

## Medical Meanderings— Childhood Emergencies

(Editor's note: This is the first of five clip-and-save articles on childhood emergencies by Glenn Morgan, M.D., Philomath Family Medicine, P.C.)

There is nothing more frightening for a parent than to find your child in an emergency situation and not know what to do. The first reaction is fear and panic, and this is normal. It is very important to overcome that feeling of panic. The second reaction immediately afterward should be to assess the situation in order to decide what to do. You must slow down. You must carefully find out what happened. Then look closely at your child to see what is the matter. Then act.

Four common childhood emergencies include burns, poisoning, nosebleeds and injuries. This article will give a few brief tips on how to deal with burns. The three other articles will be about the remaining problems, and the last column will be a quiz to see how much you learned.

**BURNS.** How often children are foolishly rushed to the hospital after a burn—before first aid is given. The burning must be stopped immediately, especially for hot liquid and alkali burns. Therefore, the first thing to do with a burn is to TAKE OFF ALL CLOTHES that might be in contact with a burn. When a toddler tips a pot of boiling water over onto himself, his arms and face may look bad, but usually the worst burns are on the chest and diaper area where the hot water stays against the skin for many seconds. Therefore, it is important to get the hot material away from the skin as quickly as possible.

The second thing to do with a burn is GET THE WHOLE BURNED AREA COOL. Fill up the bathtub or sink with cool water and hold the burned area in it. If the burn is small, wrap a washcloth around an ice cube and hold it on the burn. This helps in two ways. First, it numbs the burned area and decreases pain. Second, it helps to prevent swelling and thus prevents more damage to the burned tissue.

There are a few special cases of burns that you should know about, including burns to the eyes, inhalation and electrical burns. The eye is often involved in chemical burns, either acid or alkali. In both cases, it must be rinsed out thoroughly with cool water. It is easiest to do this by having the person lean over the sink and run water on his open eye(s). Often due to pain and fear he will be unable to open the eye himself, you should be prepared to help pull up on

the upper lid and down on the lower lid to open the eye. The stream of water shouldn't be full force—just a gentle flow to wash out any chemicals still in the eye. Acid burns are over in seconds. Alkali (lye, bleach, drain cleaners, etc.) however, keep on burning for up to fifteen minutes. Therefore, if there is any fear that alkali is present, the eye should be flushed with water for fifteen minutes continuously by the clock. This must be done immediately. The same is true for alkali burns anywhere on the skin. Any eye burn should be checked by a physician after giving first aid.

Inhalation burns also can be very serious. Smoke inhalation from fires causes far more deaths than actual burns, mainly due to carbon monoxide poisoning. Gas and aerosol can explosions causing inhalation of vapors can at first appear relatively mild. The victim might notice burning pain in the throat and chest along with a dry cough. This may improve or even go away completely for several hours, but then rapidly worsen, causing severe difficulty in breathing as swelling occurs. If there is any question of inhalation, the victim should be checked by a physician and watched very closely.

Electrical burns can look small on the outside, but cause very deep tissue injury inside. It is especially important that all electrical outlets are plugged to prevent toddlers from sticking pins in them. Also, toddlers should always be watched when around electric cords to make sure they don't bite into them. This can cause serious and deforming burns around the mouth.

A few notes about burn treatment in general. Burns can easily get infected if they blister up. The blisters should be kept clean and if they are not oozing fluid, may be allowed to remain intact for several days unless there is any sign of infection. Don't stick pins in blisters to try to let the fluid out—it will only let germs in. Signs of infection include redness, swelling, pus, and increased pain. Infection usually takes a day or two to start after the burn first happens. A tetanus toxoid booster is often needed after a burn if immunization is not up to date. This can help prevent tetanus (lockjaw), though it has no benefit in preventing other types of infection. Burns over joints can scar down causing limitation of motion if the joint is not properly exercised during the healing time.

Many burn cases should be seen by a physician. If the



Glenn Morgan, M.D.

burn is electrical, is fairly large, looks infected, lies over a joint, is blistered up, or is on the face, hands, feet or genital area, a doctor should be consulted.

