



**ADVANCED,  
ACCESSIBLE &  
AFFORDABLE  
EMERGENCY CARE  
IN MINUTES**



**EMERGENCY**

“

**World class success rates in emergency care mean leaving nothing to chance. They require strict adherence to global best practices and a huge investment in commitment and infrastructure**

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**YOUR RESPONSE IN  
THE FIRST 5 MINUTES  
OF A CARDIAC  
EMERGENCY WILL  
BE THE MOST  
CRUCIAL DECISION  
OF YOUR LIFE.  
MAKE IT COUNT.  
CALL THE EXPERTS**

Comprehensive  
Protocols



Pioneers of  
Emergency  
Care



24 X 7  
Cardiologist  
on site



Cutting-edge  
Ambulance  
Service



Rapid  
Angioplasty  
Facilities

**Thirty years of experience**  
**have helped us perfect our**  
**protocols** to handle a  
cardiac emergency at  
Apollo Hospitals



Apollo Hospitals is a pioneer in modern day emergency care in India. Its 24-hour emergency is geared to meet all cardiac emergencies. The scorecard shows an unmatched record of

handling cardiac emergencies with success rates comparable to international standards

The Apollo team of  
emergency experts is  
strengthened by the  
**24x7 presence of a**  
**cardiologist**



The Emergency Room at Apollo Hospitals has one of the finest group of emergency clinicians and cardiologists. A lot of emphasis is also placed on standardising care

through clinical pathways and identification

**With Apollo, care begins right in the ambulance. Best drugs and equipment manned by expert paramedics**



Ambulances that are well equipped and manned by trained personnel – indeed a veritable 'Hospital on Wheels'. There is an effective communication system between the

central control room, ambulances and the emergency facilities in the hospitals, that help make time-critical decisions with ease

**45 mins is all it takes to get a patient to the cath lab for an angioplasty at Apollo**



Established protocols for patients presenting with chest pain

- Charting and triage system that helps to decrease waiting time
- Dedicated

resuscitation bays, crash cart, multi-channel monitors & mechanical ventilators

- 24x7 functioning cath lab

## DO NOT TAKE **ANY OF THIS LIGHTLY**

- Uncomfortable pressure, fullness, squeezing, or pain in the centre of the chest that lasts more than a few minutes or goes away and comes back.
- Pain spreading to the shoulders, neck, back and arms.
- Chest discomfort with lightheadedness, fainting, sweating, nausea, or shortness of breath.



## SURVIVING A HEART ATTACK **BEGINS IN THE FIRST FEW MINUTES**

- Stay calm
- Call for your ambulance
- Stop all physical activity
- Lie down on your back
- Loosen clothing around chest
- Under medical advice take an aspirin  
Remember it is better to chew it rather than swallow it

Experience has  
taught us the value  
of each minute

DOOR TO  
TRIAGE IN  
LESS THAN  
5 MINS

ACCESS TO  
NEUROLOGISTS, &  
NEUROSURGEONS  
WITHIN 5 MINS,  
TO ASSESS  
A STROKE

24x7  
CARDIOLOGIST,  
TO TREAT  
HEART  
ATTACKS

DOOR TO  
CATH LAB  
IN 20 MINS

ONSITE  
SPECIALIST  
TEAM FOR THE  
TREATMENT  
OF TRAUMA



**1066**  
For all Medical Emergencies

# IN CASE OF EMERGENCY KEEP CALM AND BE PREPARED



Learn the typical symptoms of common medical emergencies. The knowledge will help you make better decisions when every second matters.

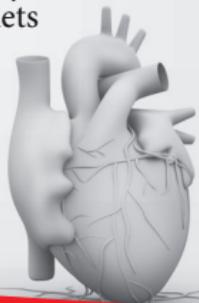
## Heart Attack

In case of a heart attack, the blood supply to the heart is cut off. The sooner the blood supply is restored, the better.

### The common things to look for in the case of a heart attack are

- Uncomfortable pressure/ squeezing in the chest
- Pain spreading to the shoulders and the neck
- Fainting, sweating and nausea

In case of a heart attack, it is critical to help victims into a sitting position, and ensure they do not exert themselves. 2 tablets of Aspirin dissolved in water should be given orally. An ambulance should be called for immediately.



## Stroke

Stroke is a common and serious medical emergency. It is vital that the public and the healthcare professionals recognise a stroke accurately and swiftly to facilitate immediate effective care.

The common signs to look for are

**F** **Face Smile:**  
is one side droopy?

**A** **Raise Both Arms:**  
is one side weak?

**S** **Speak a Simple Sentence:**  
Slurred? Unable to?

**T** **Time:**  
Lost Time could be lost Brain.

## Warning signs include:

- Sudden loss of speech
- Sudden loss of face symmetry
- Sudden loss of hand, arm, leg movements
- Sudden loss of vision which may come and go like a curtain over the eye
- Acute giddiness
- Sudden loss of balance
- Poor co-ordination of arm or leg
- Rarely pain over face, arm or leg in one half of body
- Sudden severe headache or neck ache



The most important thing to keep in mind is that timely tertiary care is of critical importance in treating a stroke. This must be arranged at the earliest.

