



## Lahore University of Management Sciences

### Emergency Medical Services

#### Monthly Report – November 2016

LUMS Emergency Medical Services is a department at LUMS that provides basic first-aid around the clock to the LUMS community-catering to emergencies ranging from sprains, soft tissue injuries to all types of psychological and medical emergencies such as seizures, hypoglycemia and hypertension. It serves the students, faculty, staff and visitors-virtually anyone present on campus. LUMS EMS responds to all calls for medical assistance 24/7 throughout the academic year. Apart from emergency handling, EMS conducts various activities throughout the year. The following activities were conducted in November, 2016.

#### **LUMS Adventure Society (LAS) Training:**

This month, EMS gave a two-hour training workshop to the LUMS Adventure Society's members. This is the only society in LUMS that arranges the most adventurous trips for the students and takes them to extreme heights.

Hence, the training lecture that was imparted to them was related to altitude sickness and basic vital signs. They were told the basic dos and don'ts to be carried on incase of extreme altitude sickness or any medical emergency. The LAS members were also given basic demos in moving and lifting in case of any serious injury.



#### **Fall Training:**

Emergency Medical Services continued its training program in November. The trainees, having already learned the basics, advanced to further, more serious emergencies. They were taught to

deal with a myriad of medical emergencies from hypoglycemia to different types of heart attacks. In addition, trainees were trained to deal with far more serious trauma emergencies such as neck injuries or chest wounds. The MFRS tried to make the session as interactive as they could by holding live demonstrations and encouraging questions during the sessions.

Furthermore, there were sessions on dealing with environmental emergencies, burn, poisons and infectious diseases etc. Lastly the trainees were tested on their knowledge with both, written tests and evaluations



### **Training Lunch:**

The training department surprised the trainees by treating them with a lunch. All the MFRs were invited. The basic purpose of arranging this activity was to familiarize the trainees with the whole EMS body and to improve morale. The admin department made sure that the training lunch event was executed smoothly. The trainees were excited and very pleasantly surprised to be a part of the event.



## Emergency Statistics – November 2016

**Total Emergencies this month: 84**



