ADVANCED, ACCESSIBLE & AFFORDABLE EMERGENCY CARE IN MINUTES
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.
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.
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

Surviving a Heart Attack Begins in the First Few Minutes

- 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.

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**
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

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

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

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

**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 victims 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.
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

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
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 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,
Chennai-600 035
Tele +91-44-2433 6119

Apollo First Med Hospital
No. 154, Poonamallee High Road, Kilpauk,
Chennai-600 010
Tele +91-44-2821 1111 / 3936 6000

Apollo Speciality Hospital
No. 64, Vanagaram to Ambattur Main Road,
Chennai-600 095
Tele +91-44-2653 7777

Apollo Speciality Hospital, Perungudi, OMR
05/639, Old Mahabalipuram Road,
Chennai-600096
Tele +91-44-3322 1111 / 2496 1111

Apollo Hospitals, Tondiarpet
No. 645, TH Road, Tondiarpet, Chennai-600 081
Tele +91-44-2591 5533

Apollo Speciality Hospital
Ariyamangalam Area, Chennai - Madurai Highway,
Trichy - 620 010
Tele +91-431-330 7777

Apollo Speciality Hospital, Madurai
Lake View Road, K.K. Nagar, Madurai - 625 020
Tele +91-452-2580 892 / 893 / 894

Apollo Reach Hospitals, Karaikudi
Madurai Road, Managiri, Karaikudi - 630 001
Talk to Apollo Hospitals on Social Media