## Fainting & Seizures

Unconsciousness is a common medical emergency. This state could be a result of several reasons. The most serious risk while being unconscious is the patient choking. Fainting and seizures are both associated with unconsciousness.

In case of fainting

- Prevent the person from falling
- Raise the victim's legs - this allows the blood to move from the legs to the heart

In case of seizures

- Do not give the person anything to eat
- Do not hold the victim down
- Do not throw liquid on the face
- Cushion the victim's head
- Lay the victim in the recovery position



## Paediatric Emergency

Paediatric emergencies are a major concern. In the case of an emergency it is always advisable to get help as soon as possible.

The Apollo Emergency Network is one of the pioneers of paediatric emergency care in the city. The specialised Apollo Children's hospitals has the experience and the 'know-how' to deal with a complex range of situations.

The facility is equipped with the latest technology, infrastructure, and skilled personnel to redefine excellence in paediatric emergency care. Apollo even has special ambulances and ICUs to handle emergencies for children.



## Cuts & Sprains

Cuts and sprains are common accidents that can happen just as easily at home as they can outside.

Care for these emergencies should begin immediately, as

soon as they occur.

In the case of cuts

- Clean the cut under clean running water
- Apply pressure with a gauze or clean cloth to stop the bleeding
- Elevate the part with the cut to reduce bleeding

In the case of sprains

- Rest the affected part and keep it elevated
- Take a pain killer
- Apply an ice pack to reduce swelling

## Burns

While it is absolutely critical that an ambulance is called immediately in case of serious burn injuries, it is important to know the basics of burn care, first aid is a priority.

The following should be kept in mind during burn cases

- Put out the fire with a thick cloth/blanket or a carpet
- Remove all the burnt clothes from the victim immediately
- Washing the affected areas in cold running water helps
- Cover scalded area with cling film or clean cloth soaked in cold water
- Do not apply any ointments till a proper clinical assessment

## IF YOU DON'T HAVE YOUR OWN FIRST AID KIT, IT'S TIME TO BUILD ONE TODAY

Every home that values safety needs to have its own first aid kit as its first line of defence. Create your own kit with these easily available items

Being prepared is the essence of being able to handle an emergency. The experts at Apollo Emergency have prepared a list of items that every household must have to resolve common medical emergencies. All these items can be easily procured from your neighbourhood pharmacy/stores. Assemble your emergency kit in a sturdy bag. Make sure you store your kit in a place that can be easily accessed when the need arises.



### What you must have in your emergency kit

- 2 absorbent compress dressings (5 x 9 inches)
- 25 adhesive bandages (assorted sizes)
- 1 adhesive cloth tape (10 yards x 1 inch)
- 1 antibiotic ointment tube
- 5 antiseptic wipe packets
- Aspirin tablets 300 mg (dissolvable)
- 1 blanket (space blanket)
- 1 instant cold compress
- 2 pair of nonlatex gloves (size: large)
- Scissors
- 1 roller bandage (3 inches wide)
- 1 roller bandage (4 inches wide)
- 5 sterile gauze pads (3 x 3 inches)
- 5 sterile gauze pads (4 x 4 inches)
- Oral thermometer (non-mercury/nonglass)
- 2 triangular bandages
- Tweezers
- Flashlight
- A sturdy bag to hold it all

Apollo Hospitals  
pioneered Emergency  
Care in India. Over the  
last 30 years we have  
perfected it with a  
continuous focus on  
innovation and  
excellence

Cutting-edge emergency care is a high priority and an area of continuous focus at Apollo Hospitals. The Group has led innovation and great development in this field. It is our first line of care **in our mission to touch and nurture priceless lives**. Over three decades Apollo has continuously redefined excellence in emergency care in terms of infrastructure, skills, protocols and world-class outcomes.

All this investment in time and resources is done with just one goal in mind, **to be with you in the case of an emergency** - to reach you and protect you in the most effective manner.

# **APOLLO EMERGENCY.** **THE NETWORK THAT IS** **ALWAYS CLOSE BY**

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## **Apollo Hospitals, Chennai (Main Hospital)**

No. 21, Greams Lane, Off. Greams Road  
Chennai-600 006  
Tele +91-44-2829 0200 / 2829 3333

## **Apollo Children's Hospital**

No. 15, Shafee Mohammed Road, Thousand Lights,  
Chennai-600 006  
Tele +91-44-2829 8282 / 6262

## **Apollo Speciality Hospital, Teynampet**

No. 320, Anna Salai, Teynampet, Nandanam,  
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## **Apollo First Med Hospital**

No.154, Poonamallee High Road, Kilpauk,  
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## **Apollo Speciality Hospital**

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## **Apollo Speciality Hospital**

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## **Apollo Reach Hospitals, Karaikudi**

Madurai Road, Managiri, Karaikudi - 630 001



  
**Apollo**  
HOSPITALS



**EMERGENCY**

Talk to Apollo Hospitals on Social Media



Google play

 **1066** for  
all medical emergencies