



Near-drowning following immersion in sea water

Alex (19 years old) woke up in the hospital. Images very quickly popped into his mind. He remembered that he was in the ocean... what happened?

The lifeguard services at a beach in the north of Spain were alerted when a swimmer found the body of a young man floating in the sea, which was Alex. When they managed to rescue him and bring him to shore, they found that he was unconscious and in a state of cardiac arrest. CPR procedures were initiated and a mobile ICU was requested via the 911 service.

Basic CPR procedures re-established spontaneous breathing, but in an ineffective breathing pattern, so upon arrival of the mobile ICU, the patient went through orotracheal intubation and mechanical ventilator support, prior to being transported to the hospital.

Alex nearly drowned following immersion in sea water, and he has respiratory distress syndrome, acute pulmonary edema and aspiration pneumonia.

Forty-eight hours after the patient was admitted to the hospital, mechanical ventilation was removed. Ninety-six hours after admission, he was taken from the ICU and remained in hospital for five more days before going home.

6 RECOMMENDATIONS FOR PREVENTION



Choose safe places to swim

That are monitored by lifeguards.



Use a lifejacket

If you do not know how to swim or are not a strong swimmer. Inflatable floats are not recommended.



Drinking alcohol prior to swimming

Slows reaction times in dangerous situations and can be conducive to risky conduct.



Do not swim

At night or in poor visibility. Do not dive or jump into murky waters.



Diving from heights into shallow water

Or when you do not know what obstacles may lie under the water, can cause serious traumatic injury.



Get out of the water

Should you feel very tired or cold.