



Childhood Fainting

Causes and Treatment

2019

SQ Schools

Dehydration

	Signs and symptoms
Mild to moderate	<p>Fussy, tired, irritable child.</p> <p>Dry mouth & tongue, less tears.</p> <p>Muscle cramps, headaches, nausea and vomiting.</p> <p>Increased heart rate, increased breathing rate.</p> <p>Light-headedness (especially when standing), weakness.</p> <p>Increased thirst.</p>
Severe	<p>Listless, lethargic, confused, unconscious.</p> <p>Too weak to cry.</p> <p>Sunken eyes, no tears.</p> <p>Increased or decreased heart rate, weak pulses, and rapid shallow breathing.</p> <p>Cool, mottled skin.</p> <p>Too weak to drink fluids.</p> <p>Loss of muscle tone with the child appearing "floppy."</p>



Rehydration

Clear fluids include:

- water
- icy poles
- jelly
- other replacement fluids (Gastrolyte, Pedialyte, Gatorade, Powerade, etc.)



Hypotension (Low Blood Pressure)

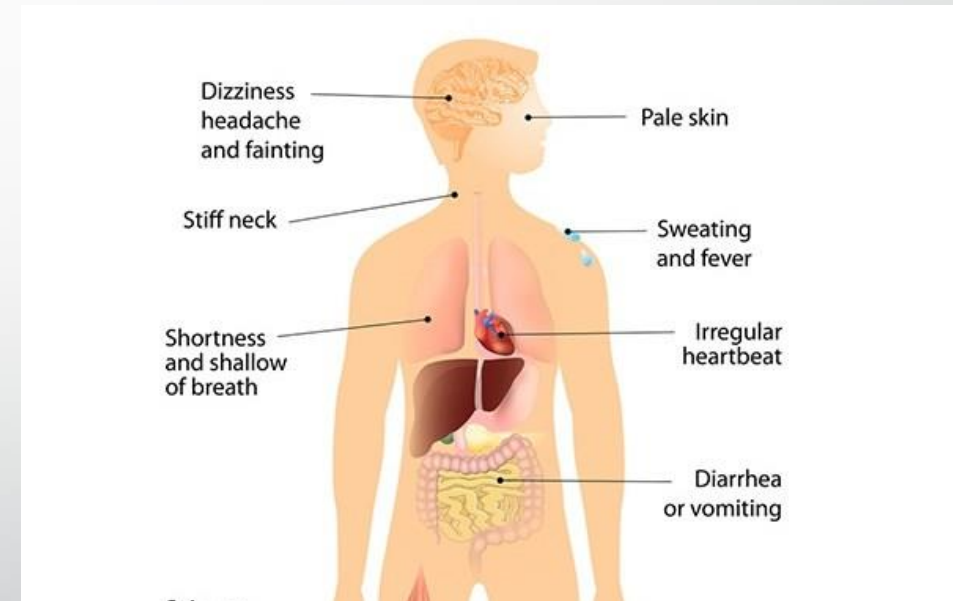


Causes:

- Orthostatic- change in body posture causes a fall in blood pressure
- NMH- occurs when someone has been standing for a long time
- Medication
- Other causes- anaphylaxis, heart rhythm, dehydration, fainting, shock

Symptoms of Hypotension

- Blurry vision
- Confusion
- Weakness/Fainting
- Light-headedness, unsteadiness, loss of balance
- Rapid/Irregular heart beat
- Nausea/Vomiting
- Sleepiness



Hypotension- treatment & prevention

- Get the child to stop what they are doing
- Have the child sit/lie down
- Have the child drink some water

Prevention is about being proactive:

- Don't leave children standing for a long time
- Take regular drink breaks, especially in hot weather or hot environments.



