

Activity: First Aid

Themes: Health and Wellbeing

Losing consciousness can occur when there is a reduction in blood flow to the brain. This may happen if there is a heart disorder, if something interferes with the normal return of blood to the heart, or if the blood volume is too low. Low blood volume may be caused by:

1. Bleeding
2. Dehydration (due to diarrhea, excessive sweating, inadequate intake of fluids, or excessive urination)

When blood to the brain is reduced we may feel nauseas, dizzy, cold, sweaty, and/or suffer partial or complete loss of consciousness. The period of unconsciousness is usually brief and not a matter to be overly concerned about if it happens in isolation and there has been no injury due to the collapse. People usually recover within a few minutes. If fainting becomes a regular occurrence, then medical attention should be sought to determine the underlying reasons. When a person faints, try to break their fall, and support them. Loosen their clothes if it is restricting to their comfort and breathing.

1. As a class, view episode 12, *Pressure*, where Abigail collapses while performing a duet with Sammy. She has been eating and drinking very little over the past weeks and exercising excessively. She has been treating her body as a machine, but not understanding the complexity of her actions. She has been neglecting blood sugars to the brain and hydration.
2. Discuss with students:
 - a. Why Abigail collapsed?
 - b. What symptoms she displayed that alerted us to her condition?
 - c. What first aid should be given in this instance?
 - d. View the **DRSABCD Action Plan Factsheet** available from [St John's Ambulance](#). Discuss DRSABCD as an emergency first aid response to Abigail's condition.

3. As a class, list a range of scenarios where an emergency response such as DRSABCD would be necessary. Write these on the board/IWB.
4. Divide the class into groups of three. Give each member of the group a role: (1) the director, (2) the scribe, and (3) the reporter. The director will lead the rest of the group through the scenario and together they will discuss the actions one would do as part of a DRSABCD response in the particular scenario. The scribe will keep a record of all stages and responses. The reporter will present the list to the class.
5. Ask students to complete **Student Activity Sheet E12.4: DRSABCD**.

Download

- Student Activity Sheet E12.4: DRSABCD

Useful resources

- [Ausdance Factsheet 17, Eating disorders and dancers](#)
- [Ausdance Factsheet 14, First aid for dancers](#)
- [Ausdance Factsheet 18, Occupational health safety for the dance industry](#)
- [St John's Ambulance DRSABCD Action Plan](#) Factsheet
- [International Association for Dance Medicine & Science website](#)



NAME:

Student Activity Sheet:
Activity:

E12.4
First Aid

Episode 12:
Clip: Pressure Collapse

DRSABCD

Review the St John's Ambulance DRSABCD Action Plan Factsheet and then write an example of what to do in relation to each of these key action words, in an emergency situation

Danger

Response

Send

Airways

Breathing

CPR

Defibrillation
