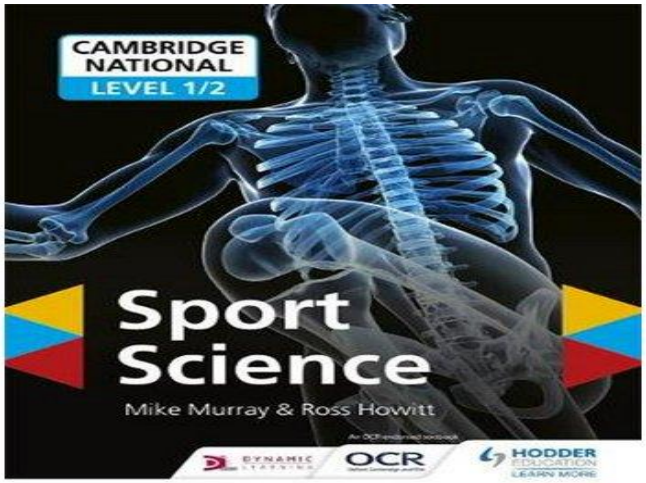
Cambridge Nationals Sports Science Revision Cards



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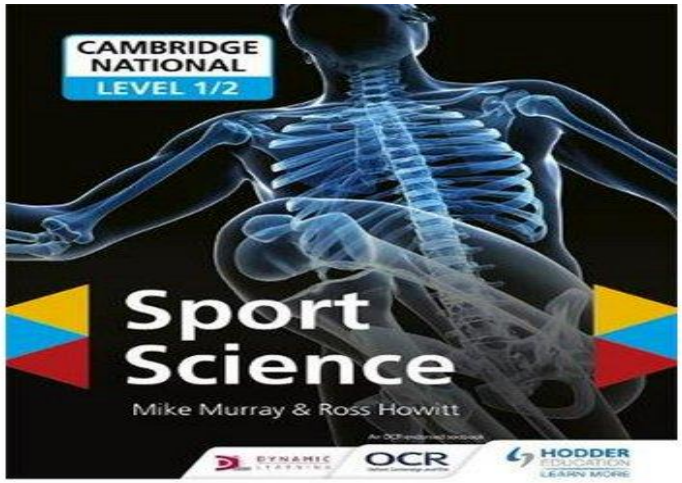

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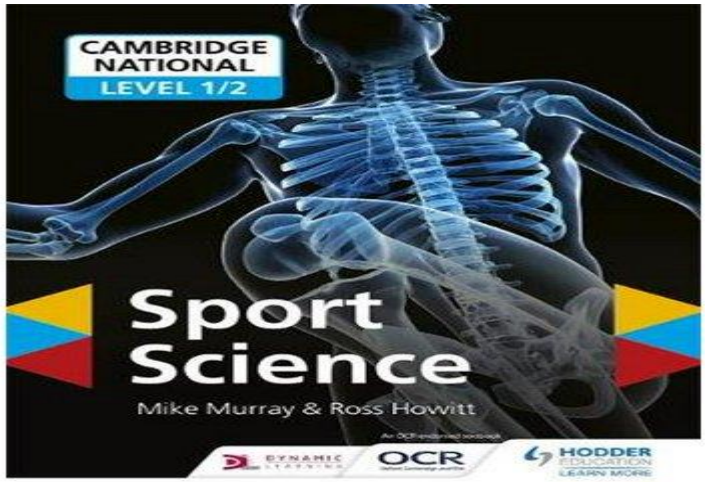

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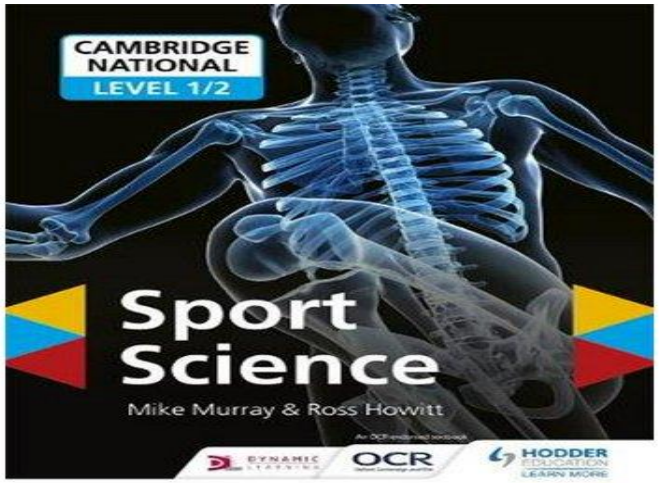

