

Medical Emergency Guidelines

A medical condition leading to Emergency can occur anywhere; a slip or a fall, accident impact, electrical shock, reptile or insect bite or such external causes can be life-threatening. Sometimes, sudden seizure, giddiness, or stroke because of one's internal health condition, can be severe. Working in a laboratory exposes individuals to additional health hazards from toxic and flammable chemicals etc.

It is advisable that members ensure the following in the interest of personal health and safety, if there be, for any unfortunate reason, a medical condition that demands immediate help.

- Smart phones allow storing of health data such as blood group, medical history, details of prescribed medication and importantly, emergency contact details. This information may be useful under medical emergency.
- Physical possession of hospital registration card in the purse or a digital image of the card as well those related to insurance policies, if any, will be of great help for ready referencing.
- In case of those with established medical conditions such as epileptic seizures, it will be helpful, if their friends and co-workers are aware of such a condition.
- Join the health scheme offered by the Centre (CMS - specially referring to R & D personnel and personnel working on contract at the Centre) or various accredited external agencies.

First responders present at the site of Emergency play a crucial role. A First responder must first assess the severity of the incident without feeling panicky and take action as soon as it becomes clear that the case needs emergency treatment. Other than providing the First aid as appropriate, the next important task would be to shift the affected individual to a designated hospital (see below).

In the context of JNCASR campuses, the First responder should contact the security office, if the affected individual is inside or in the vicinity of the campus (say, within a few kms). Security personnel have been well briefed and trained to respond round the clock. If the emergency arises away from any of the campuses, seeking assistance from the security personnel may prove impractical; the First responder may take necessary steps with help from neighbors/public/city services (see below).

Depending on the severity of the medical condition as assessed by the First responders and the security personnel, the affected individual(s) may be shifted for First-aid treatment or directly, to a recommended hospital using Centre's vehicle.

Having attended to the immediate requirements, the First responder may then bring the incident to the notice of the concerned; CMO/doctors/mentors/wardens/friends, as the case may be.

Note: In case of an outsourced staff, ESI hospital is recommended.

Location	Security Office	First-aid location
Main and Sahyadri Campuses	JNCASR Security 2208-2800/2799	Dhanvantari 2208-2795 <u>Anti Venom:</u> Available <u>Defibrillators</u> Not Available
<p>To avail Ambulance Services in case of Medical Emergency at Main/Sahyadri Campus, please contact Security Office: 2208 2800 / 2799/Dhanvantari: 22082795</p> <p>For Medical Emergency requirements in campuses other than Main and Sahyadri, ambulance services provided by the civic bodies/hospitals are to be relied on/approached directly.</p>		
Recommended Hospitals		
<u>Manipal Hospital</u> Hebbal, 4 km Ph: 080-41791000, 080 66600666,41791002	<u>Bangalore Baptist Hospital</u> Hebbal, 5.4 Km 080-2202 4700 <u>Ambulance</u> 99000 32784, 080-22024633	<u>Prolife Hospitals</u> Byatarayanapura Bellary road, 3 km 080-41162226
<u>Aster CMI Hospital</u> 03.5 Kms 080-43420100, 08022147147, <u>Ambulance</u> 080-46474647	<u>M.S. Ramaiah Memorial Hospitals</u> New BEL Road, 9.5 Km 080-23609999, <u>Ambulance</u> 080-23605408 080-23601743	<u>Manipal North Side Hospital</u> Malleshwaram Rly. Station, 12 Km Ph: 080-49006011
<u>Orchid Multispecialty Hospital</u> 800 mts Amruthahalli Ph: 080-29901121		

Location	Security Office	First-aid location
Chamundi Campus	At present not available. To contact Security Office at Main Campus	HVM Nursing Home Dr Vinayat 9535108639
Recommended Hospitals		
HVM Nursing Home Dr. Vinayat 9535108639	<u>Regal Hospital</u> (Chokkanahalli) 400mts 08884058888	

Location	Security Office	First-aid location
Vijnanpura Campus	IISc Security office 22932400/2225 Vijnanapura Security Gate 080 22932032	IISc Health Centre 080-22932227/2234 <u>Anti Venom</u> Available <u>Defibrillators</u> Available
Recommended Hospitals		
<u>Bangalore Baptist Hospital</u> Hebbal ; 4 Km 080-22024700, <u>Ambulance</u> 9900032784 080-22024633	<u>Aster CMI Hospital</u> Sahakarnagar, 7 Km 080-43420100,080-22147147 <u>Ambulance</u> 080-46474647	<u>M.S. Ramaiah Memorial Hospitals</u> New BEL Road, 1.5 Km 080-23609999 <u>Ambulance</u> 080-23601743 080-23605408
<u>Manipal North Side Hospital</u> Malleshwaram Rly. Station, 5km Ph: 080-49006011		

	Security Office	First-aid location
Arkavathi Campus	CeNS Reception 080 29630090, 29630208	Duty Nurse,CeNS Shruthi 7019274554
Recommended Hospitals		
<u>M S Ramaiah Harsha Hospital</u> NH4 Nelamangala Distance: 8 Kms Ph:080-27724003 9483148000, 9483222888	<u>Abhay Vasista Hospital</u> Distance: 8.6 Kms Ph: 080-29522999	

Location	Security Office	First-aid location
IISc Campus	Security office 22932400/2225	Health Centre 080-22932227/2234 <u>Anti Venom</u> Available <u>Defibrillators</u> Available
Recommended Hospitals		
<u>Bangalore Baptist Hospital</u> Hebbal ; 5 Km 080-22024700, <u>Ambulance</u> 9900032784 080-22024633	<u>Aster CMI Hospital</u> Sahakarnagar, 7 Km 080-43420100,080-22147147 <u>Ambulance</u> 080-46474647	<u>M.S. Ramaiah Memorial Hospitals</u> New BEL Road, 1.5 Km 080-23609999 <u>Ambulance</u> 080-23601743 080-23605408
Manipal North Side Hospital Malleshwaram Rly. Station, 080-49006011, 4 km	Aster CMI Hospital Sahakarnagar; 5 Km Ph:080-43420100, 080-22147147, 080-46474647	

All the above-mentioned hospitals are equipped with Defibrillators and Anti Venom doses are available

Useful numbers

Dr. G.R. Nagabhushana	22082657	9482083106
Dr. Kavitha Sridhar	22082795	9845659670
Dr. Senthamarai S.M	22082795	9449638121
Dr. Chandralekha H.V.	22082795	99459 61898

JNCASR Medical Emergency Assistance

Initially the following Drivers and Nursing staff are deputed in shifts to drive and manage the Ambulance No. KA-51- G 5230 stationed at JNCASR: -

Lingaraju, Driver	91 8660682851
Jagadiswar, Driver	91 9740221778
Nagaraj, Nursing Staff	91 9164226831
Venkatesh, Nursing Staff	91 7090925357

Other Essential Emergency contacts

Fire Control Room(General)	080 22971500/101
Hebbal Fire station (Manyata tech park)	080 2297 1542
Yelahanka fire station	080 29733407
Amruthahalli Police Station	080 22943692/(Inspector) 9480801417
Sampigehalli Police Station	080 22943692/(Inspector) 9480801424
Yelahanka Police Station	080 22942536