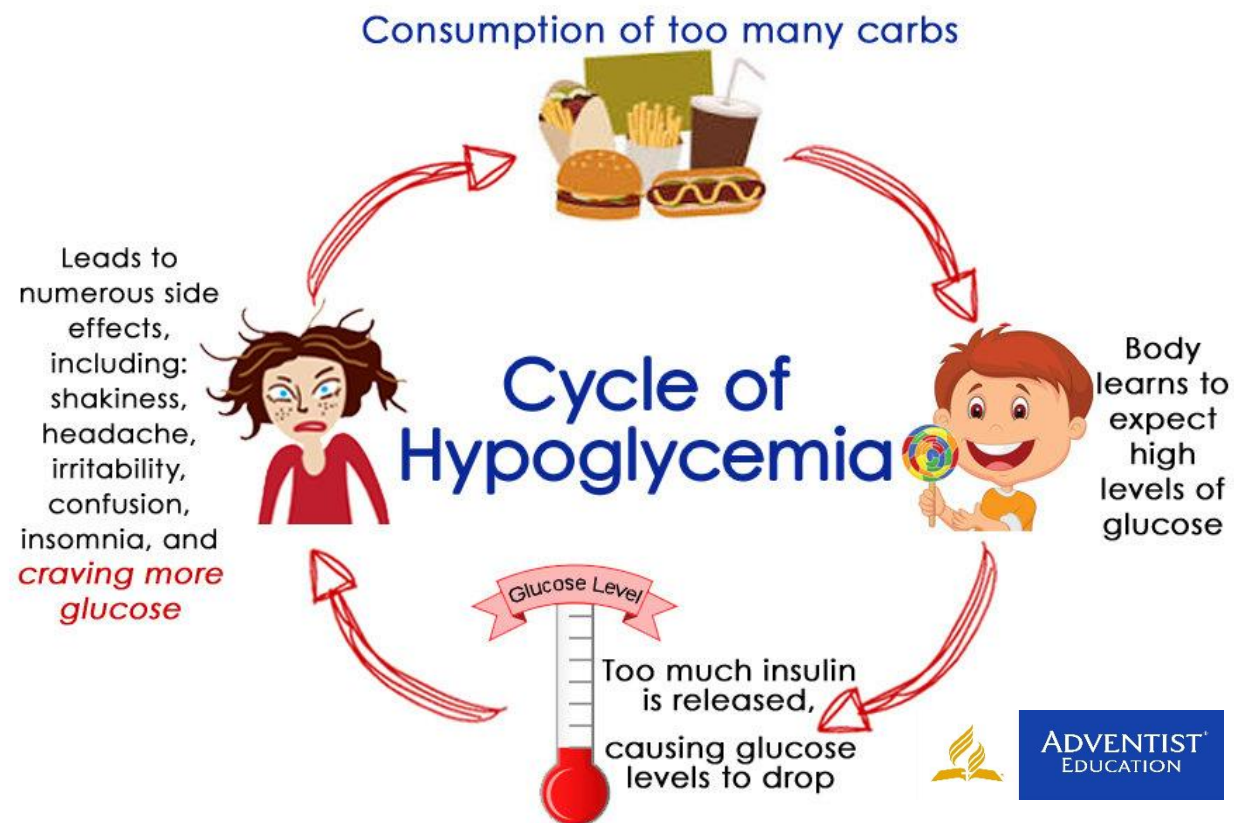
Low Blood Sugar Symptoms



Warning signs:

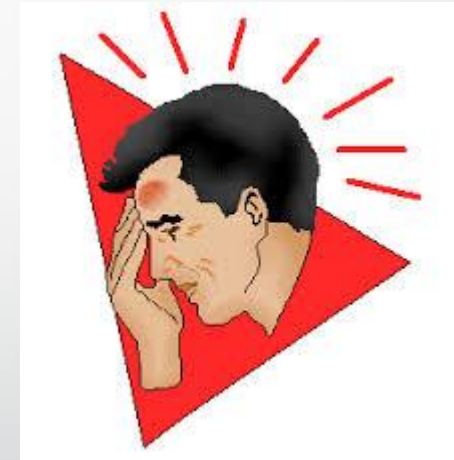
- Sweating, hunger, tingling
- Tremor, fast pulse, pallor, anxiety
- Lethargy, weakness
- Poor concentration, change in behaviour
- Headache, blurred vision, slurred speech
- Dizziness
- Nausea/vomiting
- Clumsy or jerky movements
- Altered level of consciousness/coma/convulsions