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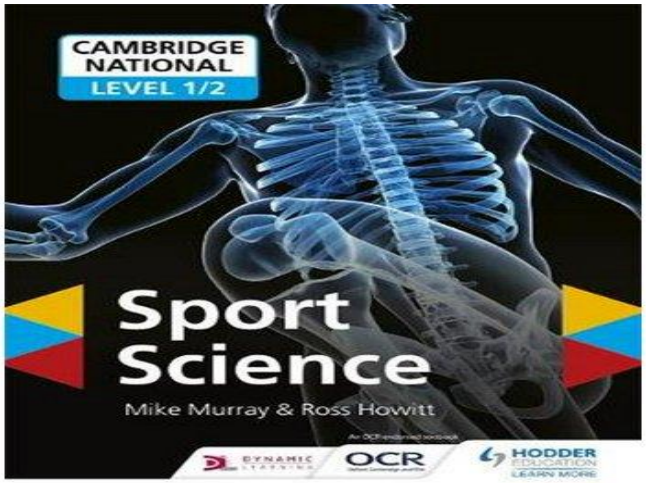

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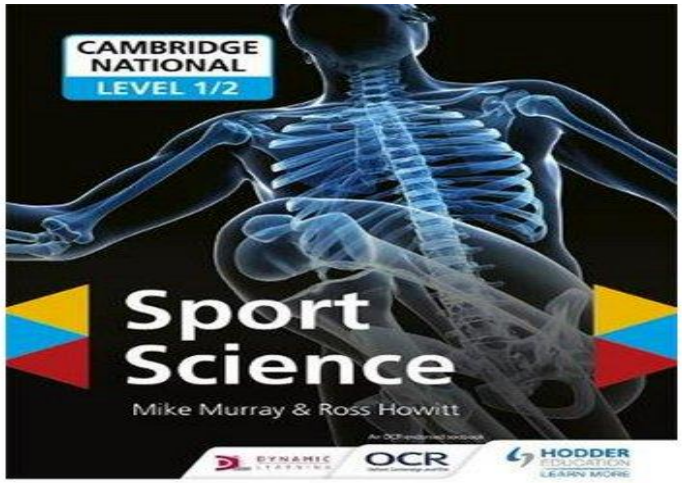

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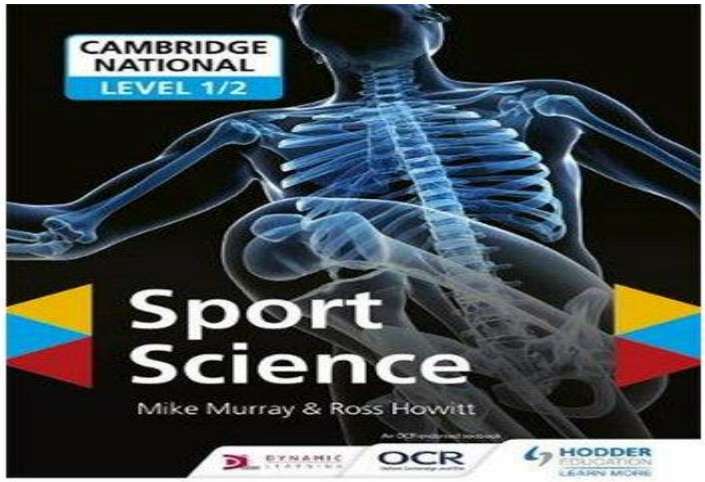

