

FORGING THE FUTURE:



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Friday FACTS

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"Leadership, Partnership, and Championship"

The most common in-flight medical emergencies:



In the hustle and bustle of holiday air travel, passengers may sometimes take their flight crew for granted. But a new study reports the cabin crew handles three-quarters of in-flight medical emergencies. About 1 in 11,000 passengers have an in-flight medical emergency, according to the study published in the British Medical Journal, which logged British Airways statistics for one year. During that time, the airline carried 36.8 million passengers and reported 3,386 in-flight medical emergencies. The most common reported emergencies included:

- Chest pain, diarrhea, vomiting and allergic reactions
- Asthma most of the incidents were minor, oftentimes induced by the passengers' realization that they forgot to carry on their inhalers.
- Collapse usually from a simple faint. Passengers with epilepsy are not at increased risk of a seizure when flying.
- Head injury usually resulted from improperly stowed items falling from the overhead storage bins.
- Hypoglycemic episodes passengers with diabetes often injected insulin just before boarding in the expectation of a meal soon after take off. A delay in the meal service may provoke a hypoglycemic reaction.
- Obstetric and gynecological emergencies babies born in international airspace aren't very common, though they receive a great deal of publicity



While flight attendants are trained to provide first aid and basic life support, most airlines rely on medical advice given remotely from a ground source during an in-flight emergency. Therefore, having basic medical information in your wallet or purse that includes your significant medical problems, a current medication list and drug allergies is recommended.

Newsweek's Top Health Sites

Newsweek magazine recommended several Health websites!
www.docguide.com
www.medicinenet.com
www.refdesk.com
www.urban75.com

What are your top picks?



CDC has published in the December 8 issue of MMWR (Vol. 49, No. 48) Ten Great Public Health Achievements this Century! Read it and see how you are helping...
<http://www.cdc.gov/phtn/tenachievements/>
or www.cdc.gov/mmwr



Wishing you a Joyous Holiday

From all of us at NEHC Health Promotion

The American Psychological Association

Practice Directorate has published a new brochure called dotCOMSENSE. This pamphlet helps with assessing the objectivity, credibility and privacy of online mental health resources and information. It may be found at www.dotcomsense.com

"Who does not thank for little will not thank for much."

- Estonian proverb.