

**CECOM High altitude sickness 001**  
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D: What is wrong?

P: I'm feeling light headed and kind of nauseated like I want to throw up. And feeling kind of dizzy.

D: Come over here and lay down on the stretcher.

[Patient lies down]

D: What were you doing when this happened?

P: I was in the mountains on a mission. My ears started to pop, and I started to feel dizzy and a little sick.

D: I will need to take your blood pressure.

[P holds out arm]

D: Do you have any difficulty breathing?

[P breathing hard]

P: No difficulty, but I'm just breathing hard.

D: Try to take some slow deep breaths to control your breathing.

[P takes slow deep breaths]

D: I will need you to sit up so I can check your ears.

[P sits up]

D: You have some fluid behind your eardrum that is making you dizzy.

[P no response]

D: The fluid will drain eventually and the dizziness should stop. Do you feel like you have to vomit?

P: Yes

D: If you feel like you have to vomit, you can go and use this bucket.

P: Okay.

D: I can give you some medication for your nausea. Does any medication make you sick?

P: no.

D: I will have to start an IV and can administer this medicine through the IV.

P: Okay.

D: You should feel better in an hour. This medication will make you sleepy.