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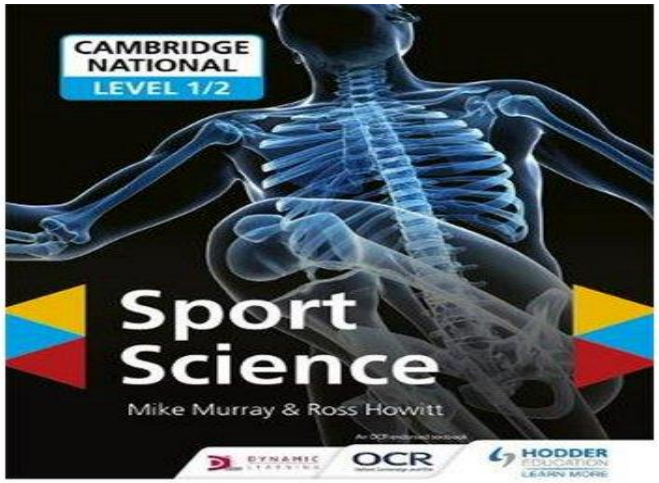

Five Extrinsic Factors that cause Injury

Topic 1 card 1

These are **five Extrinsic factors** outside of the performer that can cause an injury are, **Type of Sport, Coaching/supervision, Environmental Factors, Equipment, Safety Hazards**

These Five Extrinsic Factors are:

1. Type of sport
Some activities are more dangerous than e.g. contact sports present different injury risks from gymnastic activities)

2. Coaching/ supervision
-poor/ incorrect coaching techniques
-effective communications skills
-importance of adhering to the rules and regulations.

3. Environmental factors
-bad weather
-playing surfaces, [performance area, surrounding area,
-other participants

4. Equipment
Protective equipment (e.g. shin pads in football, gum shield in boxing, helmet in cycling, goggles in skiing)
Performance equipment (e.g. hockey stick, cricket ball, rock climbing harness) clothing/
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5. Safety Hazards 0These hazards can be reduced by insure a risk assessment has been carried out, safety checks have happened and there is a emergency action plan in plan if there is a problem

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Extrinsic causes of injury Questions

1. What is an Extrinsic cause of injury?

2. Give three examples of an Extrinsic cause of injury.

3. What is an Environmental Extrinsic cause of injury? Give three examples of an Extrinsic environmental cause of injury.
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The Three Intrinsic Factors are Individual variables, Physical Preparation and Psychological Factorsrpe .

1. Individual Variables examples:

Gender

Age

Flexibility

Sleep

Nutrition/recurring injuries

- **Psychological factors Examples**
- Motivation, aggression, arousal/anxiety levels

2. Physical Preparation examples:

Overuse - rest

Lack of proper conditioning/fitness levels – improve fitness

Failure to warm up and cool down - warm up/cool down

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Topic 1 card 3

Sports injuries related to poor posture

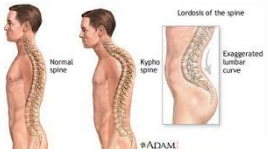
Kyphosis – This is a excessive curve at the top of the spine by more then 60 degrees.

Round shoulder – Shoulders are bent forward and drooping, this causes a bend in the back.

Scoliosis – This is a curve in the spine at the side, this puts pressure and stress on the back and other parts of the body meaning people with this are more prone to injury

Topic 1 card 3

Sports injuries related to poor posture



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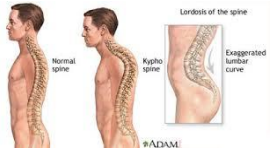

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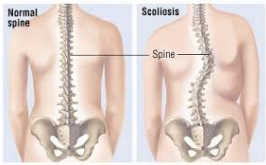

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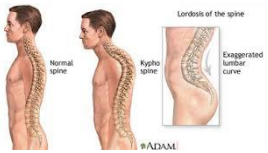

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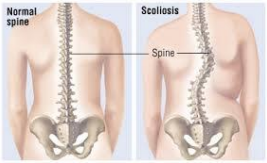

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1. What is the name of the sports injury related to poor posture when there is an excessive curve at the top of the spine by more than 60 degrees?

