MY DREAM VACATION

BY: JESSICA WALRATH
Finally, I was off on my 2 week Break from Medical School
Finally, I could relax...

Attention passengers!

If there is a medical doctor on board, please notify the nearest flight attendant.

I'm a third year medical student...

But I'm not a doctor yet.
Should I say something?

The flight attendant is only a few rows away...
I'm a medical student!

Oh thank goodness! It's one of the passengers...

He can't breathe!

Where is he?

This way!
Causes of Respiratory Distress

**Upper Airway**
- Foreign body
- Peritonsillar abscess
- Retropharyngeal abscess
- Ludwig's angina
- Epiglottitis/tracheitis
- Angioedema/anaphylaxis
- Trauma

**Lower Airway**
- Foreign body
- Asthma
- Bronchitis
- Pneumonia
- Pulmonary edema
- Trauma

**Pleural Cavity**
- Diaphragmatic hernia
- Pneumothorax
- Hemothorax
- Chylothorax
- Empyema

**Neurologic**
- Central apnea
- Infection
- Seizure
- Guillain-Barre
- Myasthenia gravis
- Botulism
- Diaphragmatic paralysis
- Muscular dystrophy

**Cardiac**
- Congestive heart failure
- Myocarditis
- Pulmonary hypertension
- Pulmonary embolus
- Arrhythmia

**Metabolic**
- Acidosis
- Toxicologic syndrome
- Sepsis
- Dehydration
Hi, my name is Jessica.

I'm a third year medical student.

Jessica, I'm Nancy and this is my son, David. Please help him.

Can you tell me what happened?

He was eating dinner...

Then he got all itchy...

And his voice got funny...

He's tachycardic.

He's covered in urticaria.

His lips are swollen.

Is there an Epi-pen on board? Yes!

Congestive heart failure
Hemothorax
Pulmonary embolus
Trauma
Acidosis
Asthma
Epiglottitis/tracheitis

Retropharyngeal abscess
Pneumothorax
Foreign body
Ludwig's angina
Angioedema/anaphylaxis
Epiglottitis/tracheitis
Arrhythmia
Pulmonary embolus
Congestive heart failure
Acidosis
Pulmonary embolus
Epiglottitis/tracheitis
Congestive heart failure
Acidosis
What's going on?

Your son is having an allergic reaction.

I'm going to give him a shot of epinephrine.

This will help with his breathing.

How are you feeling now, David?

It didn't work...

Please, do something!

What do I do?
Ok, always start with the ABC’s, airway, breathing, circulation.

His airway is closing up.

He needs an airway!

**Step 1: Preparation**
Gather supplies and recall relevant anatomy of the larynx

**Step 2: Landmarks**
Find the cricothyroid membrane between the thyroid and cricoid cartilage

**Step 3: Cut**
Make an inch-long incision through the cricothyroid membrane while stabilizing the thyroid cartilage
AHH!
You ok?

Yeah, it was just a dream.

Well, it's time to get up!

Ready to start your emergency medicine month?

You know what?

I am.