Heart Attack at Sea

What is a Heart Attack?

- A heart attack occurs when blood flow to the heart is blocked, usually by a blood clot.
- This blockage prevents blood from getting to the heart muscle and can be fatal.
- Symptoms usually last for more than 10 minutes: they may stop, reduce and then return.

Common symptoms are:

- Feeling light-headed or dizzy
- Pain (cannot be specified where) or tightness that can spread to shoulders, neck or arms (especially the left arm), the jaw or throat
- Nausea
- Sweating, reddening of face
- Breathlessness
- Feeling of pressure or tightness in the centre of the chest (patient usually clutching their chest)
- Pain in middle abdomen

Signs and Symptoms

Action Plan – This is an Emergency

- Call your designated telemedicine provider or RCC (Rescue Co-ordination Centre)
- Record details of patient’s vitals and list symptoms: such as temperature, heart rate, etc.
- Stop patient’s activity and rest them, either sitting or lying down
- Orally administer an aspirin immediately (300mg, one tablet), and then daily thereafter
- If breathless then sit them up
- If in medical store administer Glyceryl Trinitrate, when giving aspirin make sure to wait 5 seconds between supplying different medication
- Restrict patient to light diet and fluids such as soup, water, etc.