



DONNA POWERS | RCSHom, CCH, RSHom (NA)
CLASSICAL HOMEOPATH

When to Get Professional Conventional Medical Help

Conventional emergency medicine is remarkable especially in these particular circumstances where bones, blood, brain and breathing are involved:

1. BONES/EXTERNAL BRAIN INJURY

If your child's emergency involves bones (broken, head injuries) you are off to emergency. Give Arnica and/or Aconite for shock and trauma on the way to the emergency department or before the ambulance gets there.

www.kidshealth.org is one of THE best websites for information. They list the signs and symptoms and when to seek medical help.

Here is the link to concussions. Read it so you recognize the signs and symptoms of a head injury.

Concussion/Physical Brain Injury

<http://kidshealth.org/parent/general/aches/concussions.html>

Broken bones

http://kidshealth.org/parent/general/aches/b_bone.html

2. BLOOD

Excess bleeding needs conventional medical attention.

http://kidshealth.org/parent/firstaid_safe/emergencies/bleeding.html

Sepsis

This is an infection in the blood and you will have to go to the hospital if ANY of the signs are present.

http://kidshealth.org/parent/pregnancy_center/newborn_health_conditions/sepsis.html

3. BRAIN

Encephalitis

ANY inflammation of the lining of the brain and you are off to the hospital. How do you know if there is brain inflammation?

http://kidshealth.org/parent/infections/bacterial_viral/encephalitis.html

(Please Note: This kind of inflammation can happen post vaccination. It is important that this is reported to your family doctor or public health agency and a form from the Adverse Events Following Immunization website <http://www.phac-aspc.gc.ca/im/ae-fi-essi-form-eng.php> in Canada and in the USA <https://vaers.hhs.gov/index>)

Meningitis

Be aware of the difference between viral meningitis and bacterial meningitis.

<http://kidshealth.org/parent/infections/lung/meningitis.html>

4. BREATHING

The medical term for difficulty breathing is dyspnea. There can be many reasons for difficult breathing and here are some of them:

<http://kidshealth.org/en/parents/lungs.html?ref=search>

And here is a helpful checklist

<http://www.healthcentral.com/asthma/cf/slideshows/learning-your-asthma-symptoms-and-signs?ic=edit#slide=1>

Shortness of Breath in Infants and Children

Shortness of breath can be a sign of a serious illness.

Your child is having some difficulty breathing. Do any of the following other statements describe your child?

- When my child breathes, I can see his nostrils flare, his belly move out, his ribs stick out, and/or his neck muscles tighten.
- When my child breathes in, he makes a whistling or high-pitched noise.
- He grunts when he breathes out.
- His lips, mouth or fingertips are blue.
- He cannot talk or cannot finish a sentence without stopping to take a breath.
- He is drooling more than he usually would.
- His face, lips, eyes, or neck is swollen.
- He is scratching or has hives.
- He is sleepier than usual for the time of day.
- He is not moving normally.
- He is not answering questions normally or seems confused.

WHILE AT HOME

1. Keep a record of the illness, what you have done. Note times when you have given anything and make note of what your child looks like and record temperatures. Take this record with you to show what you have done in terms of care at home. I know this is a lot to ask when you have a sick child but some documentation could come in handy if needed. This suggestion was given by one of our participants in the course who is familiar with hospital procedure.
2. In Alberta there is the Health Link. This will help you decide whether your next step is to the hospital or the doctor's office. I believe the calls are recorded but you can add this to your own records to show that as a responsible parent, you followed all the right steps when your child is sick.

[Alberta Health Services Health Link](#)

Their mandate:

The goal of Health Link Alberta is to support Albertans in managing their own health. The result is a more knowledgeable public, fewer hospital visits and healthier communities.

By having a single, coordinated service across the province, Alberta Health Services is able to provide consistent information to the public.

Why should I call Health Link Alberta?

Health Advice and Information

Whether you're calling for yourself or a loved one, Registered Nurses at Health Link Alberta will assess your symptoms and determine the most appropriate care.

That option might be advice for self-care at home, an appointment with your family physician or a visit to the nearest urgent care or emergency department.

3. If you have called the Health Link and they have assured you that the situation requires self-care at home but you have tried your at home common sense treatments and your child is getting worse but not critical, call your homeopath or naturopath for a consult.
4. Call the Health Link again if your child continues to get worse. Hopefully at this stage, your homeopath or naturopath will have advised the same.

Heading to emergency is NOT a sign of failure as a parent. Heading to emergency when needed is the most loving, caring act of parenting you can do.

During the emergency, you can assure your medical professionals that yes, you are a vaccine free family and that you are willing to discuss your choice but only after the emergency situation has been dealt with. Try to go into the emergency situation on faith that your child will be helped and that the staff will be courteous and respectful, especially if that is how you enter the situation as well. Leave guilt and blame out of the conversation.

Please add to this list by joining us on Facebook at [FB Powers of Homeopathy](#).

Your suggestions will help others.