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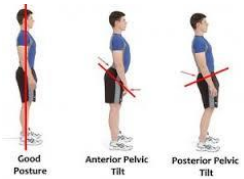
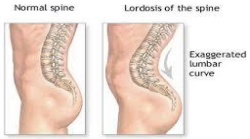
Topic 1 card 4

Sports injuries related to poor posture and causes of poor postures

Pelvic tilt – if the pelvis is tilted forward or backwards the weight is distributed unevenly, placing more pressure on the back, making injury more likely.





Lordosis - This is a curve in the spine this can place stress and pressure on other parts of the body causing injury.

- Causes of Poor Posture
  - Poor stance
  - Sitting positions
  - Lack of exercise
  - Fatigue
  - Physical defects
  - Emotional factors
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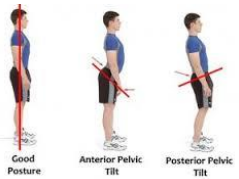

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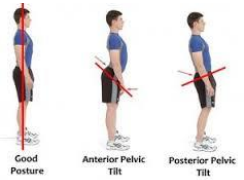

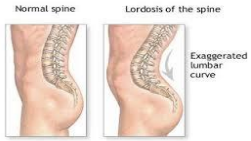

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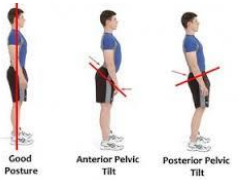

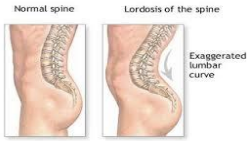

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A Warm up

A warm up should consist of five key components in this order.

1. **Pulse raiser** - light aerobic work / jogging / skipping
2. **Mobility** – Arm swings / hip circles
3. **Dynamic movements** – Change of speed / direction
4. **Stretching** – Static / dynamic
5. **Skill rehearsal** – Passing / shooting

The **Psychological** benefit of a warm up :

- Improves **concentration**
- Increases **Focus**
- Heightens/controls **arousal levels**
- Increase **motivation**
- **Mental rehearsal**

The **Physical** benefits of a warm up:

- Warms up muscles/prepares body for physical exercise
- Increases body temperature/heart rate
- Increase in flexibility of muscles and joints
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A Warm up Questions

1. What are the five stages of a warm up?
2. Give a physical example of each stage of a warm up?
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Cool down

Topic 2 card 2

Why do we cool down?

A cool down after activity prevents muscles and joints becoming stiff and sore. It helps you to recover more quickly so that you are ready to take part in activity again sooner.

A cool down should consist of two main stages/key components:

- **1. Pulse lowering** - Light running to lower the heart rate and body temperature.
- **2. Stretching: Maintenance stretches** – static stretches – Hamstring stretches

Gradually lower the intensity of the workout. The cool down can include slow jogging and / or fast walking, which can involve the muscles for at least 2-5 minutes.

The Physical benefits of a cool down:

- Helps the body's transition back to its resting state
- Gradually lowers heart rate
- Gradually lowers temperature
- Circulates blood and oxygen
- Removes waste products such as lactic acid build up
- Reduces the risk of muscle soreness/stiffness
- Aids recovery by stretching muscles

Cool down

Topic 2 card 2

Why do we cool down?

A cool down after activity prevents muscles and joints becoming stiff and sore. It helps you to recover more quickly so that you are ready to take part in activity again sooner.

A cool down should consist of two main stages/key components:

- 1. Pulse lowering - Light running to lower the heart rate and body temperature.
- 2. Stretching: Maintenance stretches – static stretches – Hamstring stretches

Gradually lower the intensity of the workout. The cool down can include slow jogging and / or fast walking, which can involve the muscles for at least 2-5 minutes.

The Physical benefits of a cool down:

- Helps the body's transition back to its resting state
- Gradually lowers heart rate
- Gradually lowers temperature
- Circulates blood and oxygen
- Removes waste products such as lactic acid build up
- Reduces the risk of muscle soreness/stiffness
- Aids recovery by stretching muscles

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Cool Down Questions

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2. List the TWO main stages/key components of a cool down.

