

ماهو الإغماء؟

أعراض الإغماء؟

- الإحساس بدوران الرأس.
- الإحساس بالغثيان.
- ضعف وعرق بارد قبل الإغماء.
- تتغير الرؤية أمام عينه.
- يشعر بتميلة خفيفة بجسمه.

حوادث الإغماء المفاجئة كيف تتعاملين معها؟

هو فقد مؤقت للوعي قد يصاحبه استرخاء العضلات مما يسبب السقوط أرضاً ، ثم يستيقظ المصاب مرة أخرى ويعود له كامل وعيه.

أنواع الإغماء

- الإغماء بسبب انخفاض ضغط الدم أو انخفاض في نسبة السكر في الدم.
- الإغماء يرجع إلى القلق والخوف ، والألم والجوع.
- استخدام الأدوية بشكل خاطئ أو مفرط في الجرعات.
- الإغماء القلبي: والسبب فيه مشاكل وأمراض في القلب أو الأوعية الدموية.
- الإغماء العصبي: والسبب فيه مشاكل المخ مثل: الصرع والتشنجات.



How to deal with fainting cases

Try to respond to the injured.
Ask for help with a loud voice of the existing medical problems.
Do not give the injured anything eaten or drank time
If the person is about to faint suddenly try to hold it well so as not to fall on the face, and make the patient lying on his back so that his head at a low level of his heart with the lifting of the feet at an angle of 30 degrees until the blood reaches the head.

How to avoid fainting

- Drink enough fluids.
- Comply with the main meals.
- Stay away from psychological and anxiety, and in case of presence you have to breathe deeply.



Bahrain Defence Force
Royal Medical Services
Military Hospital

General Primary Clinic

Fainting Attack



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What is the Fainting?

Sudden fainting accidents How do you deal with it?

Is a temporary loss of consciousness may be accompanied by relaxation of the muscles causing the fall to the ground, and then wake up the injured again and return to his full consciousness.

Symptoms of faint ?

- Sense of head rotation.
- Feel nausea Weakness and cold sweat before fainting.
- The vision changes.
- Patient feels a slight tingling in his body.



Types of fainting?

- Fainting due to low blood pressure or low blood sugar.
- Fainting is due to anxiety, fear, pain, hunger, Misuse of medications or overdose.
- Cardiac fainting: The cause of problems and diseases of the heart or blood vessels Feeling nervous.
- The cause of brain problems such as: epilepsy and convulsions.