

# **Hyperventilation**

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Breathing too deeply and rapidly so that the system becomes over saturated with oxygen. It can both cause, and be caused by panic attacks.

## **Signs /Symptoms (progressive)**

- Shortness of breath.
- Giddiness and fatigue.
- Marked Anxiety.
- Tingling / numbness around the mouth, face hand and feet which progressively gets worse.
- The hands curl up at the knuckles, wrists and elbows
- Hot flushed skin
- Unconsciousness.

## **Action**

- Identify yourself , maintain and monitor ABC's.
- Remain calm and reassuring.
- Try to calm the patient and situation down.
- Remove the patient from the environment or the environment from the patient.
- Try and coach the patients breathing to slow down.
- **Do not hesitate to call an ambulance!**