

Panic Attack with Friend

Scenario Overview:

You are sitting with your friend, who has got anxiety. They suddenly have a trigger and they start to have a panic attack next to you. They are all flustered, confused and worried

Difficulty:

First Aider Easy

How the scenario should progress:

The casualty by the end will recover

Actor Tips:

Patient 1:

Name: William Fordon **Age:** 19 **Sex:** Male

Medication:

None

Allergies:

None

Past medical/family/social history:

Anxiety

Findings on examination:

Anxious patient. Complaining of: - Feeling faint - Feeling sick - Worry - Confusion The patient is very disorientated from what you can see. They have had a few before, never in front of anyone making them feel that little bit more nervous.

Possible treatment from first aiders:

To help them to do breathing techniques such as squared breathing and also to reassure them that they are safe and that they will be ok.

Time after start:	Immediate	2 mins	4 mins
Response:	Disorientated	Getting better	Normal
Breathing?	Fast	Slowing	Average
Respirations:	Fast	Slowing	Average
Pulse:	High	Lowering	Average