3. Give a physical activity at each stage/component of the cool down?

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There are three specific needs that coach needs to consider when planning a Warm Up or a Cool Down

The Three Specific Needs are:

1. The characteristics of the individual/group.

2. The Suitability as preparation for a particular activity/sport.

3. The Environmental factors

1. Examples of The Characteristics of the Individual/Group are:

size of group
- age of participants
- experience of participants
- individual fitness levels
- any medical conditions participants may have

2. The Suitability as preparation for a particular activity/sport:

Does the warm up/cool down prepare/help the athlete for their sport. A warm up/cool down would be different for a footballer/rugby player compared to a 100m sprinter

3. Examples of Environmental Factors

weather/temperature if outdoors, available facilities

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Specific Needs of A Warm Up/Cool Down

Questions

1. Can you give three specific needs a coach needs to consider when they are preparing/planning their warm up and cool down?

2. 2. Can you give two environmental factors a coach needs to consider when planning their warm up and cool down?

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Acute and Chronic injuries

Topic 3 card1

Acute injuries occur when there is sudden trauma to the body. They result in immediate pain, swelling and loss of function

Acute injuries can be caused by:

- Colliding with obstacles / opponents
- Being struck by an object
- Falling from a height or at speed
- Being hurt in a tackle

Examples of acute injuries:

- A fractured bone
- Dislocated joints
- Sprains, strains
- contusions, abrasions

Chronic / overuse injuries are caused by continuous stress on a body, develop over long period of time

Chronic/overuse injuries can be caused by:

- Repeated stress on area of injury
- Training too hard
- Not allowing time for recovery
- Poor technique / footwear

Examples of chronic/ overuse injuries:

Tennis elbow

Golfers elbow,

Shin splints.

Osgood Schlatter's disease

Severs Disease

Achilles Tendonitis, runners knee

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Types, causes of common sports injuries Chronic/Overuse injuries

Tennis and Golf elbow, runners knee, Achilles tendonitis, Osgood's and Severs:

Overuse injuries can occur due to repeated powerful muscle movements.

Golf and tennis put a lot of strain on the elbow. In golf and tennis elbow, the tendons that attach muscles to the elbow joint become inflamed, sore and painful.

Treatments for Chronic Injuries

These injuries should be treated by applying, R.I.C.E, an icepack and resting for several weeks. Heat packs, hot and cold freeze sprays. Physiotherapy treatment may be massages, bandaging and possibly cortisone (steroid) injections to relieve the pain

Shin splints: are small fractures or inflamed tendons that cause pains in the lower leg. These develop because of continuous stress over a long period of time.

Treatment for shin splints: Ice and plenty of rest. Cushioned footwear and special insoles can help to prevent the injury returning.

Osgood-Schlatter disease/Severs Disease are two of the common causes of injury in active adolescent, children who play sports.

Osgood –Schlatter The main **symptom** is pain just below your kneecap (patella).

Severs Disease – the condition presents itself as pain inn the heel

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2. How does Golf and Tennis elbow develop?

3. List ONE method of treatment for Golf and Tennis elbow.

4. What are Shin Splints and how do they develop?

5. List ONE method of treatment for Shin Splints.

6. What two sports injuries effect children?

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Types, Causes of common sports Injuries, Hard and Soft tissue injuries

Topic 3 card 3

Hard tissue injuries are bone Injuries:

- Broken bones
- Cracked bones
- Shin splints

Examples of open soft tissue injuries:

- Cuts – (Abrasions)
- Grazes – (Abrasions)
- Blisters
- Chaffing

Soft tissue injuries are injuries to:

- Skin
- Muscles
- Tendons
- Ligaments
- Cartilage

Examples of closed soft tissue injuries:

- **Contusions - Bruises**
- Sprains
- Pulled muscles
- Torn ligaments

Soft tissue injuries can be **open** or **closed**.

An **open** injury is when the skin is pierced and blood escapes.

A **closed** injury occurs beneath the skin with no bleeding.

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Types, causes of common sports Injuries - Open and Closed injuries

Topic 3 card 4

Open injuries are those that pierce the skin. Examples of open injuries are:

- **Abrasions – Cuts and Grazes**
- Blisters – Poor Footwear
- Chafing

Closed injuries are those that do not pierce the skin. Examples of closed injuries are:

- **Contusions - Bruises**
- Strained (pulled) muscles
- Sprains (ligaments)
- Torn ligaments

Grazes or cuts (abrasions) is where skin is scraped off the body, need to be cleaned carefully. Grazes that result from falls can often contain dirt and grit.

