

# 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:** Jeremy Clarke **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 disorientated 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.

<b>Time after start:</b>	Immediate	2 mins	4 mins
<b>Response:</b>	Disorientated	Getting better	Normal
<b>Breathing?</b>	Fast	Slowing	Average
<b>Respirations:</b>	Fast	Slowing	Average
<b>Pulse:</b>	High	Lowering	Average