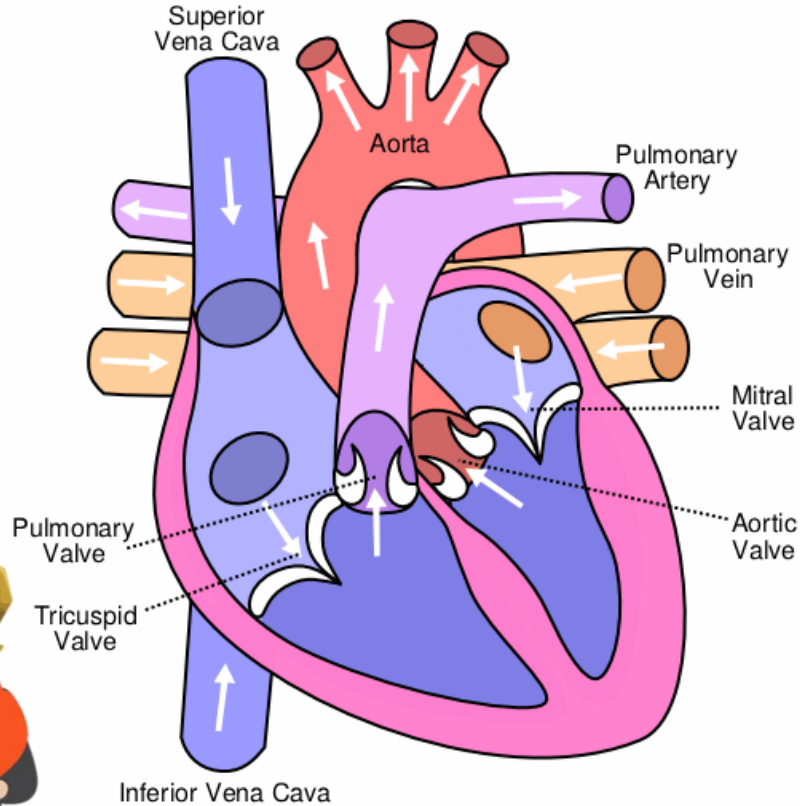
## Heart research task

Complete a research activity about the heart. You will **label** the key components of the heart and **research** some extra facts/information. Use our **downloadable worksheet** which can be found on the St John Ambulance website.





# The heart A48 answers



- The heart has its own blood supply
- It is approximately the size of your fist
- The adult heart beats on average 60-80 times per minute
- The heart has 4 different chambers



# Your turn: Heart attack

## Complete the steps

1. Call 999/112 for emergency help.



2. Make them as comfortable as possible.

- Put them in a \_\_\_\_\_ position on the floor
- Place a cushion behind their back and under their knees



3. Assist them to take one \_\_\_\_\_ tablet.



4. If they have angina \_\_\_\_\_ (tablet or spray), let them administer it.



5. Monitor them and keep them reassured while you wait for help to arrive

- Remember, your casualty could become unresponsive. Be prepared to perform CPR