

Emergencies and medical urgencies in Copahue Health Thermal Center

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Introduction: The following is a retrospective and observational work of emergencies and medical urgencies cases. It was performed in the Thermal Medicine Center of Copahue in successive 5 seasons of 5 months each one, from 2012 to 2017. Approximately 30.000 visitors per season.

Methods: In order to elaborate this work we used the Medical Incidents Record Books of the mentioned seasons registered by the nursing service and medical service of the Thermal center. For the analysis of the data we use a conventional program. The reasons for consultation and attention were defined according to the International Statistical Classification of Diseases and Related Health Problems 10 th Revision (ICD 10) and were related with the following variables: sex, age and initial therapeutic resources carried out in the Thermal Center and the derivation needs. Therefore, the analysis of the tables is performed and the results are exposed in pie graphs and bar graphs.

Discussion: The result of the analysis of the tables, shows that from a total of 492 medical emergencies or urgencies, 192 of them were transferred to the public health center. The individual study of the most frequent causes of consultation and referral demonstrated the following data:

- The total number of patients with an increasement in blood pressure equal or greater than 140/90 mmHg was 149, of which 108 (72.5%) were derived. The associated factors were age and pathological antecedents; such as dyslipidemia, diabetes or chronic arterial hypertension. Also the records were produced after receiving high temperature baths such as steam, hyperthermal sulphurous water, with a dry residue 110°C, 301,6 mg /l and pH: 6.6 and predominant ions of bicarbonate, sulfate, sodium, magnesium and calcium.

- The second cause in importance was injuries, recorded in 16 referrals that represent 8.33% of the total. The elder age was identified as the first associated risk factor.

- 14 patients consulted for lipothymia, hypotension and syncope. Lipothymia was presented in 11 patients (78.57%), syncope in 3 patient (21.42%). The steam bath and hyperthermal bath had the highest number of incidents.

-Respiratory distress was presented in a total of 13 patients, which represent 6.77% of the total of consultations. All of this cases were derived to the public health center.

Conclusions: Of a total of 492 patients, 192 were transferred to the Copahue Public Health Center (39.02%), of which 56.8% were cases of hypertension and its complications, 8.33% were cases of trauma from falls of own height, 7.29% derived by hypotension, lipothymia or syncope; 6.77% derivations due to respiratory distress; and the remaining 20.8% of the causes are less frequent cases.

In order of these results, is important to give formation in first aids to the employees of the Thermal center; as well as having near by the Thermal Center a proper Public Health center, able to take care of unusual emergencies/urgencies on the rate population.