Hypoglycaemia



Head Injury- moderate to severe

- Loss of consciousness
- Drowsy, may not respond to your voice
- Unequal pupils, arm and leg weakness
- Obvious foreign body stuck in the child's head
- Has a fit or convulsion
- Vomited 2 times or more
- Headache
- May have a large bruise, lump or cut on the head



Head Injury- moderate to severe

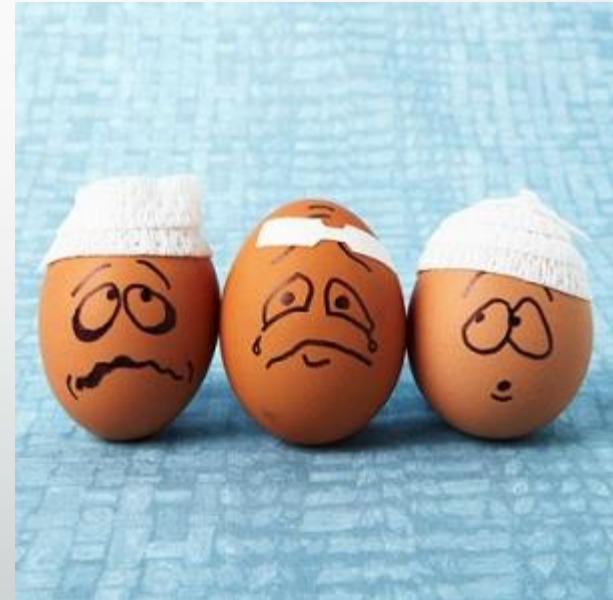
Treatment:

- Call an ambulance immediately
- Do not move the child until paramedic is present
- Contact and advise parent/carer



Head Injury- minor

- Has not lost consciousness
- Is alert and interacts with you
- Possible vomit- once
- Possible bruising or cuts
- Otherwise normal



Minor Head Injury Treatment

- Contact parent/carer ASAP
- Wash the wound- mild soap & water
- Apply sterile/clean cloth- pressure for 5-10 mins
- Ice the area for 20 minutes, repeat after 1 hour
- Clear fluids only for the first 2 hours.



Minor Head Injury Treatment

Return to hospital if:

- Unusual or confused behaviour
- Severe/persistent headache
- Frequent vomiting
- Bleeding/discharge from the ear or nose
- Fit/convulsion/spasm of face, arms or legs
- Difficulty waking child
- Difficulty keeping the child awake.



Syncope (Fainting)

Causes:

- Pain/emotional stress
- Drop in blood pressure
- Low blood sugar
- Dehydration
- Heart conditions
- Epilepsy
- Inner ear problems
- Breath holding

Reasons For Fainting



Emotional shock



Pain



Lack of food



Over-exertion



Dehydration



Exhaustion



Sight of blood



Standing up suddenly



Standing in hot conditions



Heart rhythm changes or heart conditions



Syncope (Fainting): Symptoms

- Vertigo (spinning sensation)/dizziness
- Headache/weakness
- Blurred vision/seeing spots
- Ringing in the ears
- Sweating/nausea/vomiting
- Tingling/numbness
- Shortness of breath
- Incontinence
- Paleness or blue colour to skin.



Syncope (Fainting) Treatment

- Lie the child down if safe and possible
- Position on their back with legs raised
- Turn head to the side
- Loosen tight clothing
- Try a cold wet cloth to the face or neck
- Once alert offer fruit juice or water
- Stay with the child until fully recovered
- Sit the child up slowly and progressively.



Syncopal (Fainting) Treatment

Call an ambulance if:

- Blue lips or face
- Irregular or slow heartbeat
- Chest pain
- Difficulty breathing
- Difficult to awaken
- Acts confused
- Hits his/her head when fainting.



Summary

1. Err on the side of caution- call an ambulance if in any doubt.
2. Act quickly to safely correct the faint or concerning symptoms.
3. Prevent, prevent, prevent (hydrate & keep cool).