If you have any questions about the above, consult your family doctor.

**About the author . . .** Glenn W. Morgan, M.D., was born July 8, 1947, at Milwaukee, Wisconsin. In 1969 he married Gloria Reimer. They now have three sons, six, five, and two.

Morgan attended the University of Wisconsin-Milwaukee and received his B.S. in 1969. He graduated from the University of Oregon School of Medicine in 1973 and did his internship at Mary Imogene Bassett Hospital at Cooperstown, New York from 1973 to 1974.

Morgan served with the U.S. Public Health Service as staff physician at Whiteriver Indian Hospital, Whiteriver, Arizona from 1974 to 1976 and with the Indian Health Service on the White Mountain Apache Indian Reservation.

From 1976 to 1979, he was a member of the Keene Clinic, a 30-man multi-specialty group in Keene, New Hampshire, Department of Family Practice.

Morgan is currently a partner in Philomath Family Medicine, P.C., a three-man family practice group in Philomath, which he joined in July 1979. The practice includes adult and pediatric practice, out-patient surgery and orthopedics, and obstetrics.

Certified by the American Board of Family Practice in November 1977, he is a member of the Oregon Academy of Family Physicians, the American Academy of Family Physicians, the Linn-Benton

Academy of Family Physicians, the Benton County Medical Society and the Oregon Medical Association.

### Area woman pledges to OSU sorority

Sororities at Oregon State University pledged 23 additional women during the fall term informal pledge period. The 15 sororities pledged 465 coeds during the regular fall term rush. Julie V. Grieb, Lexington, was pledged to Sigma Kappa. She is a freshman business major.

### ECOAC to meet Thurs., Jan. 15

A meeting of the East Central Oregon Association of counties has been scheduled for Thursday, Jan. 15, at 10 a.m. at the Pendleton Elks Lodge at 14 S.E. Third St., Pendleton.

### Heppner News

Holiday visitors at the home of Emma Drake were Claude and Doris Drake of Sunnyside, Wash.

Visiting at the home of the Paul Warrens was son, Matthew, who has recently returned from a L.D.S. Church Mission in Japan. Matt is now enrolled in electronics school in Glendale, Arizona, and works at Western Academy for Boys, Litchfield Park, Arizona.

Joan Warren, Lynnwood, Wash., was a New Year's weekend visitor. Joan is attending Edmonds Community College - School of Fashion Merchandising and is working in the alterations department of Nordstroms.

Carl and Maggie Bauman and their son, John, of Anchorage, Alaska, were visiting at the home of Carl's parents, Clarence and Hazel Bauman, from Dec. 26 to Dec. 31.

Helen Ruggles and Jack and Connie Fastabend came from Richland Sunday to visit grandmother, Ola Ruggles. They brought Sunday dinner already prepared.

While here visiting they told Ola about grandson Jeff Fastabend, who is a ballet dancer. He was home for Christmas from Bermuda. From here he will re-join the Ice Follies in New York.

### Ione Jr.-Sr. High plans 'Parent Day'

Tuesday, January 29 will be Parent Day at Ione Junior-House Conference on Aging in grades 7-12 will remain home while parents attend a mini-schedule of classes in the morning, eat lunch in the cafeteria at noon, and have conferences with teachers in

the afternoon. Elementary students will have regular classes that day.

Individuals who do not have students in school but would like to attend are welcome.

Call Ione High School, 422-7131 for further information.

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**\* STUDENT OF THE WEEK \***  
**\* PATTI TOOMBS \***  
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Active in speech, journalism, dance team and GAB, Patti has been instrumental in organizing a speech club. A senior at Heppner High School, with a grade point average of 3.71, Patti is the daughter of Mr. and Mrs. Fred Toombs, Heppner. She balances all her activities with a part time job at Peterson's Jewelers.

Patti plans to attend Beauty School in Hermiston next fall.  
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## Cards return from Bid farewell to Helix with victory Kerrs Thursday

by Michelle LaRue

The Cardinals traveled to Helix on Friday, January 9. The Cards returned home with their second league victory of the year, 55-51.

