

Crisis Symptom Reporting Guide



When a loved one faces a medical emergency, your careful observation and accurate reporting of symptoms can save their life. However, staying clear-headed during a crisis is difficult.

These questions will help you know what to watch for during medical emergencies and make notes that can be shared with medical personnel. Review them now, then keep this form in a patient file. Consider making copies and write notes on the backside for quick reference when an urgent situation arises..

- What time did the problem start?
- **What were they doing when the problem began?**
- Do you know or suspect what caused the problem?
- **What was the first noticeable symptom?**
- What other symptoms/complaints do you recall?
- **Did the symptoms come on abruptly or gradually?**
- Were they given any medication or medical treatment just before the problem started? If so, what?
- **Did the patient say how they felt when the problem started and/or as it progressed? Describe it.**
- Do they have a history of this kind of problem? If so, what was the previous diagnosis?
- **What did you do to try to help them from the time the problem arose and the time you arrived in the ER or the doctor's office? Did something work well? Make things worse?**

When to Call for Help

When is a crisis a crisis? When should you call someone else for help?

Get help when your loved one is in medical distress and you are not sure what to do. Call your local rapid-response number (e.g., 911 in the US or 112 in the EU) or an ambulance if the person you are caring for:

- Is unconscious
- Has unexplained chest pain or pressure
- Is having trouble breathing or is not breathing at all
- Has no pulse
- Is bleeding severely
- Is vomiting blood or bleeding from the rectum
- Has fallen and may have broken bones
- Has had a seizure
- Has a severe headache and/or slurred speech
- Has pressure or severe pain in the abdomen that does not go away
- Is unusually confused or disoriented

Also call for help if

- Moving the person could cause further injury
- The person is too heavy for you to lift or help
- Traffic or distance would cause a life-threatening delay in getting to the hospital

**This is a list of general issues to consider.
For more specific information contact your physician.**