Emergency Guidelines for Healing Touch Practitioners
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There may be an occasion when a Healing Touch practitioner may find himself or herself in an emergency. The purpose of the following document is to provide an overview of what HTP would expect you to know and follow if an emergency arises. Although we cannot fully anticipate every emergency, we can offer some measure of comfort and confidence if we have pertinent and useful information. Remember to know and follow all of your local, state, federal laws, legal mandates, and regulations or statutes. **You must only work within your "Scope of Practice".**

It is recommended that practitioners consider taking First Aid/ and/or CPR training – especially if they are working in an isolated location or a single practitioner practice. In addition, it is important to stay up to date with such training.

Be Aware:

One of the most important things you can do is to simply be aware of your environment and your surroundings. This means paying closer attention to where you are and how you might react if something happens. This means really being present with your clients.

If an emergency occurs, it will be important that you react in a calm rational manner. While it is easy for panic to set in, you and your clients will be safer if you can control your emotions and react calmly. Good planning minimizes risks and anticipates contingencies that may require an emergency response or a change of plan.

Be Informed:

You should know where emergency exits are and know how to exit a building or area safely. You should also know how to contact your local authorities. In case of an emergency call 9-1-1 or whatever emergency number available in your area.
Emergency Phone Numbers:

- Identify at least one working phone on site. When using a cellular phone, it must be fully charged and must work on site. Many cellular phones do not work in certain areas or locations.

- Know the phone number and location of the nearest hospital.

- Know the phone number of a local ambulance company.

- Have emergency contact information for your clients, such as a relative or someone to call if something was to happen to the client.

911 GUIDELINES

In a serious medical emergency when calling 911 know:

*   Exact address, including nearest cross streets
*   Nature of the emergency (fire, heart attack, loss of consciousness, etc.)
*   Follow the dispatcher's instructions carefully.
*   Ask for clarification if you are not sure what to do.
*   DO NOT hang up until the dispatcher is finished. The dispatcher is the only person who should end a 911 call.

NOTE: If the 911 lines are busy, DO NOT HANG UP. Calls are answered in the order in which they are received.

In an emergency, quick action is critical. However, sometimes it is difficult to decide what an emergency is and or not. The following guidelines should help you decide when it is necessary to call 911or emergency number for your area) for emergency response.

POTENTIAL EMERGENCY SITUATIONS
  **Use common sense and the following symptom/situation guidelines to determine a true medical emergency:

*   You or your client are in imminent danger – such as your client **threatens** to initiate harm to themselves or others
*   Persistent or sudden chest pain
*   Loss of consciousness
*   Breathing difficulty
*   Person who will not awaken after gentle shaking
*   Seizure
*   Uncontrollable bleeding
*   Drug overdose or poison ingestion
*   Vomiting blood
*   Electrocution
*   Physical entrapment
*   You see or smell heavy smoke
*   You observe criminal activity

NOTE: The guidelines listed above are only some potential life-threatening emergencies. Notify the 911 Dispatcher first in case of these emergencies.

In addition to activating the emergency response system, the parent or guardian of a minor should be located as soon possible. For adults, the spouse, parent or next of kin should be notified as soon as possible. This information should be on your intake form.

Supplies you may want on hand for emergencies:

- Water: Ample drinking water should be available.
- Ice: There should be ice or ice/heat packs available in case of acute strains/sprains.
- Gloves: Exam gloves should be on site and worn by anyone who may come into direct contact with blood.
- First Aid Kit: A basic first aid kit should be on site, but remember, this should only be used within your comfort and or training

> First aid kits should include:
> Band-Aids, both small and large
> Medical gauze
> Athletic tape and Elastic (ACE) bandages
> Plastic bags
> Scissors
> Skin antiseptic cleaner /Alcohol

Levels of Care:

- **Emergency Care:**
  Emergency care is the resuscitative or stabilizing treatment needed for any acute medical or psychiatric illness or condition posing a threat of serious jeopardy to life, serious impairment of bodily functions, or serious dysfunction of any bodily organ or part.

- **Emergency Department (ED):**
  The ED provides resuscitative therapy and stabilization in life-threatening situations; it is staffed and equipped to provide initial evaluation, treatment, and disposition for a broad spectrum of illnesses, injuries, and psychiatric disorders, regardless of the level of severity. Emergency care is provided in a clearly defined area dedicated to this function, and is available 24 hours a day, 7 days a week (24/7).

- **Urgent Care:**
  Urgent care is unscheduled ambulatory care for an acute medical or psychiatric illness or minor injuries for which there is a pressing need for treatment to prevent deterioration of the condition or impairment to possible recovery.

- **Urgent Care Clinic (UCC):**
   An UCC provides ambulatory medical and psychiatric care for patients without a scheduled appointment who are in need of immediate attention for an acute medical or psychiatric illness, or minor injuries. UCCs can exist in facilities with or without an ED. In either case, UCCs are not designed to provide the full spectrum of emergency medical care. Urgent Care is to be provided in a clearly-defined area dedicated to this function and according to defined hours.

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