Sprains occur when ligaments at joints get stretched and torn. A sharp twist of the foot can give you a sprained or twisted ankle. Severe sprains result in torn ligaments.

Types, causes of common sports Injuries - Open and Closed injuries

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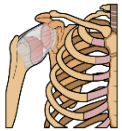
Types, causes of common sports injuries Dislocation, Concussion, Blisters, Cramp

A dislocation occurs when a bones is twisted or pulled out of joint.

Example of a dislocation:



When the shoulder is dislocated, the humerus is pulled out of the socket on the scapula.

The injured person is usually unable to move their arm and the shoulder loses its rounded shape.

Dislocations are very painful and require hospital treatment to move the bone back into position.
The ligaments and tissue around the joint can take a long time to recover.

.Concussion

- **Head injury** – A blow to the head can cause unconsciousness, whether it damages the skull or not.
- **Treatment** - Call emergency Services, Ice for bump on the head, rest and recovery

Blisters and Cramp

Blisters - on the foot due to poorly fitted footwear

Cramp – painful sensations caused by muscle contractions over shortening

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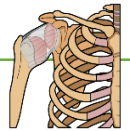

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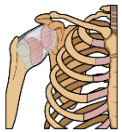

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- **Head injury** – A blow to the head can cause unconsciousness, whether it damages the skull or not.
- **Treatment** - Call emergency Services, Ice for bump on the head, rest and recovery

Blisters and Cramp

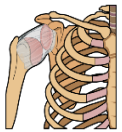
Blisters - on the foot due to poorly fitted footwear

Cramp – painful sensations caused by muscle contractions over shortening

Types, causes of common sports injuries Dislocation, Concussion, Blisters, Cramp

A dislocation occurs when a bones is twisted or pulled out of joint.

Example of a dislocation:



When the shoulder is dislocated, the humerus is pulled out of the socket on the scapula.

Dislocations are very painful and require hospital treatment to move the bone back into position.
The ligaments and tissue around the joint can take a long time to recover

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Types, causes of common sports injuries Dislocation, Concussion, blisters and Cramp Questions

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2. How may you be able to tell that an individual has dislocated a joint?

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Responding to injuries and medical conditions in a sporting context

SALTAPS
See
Ask
Look
Touch
Active
Passive
Strength

Taping
Bandaging
Splints
Slings
Support joints ligaments tendons, bones, to restrict movement and keep in place:

Treating Muscle, bones, tendons, ligaments injuries
Massage
Hot Treatments -
Deep Heat, Hot water Bottle, massage
Cold Treatments –
Ice, Freeze Spray

R.I.C.E.
Rest
Ice
Compression
Elevation

E.A.P – Emergency Action Plan - To respond to injuries and medical conditions

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How to respond to injuries and medical conditions in a sporting context

Topic 3 card 7

Why do we have an Emergency Action Plan?

- So that people know they are going to be safe.
- It helps people to know what to do in an emergency as it ha been planned.
- To help prevent injuries (minc and major)

A pneumonic that can be used to assess whether a sports performer should continue is SALTAPS.

See - what happened
Ask – the player what happened.
Look - at what has happened.
Touch - the injured site for pain
Active - can they move the limb?
Passive - you move the limb.
Strength – can they apply / hold their own weight?

Emergency Action Plan (EAP) in a sporting Context

1. Emergency Personnel – first aider / responder / coach.
2. Emergency Communication – emergency numbers / services / radios.
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How to respond to injuries and medical conditions in a sporting context – R.I.C.E

Topic 3 card 8

R.I.C.E is a pneumonic used whenever there is any injury to:

- Bones
- Joints
- Ligaments
- Muscles

Blood vessels will be damaged.
Broken blood vessels mean that blood will leak into tissue surrounding the injury leading to:

- Swelling
- Bruising
- Pain

To combat this, the following treatment should be given:

- **Rest** - The injured area. Do not put weight on it.
- **Ice** –Apply ice to reduce swelling/ease pain.
- **Compression** – Bandage the injury to prevent swelling or stop bleeding.
- **Elevation** – Elevate above heart level / keep limb up to reduce swelling and pain.