The Cardinals took the lead in the first quarter, 21-11, and kept their lead in the second quarter as they went into the locker room with a 33-21 advantage.

Both teams came out to score 12 points apiece in the third quarter. Jim McCabe scored 8 points in the quarter for the Cards. The score was 45-33 to start the fourth quarter.

The Grizzlies came back in the last quarter to try to take the lead. The score was within 4 points for most of the fourth quarter. The Cards were outscored, 10-18, in that quarter, but pulled out a close victory, 55-51.

The Cardinals had 45 rebounds. The Cards shot 25 of 62 for 40 percent from the field; Helix shot 21 of 45 for 47 percent. From the line the Cards were 5 of 11 for 45 percent and the Grizzlies were 9 of 20 for 45 percent.

Helix 51: Wardwell, 6 2-6 14; Martin, 4 2-10; Smith, 4 1-19; Mark Andrus, 3 3-4 9; Matt Andrus, 3 0-2 6; Goodwin, 1 1-3 3.

Ione 55: LaRue, 7 0-2 14; McCabe, 6 0-12; Rietmann, 3 2-3 8; M. Patton, 3 0-1 6; T. Patton, 3 0-0 6; Peterson, 1 3-5 5; Hams, 1 0-0 2; Morter, 1 0-0 2.

Friend and admirers of Harold and Carol Kerr will be on hand Thursday night, Jan. 15, to honor the Kerrs, bid them farewell and perhaps even poke light-hearted fun at them.

A farewell party, and "roast and toast" ceremony will be held at the Morrow County Fair pavilion in Heppner.

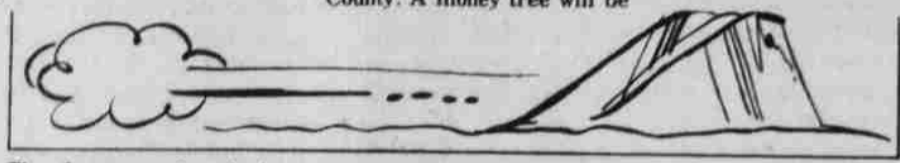
A social hour will be held from 6 to 7 p.m., and a family potluck dessert will be from 7 to 9 p.m. The roast and toast ceremony will highlight some of the lighter moments of the Kerr's 12 years in Morrow County. A money tree will be

presented to the Kerrs after the dessert.

Harold and Carol are moving to The Dalles so that he may assume a new position as head Extension agent for Wasco County in early February.

Prior to Harold's 12 years as Morrow County Extension agent, he was a 4-H Extension agent in Crook County.

For more information concerning the event, contact Bob Jepsen, chairman of the Extension Advisory Committee, or Betty Carlson, who is in charge of the money tree.



The fastest-moving glacier in the world is the Quarayaq in Greenland which flows 65-80 feet per day.

### Heppner High conferences slated Jan. 21

On Wednesday, January 21, parent teacher conferences will be held at Heppner High School. There will be no school that day for high school students. Some parents will be contacted by teachers and a specific conference time will be established.

Those parents not contacted are invited to come to the school and pick up the semester grades for their son or daughter and conference with teachers as they may choose. Teachers will be available for conferences from 8 a.m. to 4 p.m. on that day.

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### Pendleton grower elected OWGL president; Louis Carlson, Ione, 1st vice

Stan Timmermann, Pendleton wheat grower, was installed as president of the 1981 year of the Oregon Wheat Growers League. The OWGL is the state-wide association of wheat growers in Oregon, and the installation took place at the Board of Directors meeting held January 6.

Louis Carlson, Ione, was installed as first vice president; Bob Nixon, Junction City, second vice president; and Wesley Grilley, Pendleton, secretary-treasurer.

Timmermann farms in the area north of Pendleton as

well as in the Helix area. His farm was established from the family farming operation who were pioneers in the area.

Timmermann is active in community affairs and is past chairman of the Umatilla County ASCS committee. He serves on the alumni board of Oregon State University and is a past president of the Pendleton Rotary Club.

Timmermann, who farms in partnership with his wife, Helen, has two daughters, Laurie, Salem; and Cathy, Cornell University in Ithica, New York.

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