



## **COMMUNITY HEALTH EDUCATION PROGRAM (CHEP)**

**Wednesday, September 15, 2021**

**10:00 am – 11:30 am (EST)**

### ***Medical emergencies in Seniors***

**Jennifer Hobbs-Robert, M.ScA, BCN, CNEd, Senior Advisor - JHCP**

“Knowing how to act in a medical emergency can save a life.” (Mayo Clinic, 2017)

Knowledge is power, and the more we know, the quicker and better we can act. Join us to learn about the most common medical emergencies that seniors and caregivers may face and how to handle them.

#### **Learn:**

1. What is a medical emergency?
2. About six common medical emergencies
3. How to recognize them and what you can do

#### **About Your Presenter**

Jennifer Hobbs-Robert is currently the Senior Advisor for Community Health Promotion Programs for Jeffrey Hale Community Partners (JHCP)-CUISSS in Quebec City. She has extensive nursing experience in Geriatrics, Community Health and Emergency Care and is the National and International Surveyor for Accreditation Canada. From 2009 to 2017, Jennifer published a series of Health Promotion Modules for Seniors distributed through the CHSSN to the English-speaking community of Quebec.

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Education, Immigration, Communities***

## Recommended Resources

<b>CHSSN HP Modules</b>	<i>Top Medical Emergencies in Seniors and How to Handle Them</i>
<b>911</b>	<a href="https://www.verywell.com/how-to-call-911-effectively-1298360">https://www.verywell.com/how-to-call-911-effectively-1298360</a>
<b>Chest Pain Review</b>	<a href="http://www.heartandstroke.ca/heart/emergency-signs">http://www.heartandstroke.ca/heart/emergency-signs</a>
<b>Stroke</b>	<a href="http://www.heartandstroke.ca/heart/emergency-signs">http://www.heartandstroke.ca/heart/emergency-signs</a> <a href="https://www.uptodate.com/contents/authors-and-editors/patient-education">https://www.uptodate.com/contents/authors-and-editors/patient-education</a>
<b>Skin wounds and Infections</b>	National Library of Medicine ( <a href="http://www.nlm.nih.gov/medlineplus/ency/article/000855.htm">www.nlm.nih.gov/medlineplus/ency/article/000855.htm</a> ), National Institute of Allergy and Infectious Diseases ( <a href="http://www.niaid.nih.gov/diseases-conditions/group">http://www.niaid.nih.gov/diseases-conditions/group</a> ) <a href="https://members.nursingquality.org/ndnqipressureulcertraining/Module2/SkinTears1.aspx">https://members.nursingquality.org/ndnqipressureulcertraining/Module2/SkinTears1.aspx</a>
<b>COVID</b>	<a href="https://www.quebec.ca/en/health/health-issues/a-z/2019-coronavirus">https://www.quebec.ca/en/health/health-issues/a-z/2019-coronavirus</a> <a href="https://www.quebec.ca/en/health/health-issues/a-z/2019-coronavirus/covid-19-symptom-self-assessment">https://www.quebec.ca/en/health/health-issues/a-z/2019-coronavirus/covid-19-symptom-self-assessment</a> <a href="https://www.quebec.ca/en/health/health-issues/a-z/2019-coronavirus/self-care-guide-covid-19#c49706">https://www.quebec.ca/en/health/health-issues/a-z/2019-coronavirus/self-care-guide-covid-19#c49706</a>
<b>Falls &amp; their consequences</b>	<a href="https://www.uptodate.com/">https://www.uptodate.com/</a> <a href="https://www.patientsafetyinstitute.ca/en/toolsResources/Falls-Knowledge-Tools/Pages/default.aspx">https://www.patientsafetyinstitute.ca/en/toolsResources/Falls-Knowledge-Tools/Pages/default.aspx</a> <a href="https://www.patientsafetyinstitute.ca/en/toolsResources/pages/falls-resources-getting-started-kit.aspx">https://www.patientsafetyinstitute.ca/en/toolsResources/pages/falls-resources-getting-started-kit.aspx</a> <a href="https://www.patientsafetyinstitute.ca/en/toolsResources/Documents/Interventions/Reducing%20Falls%20in%20Seniors.pdf">https://www.patientsafetyinstitute.ca/en/toolsResources/Documents/Interventions/Reducing%20Falls%20in%20Seniors.pdf</a>
<b>Diabetes</b>	<a href="http://www.clevelandclinicmeded.com/">http://www.clevelandclinicmeded.com/</a>
<b>Nosebleeds</b>	<a href="https://www.uptodate.com/contents/approach-to-the-adult-with-epistaxis?search=epistaxis&amp;searchRank=1">https://www.uptodate.com/contents/approach-to-the-adult-with-epistaxis?</a>

## Upcoming CHEP Sessions

<b>Date</b>	<b>CHEP topic</b>	<b>Presenter</b>
October 13	<b>Dementia Education</b>	Claire Webster, PAC, CPCA, Founder and President of Caregiver Crosswalk and Dr. Serge Gauthier, MD – Neurology, Director of Alzheimer Disease and Related Disorders Research Unit
November 17	<b>Fall Prevention</b>	Philippe Briand, Kinesiologist, CIUSSS Centre-Ouest
January 19	<b>Decluttering for downsizing, chronic disorganization and hoarding</b>	Kathleen Murphy, Certified Professional Organizer, Chronic Disorganization Specialist and Hoarding specialist
February 23	<b>Belonging and well-being</b>	Dr. Darla Fortune, Professor, Concordia University

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