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5. Why do we use R.I.C.E to treat injuries?

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Medical conditions Epilepsy

Topic 4 card 1

What is epilepsy?

Is neurological disorder marked by sudden recurrent episodes of sensory disturbance, loss of consciousness, or convulsions, associated with abnormal electrical activity in the brain.

Treatment for epilepsy

- Matched to need of the individual, call emergency services
- Anti-epileptic medication.
- Protect the person from injury / remove harmful objects / cushion their head.
- Do not restrain / allow free but safe movements
- Placing in recovery position
- Stay calm and with the person until recovery is complete.

Symptoms of epilepsy

- Seizures - / fits / twitching/ rolling on the floor.
- Auras - changes in senses.
- Feeling that events have happened before / déjà vu.
- Tingling sensations in arms and legs
- Sudden intense emotion – fear / joy
- Muscles in your arms/legs / face may become stiff / tight teeth / jaw clenching
- Smacking your lips / making random noises Chewing / swallowing
- Rubbing your hands
- Unable to respond / dizziness
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Medical Conditions Epilepsy questions

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2. List THREE symptoms of epilepsy.

3. List THREE forms of treatment for an individual suffering from epilepsy.

4. What should you NOT do to an individual suffering an epileptic seizure?

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Medical Conditions Type 1 Diabetes

Topic 4 card 2

What is diabetes?

Diabetes develops when glucose can't enter the body's cells to be used as fuel. It is an autoimmune disease, which means it results from the immune system mistakenly attacking parts of the body.

Type 1 Diabetes Treatments

Regular Insulin Injections, exercising, eating a healthy diet.

Type 2 Diabetes Treatments

Prescription medication
Monitoring blood pressure
exercising, eating a healthy diet.

Type 1 diabetes :

- Type 1 Diabetes is insulin dependant
- The Pancreas ae unable to produce insulin
- Type 1 is Often diagnosed in childhood or teen years
- Treated with insulin injections

Symptoms of Type 1 diabetes:

- Urinating a lot
- Being very thirsty
- Losing weight
- Increased hunger
- Blurry vision
- Feeling tired

Differences between Type 1 and Type 2 diabetes: Type 1 is:

- Type 2 Diabetes is non insulin dependant
- Type 2 diabetes- the body becomes resistant to insulin or pancreas do not produce enough inlsuin.
- Type 2 Diabetes generally occurs in adults because of excess bodyweight (obesity) and an unhealthy lifestyle .

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2. List three examples of Type 1 Diabetes?

3. List THREE symptoms of Type 1/2 diabetes?

4. List THREE examples of Type 2 diabetes?

5. What is the name of the hormone that is produced by the pancreas?

6. List TWO forms of treatment for an individual with Type 1 diabetes.

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Medical Conditions Type 2 Diabetes

Topic 4 card 3

What is diabetes?

Diabetes develops when glucose can't enter the body's cells to be used as fuel. The autoimmune system of people with Type 2 diabetes does NOT attack beta cells.

Symptoms of Type 2 diabetes

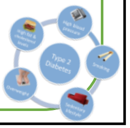
- Urinating a lot
- Being very thirsty
- Losing weight
- Increased hunger
- Blurry vision
- Feeling tired

Type 2 diabetes occurs when:

- The body loses its ability to respond to insulin. This is known as insulin resistance.
- The body responds to its ineffectiveness by producing more, but it cannot always produce enough.
- Over time, the strain placed on the beta cells by this level of insulin production can destroy them, diminishing insulin production.

Differences between Type 1 and Type 2 diabetes: Type 2 is:

- Usually diagnosed in over 30 year olds
- Often associated with being over weight
- Often associated with high blood / cholesterol levels.
- Usually treated without medication / tablets.



