Panic Attack with Friend

Scenario Overview:
You are sitting with your friend, who has got anxiety. They suddenly have a trigger and they start to have a panic attack next to you. They are all flustered, confused and worried.

Difficulty:
First Aider Easy

How the scenario should progress:
The casualty by the end will recover

Actor Tips:

Patient 1:
Name: William Fordon  Age: 19  Sex: Male

Medication:
None

Allergies:
None

Past medical/family/social history:
Anxiety

Findings on examination:
Anxious patient. Complaining of: - Feeling faint - Feeling sick - Worry - Confusion The patient is very disoriented from what you can see. They have had a few before, never in front of anyone making them feel that little bit more nervous.

Possible treatment from first aiders:
To help them to do breathing techniques such as squared breathing and also to reassure them that they are safe and that they will be ok.

<table>
<thead>
<tr>
<th>Time after start:</th>
<th>Immediate</th>
<th>2 mins</th>
<th>4 mins</th>
</tr>
</thead>
<tbody>
<tr>
<td>Response:</td>
<td>Disorientated</td>
<td>Getting better</td>
<td>Normal</td>
</tr>
<tr>
<td>Breathing?</td>
<td>Fast</td>
<td>Slowing</td>
<td>Average</td>
</tr>
<tr>
<td>Respiration:</td>
<td>Fast</td>
<td>Slowing</td>
<td>Average</td>
</tr>
<tr>
<td>Pulse:</td>
<td>High</td>
<td>Lowering</td>
<td>Average</td>
</tr>
</tbody>
</table>