

Introduction: Transcript

Introduction to This Video Series

written by James Hubbard
produced by ZWFILM



Welcome. I'm Dr. James Hubbard, and I'm delighted you're here today.

In these upcoming video segments I'll provide you with information on how to assess and manage common serious medical problems you may encounter—when help is not on the way or if help is on the way but it's just going to be a little while getting there.

About Me

I'm a longtime family doctor, an MD, who has practiced for over 30 years in small and large towns, hospital settings, clinics, and emergency rooms.

For the past several years, I've made it my mission to provide medical information for nonmedical people in as many ways possible. Things like, what to do when there's a natural disaster and medical expert help is not available or when you can't make a call for that help, or when the roads are closed or there's social chaos and the roads are dangerous.

About This Video Series

Now sometimes help is unavailable for hours, days, even longer. And sometimes it's available but just risky or otherwise difficult to get to. Maybe the roads are coated in ice or you're in the wilderness and have to hike a ways to find cell service, knowing only a helicopter can reach you.

I'm going, in these next few segments, to try to help you discern when immediate help might be the difference between life and death, and when you might be able to wait a little bit and do some things on your own.

GRAPHIC

Scenarios

- Is immediate expert help essential?
- Can you prolong live until help is available?

And here's an inside secret: nobody does these emergency procedures perfectly every time. There are going to be different situations. You have to adapt to the environment. As I tell nonmedical people, you should listen to the old commercial about being a foster parent: you don't have to be perfect to order to do the job.

In fact in most medical emergencies, it's hard for anyone to gather their thoughts initially. I mean, these things come out of the blue.

My suggestion is always to memorize some of the basic steps in emergency situations and then have them down like a reflex. Like, if a wound is bleeding, put pressure on the wound. If someone collapses, you check to see if they're breathing, if they're unconscious—and then you do the next steps and base it

from that. And, then after you do those, hopefully you might have a second or two to relax and let your mind start really thinking about what next to do for these situations.

An excellent way to utilize and learn from these videos is get a partner and act out on each other at least the safe procedures. You don't want to do chest compressions on someone, and there are some other things you have to watch out for. In those situations, just focus in your mind. Think that you're in the situation. Trick your mind into thinking you're actually doing it. I'll think you'll find that the information will stick better for you.

Of course, unless you're a medical professional and see these types of situations all the time you're not going to remember every detail of every procedure and what to do in every emergency. So you're going to have to just do the best you can. And utilize emergency personnel if you can. Call 911. Call for help. Meantime, just do the basics as you remember them.

GRAPHIC

Your Checklist

- Memorize the basics.
- Practice.
- Take hands-on first-aid and CPR classes (the BEST way to learn); use this video series for reminders and to reinforce your learning.
- Remember: Always use expert help if it's available.

For the latest information from me, visit my website, TheSurvivalDoctor.com. I have tons of information there, including posts, DVDs, e-books, print books, and other things.

But remember, you don't have to be to be perfect to save a life. After watching these series of videos, though, I think you'll be more prepared and more comfortable in taking some action.

Disclaimer

Here's a newsflash. I'm not perfect. Take this information and use it at your own risk. Read other sources; ask your regular doctor about medical information and advice on you as an individual. And please don't just fast-forward this next part. Read it, or at least listen. Hopefully, it will keep us both out of trouble.

IMPORTANT CAUTION—PLEASE READ THIS!

Use of the information in this video series is AT YOUR OWN RISK. It's intended solely for self-help, in times of emergency, when medical help is not available, and does not create a doctor-patient relationship.

DO NOT USE THIS INFORMATION INSTEAD OF SEEKING QUALIFIED MEDICAL PERSONNEL.

Viewers are strongly cautioned to consult with a physician before acting on the information described in this video series. This series is based on information from sources believed to be reliable, and every effort has been made to make the videos as complete and as accurate as possible based on information available as of this series' release date, but

their accuracy and completeness cannot be guaranteed.

Despite my best efforts, these segments may contain mistakes, and the viewer should use this series only as a general guide and not as the ultimate source of information about the subjects.

The series is not intended to provide all of the information available on the subject, but rather to simplify, complement, and supplement other available sources. The viewer is encouraged to read all available material and to learn as much as possible about the subject, including taking hands-on courses if they're available. I am not engaged in rendering medical services to the viewer, and these videos are not intended to diagnose or treat medical or physical problems. If medical, professional, or other expert assistance is required by the viewer, please seek the services of a competent expert.

This videos series is sold without warranties of any kind, express or implied, and the publisher and author disclaim any liability, loss, or damage caused by the contents of this series.

THE END