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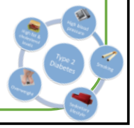

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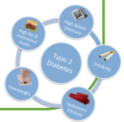

Medical Conditions Type 2 Diabetes

Topic 4 card 3

What is diabetes?

Diabetes develops when glucose can't enter the body's cells to be used as fuel. The autoimmune system of people with Type 2 diabetes does NOT attack beta cells.

Symptoms of Type 2 diabetes

- Urinating a lot
- Being very thirsty
- Losing weight
- Increased hunger
- Blurry vision
- Feeling tired

Type 2 diabetes occurs when:

- The body loses its ability to respond to insulin. This is known as insulin resistance.
- The body responds to its ineffectiveness by producing more, but it cannot always produce enough.
- Over time, the strain placed on the beta cells by this level of insulin production can destroy them, diminishing insulin production.

Differences between Type 1 and Type 2 diabetes: Type 2 is:

- Usually diagnosed in over 30 year olds
- Often associated with being over weight
- Often associated with high blood / cholesterol levels.
- Usually treated without medication / tablets.

Medical Conditions - Type 2 Diabetes questions

1. Why causes diabetes to develop?

2. How does Type 2 diabetes occur?

3. List THREE symptoms of Type 2 diabetes?

4. List TWO differences related to Type 2 diabetes.

5. List ONE characteristic that is associated with Type 2 diabetes.

6. List ONE form of treatment given an individual with Type 2 diabetes.

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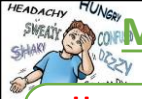

Medical Conditions - Hypoglycaemia

Topic 4 card 4

Hypoglycaemia is also known as low blood sugar. It is when blood sugar levels drop below normal levels.

Symptoms of Hypoglycaemia:

- Low blood glucose / sugar levels
- Sweating & feeling dizzy
- Fatigue, weakness, tired
- Headaches/drowsy
- Being pale, nausea or sickness
- Feeling hungry
- A higher heart rate than usual
- Blurred vision & confusion
- Shaking or convulsions
- Fainting / lose consciousness

Treatment of Hypoglycaemia:

- Eat or drink glucose tablets, sweets, sugary fizzy drinks or fruit juice
- Take glucose gel (smear inside cheeks)
- A blood test should be taken (after 15-20 minutes to check whether blood glucose levels have recovered).
- Call an ambulance / 999
- Take glucogen (hormone) if severe.

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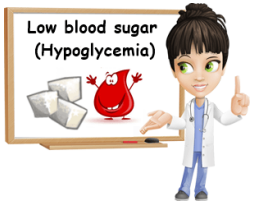

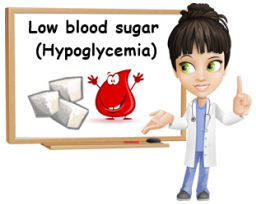

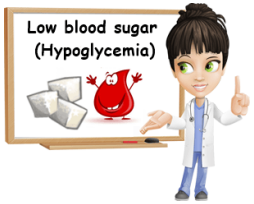

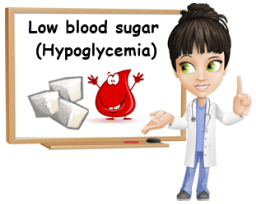

Medical Conditions - Hypoglycaemia

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2. Identify TWO symptoms of Hypoglycaemia

3. Identify TWO responses to treat Hypoglycaemia.

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Medical Conditions - Asthma

Topic 4 card 5

What is asthma?

Asthma is a chronic disease of the airways. When a person with asthma comes into contact with something that irritates their airways (an asthma trigger), the muscles around the walls of the airways tighten so that the airways become narrower and the lining of the airways become inflamed and starts to swell.

Symptoms of asthma:

- Coughing
- Wheezing
- Shortness of breath / breathlessness / difficulty breathing / heavy breathing / panting / difficulty speaking
- Tightness in the chest
- Pale / clammy skin
- Grey / blue lips (if attack severe).

Asthma treatment:

- Reassurance / stay calm/ keep them relaxed / make light conversation
- Sit them down or upright
- Encourage to take slow and steady breaths
- Use an inhaler / pump
- Contact emergency services (if needed) or contact parents / carers
- Use tablets - if prescribed.

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