

**Newburyport Choral Society
Nurses's Advisory Commission
Report to the Board of Directors - March 13, 2018**

Commissioners:

Spencer Amesbury, M.D.
Karen Norcross
Winnie Martin

Background:

Typically, fainting occurs while standing and is frequently preceded by a sensation of warmth, nausea, feeling lightheaded and visual gray-out. Fainting can be due simply to anxiety, emotional distress or **hunger and dehydration**. Due to the age range of most of our members, in addition to the tight and heated quarters in which we stand, we think it is important that there should be one or two point people in each section who can be alerted if someone faints.

If members feel faint they should sit down. But what happens if someone faints? There should be one or two point people in each section available to assist the person who has fainted. This could be an RN, Paramedic, EMT or MD.

Recommended Plan:

- Position the person on his or her back - this could be difficult given the height of some of the risers
- Make sure the legs are elevated above the heart (if possible) - this means that the person may need to be moved off the riser and placed on the closest pew
- Check for signs of circulation, vomiting, etc. Loosen belts, collars or any constrictive clothing
- If the person revives quickly, he or she should be seated in the audience for the rest of the performance or may be escorted to the meeting hall if they feel more comfortable there
- Provide this person with some type of fluid - water, juice etc.
- If needed, ask to have 911 called
- Start CPR if needed - hopefully not

Next Steps:

1. Ask if any medical personnel in each of the sections would like to be identified as a "go to" person if someone in their section should faint.
2. Create two kits, to be placed between the Altos and the Basses and the Sopranos and the Basses, that will contain items to help someone who has fainted, such as water, juice, prop to elevate legs.
3. Have a non-disruptive signal set up so that if a person requires medical attention, an usher is alerted to ask the Police Officer on detail to call for EMS.