



CHIRURGEON'S BURDEN

NEWSLETTER FOR AN TIR CHIRURGEONS

ISSUE #6 – March, 2005

Editor: Lianna Stewart, GdS

Happy Tourney Season, An Tir!

It's time to check your first aid kits and replace what's expired or missing. When packing, think about what your allergies and sensitivities are and make sure you've got your medication. It's a really good idea to pack a few extra days of medications you take regularly in case the wet gets in or you drop something. As always, please be careful what you're eating and drinking, and make sure your coolers and cutting boards are keeping your food safe! Lastly, if you need a Medic Alert, please wear it!! First aiders are trained to check necklace, wrist, and ankle. A card in your wallet won't help either of us.

All are welcome to explore the chirurgeonate website, graciously hosted by Wastekeep's server:
<http://www.chirurgeon.wastekeep.org> -- find out what chirurgeons are, how to join us, who to ask to come work your events, and even read the Chirurgeons' Handbook! Chirurgeons, please make sure your listings are accurate and the way you want them, and sign on to the message board to keep current. There are a lot of good things going on, and I'm proud to be in the middle of it!

v' gosudar' delo (In the sovereign's service)
THLord Tvorimir Danilov, MC, GdS, W.O.A.W.
Kingdom Chirurgeon, An Tir

WATERBEARING

It is appropriate that we as chirurgeons learn about the job description of our waterbearers. It is to provide liquid refreshment for combatants, staff, and even spectators at events. Our current Kingdom Waterbearer, Aine, has done a wonderful job of providing

water, sports drinks such as Gatorade™, pickles and fruits to hydrate and energize the people who attend events where she is present. She actively recruits assistance in passing the fluids and electrolytes. Because of her persistence, fighters are reminded constantly of the need, even on overcast days, to maintain an adequate level of fluids in the body. With dill pickles, fighters add to their sodium levels to help hold the water in their bodies as they sweat it out.

One of our jobs as chirurgeons is to assist the waterbearers in encouraging fighters to adequately hydrate. Our aim, like the waterbearers, is to prevent health problems caused by dehydration. In this case, a sip of prevention can forestall serious health problems.

Please chirurgeons, waterbearers are our esteemed colleagues. Let's share pre-event planning with them to coordinate good preventive care and happy eventing.

Additional Information on Hypoglycemia

I'd like to mention that cake icing is mostly absorbed through the digestive tract which will take 15-20 minutes, but the gel can be absorbed through the gums and takes effect almost immediately. It can also be given to someone who is not conscious where the tablets and icing cannot. It is true the icing will last longer, but any of these are just quick fixes and should be followed by nutritious food and fluids.

In service,
Caelin on Andrede, MC
mka: Richard Threlkeld, EMT

Editors notes:

Thanks to Caelin for the above information. It wouldn't be difficult for every chirurgeon to carry a small tube of cake icing. These require no refrigeration. They are basically disposable and can make a "living" difference to someone.

See pages 5 & 6 for great instant guides for high/low blood sugar.





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Seen at the Point...



**Companion Aaron of the Black Mountains
Master Chirurgeon**



**Dame Rowen O'Ceallachain of Muscraighe
Master Chirurgeon**



**Duncan O'Duinn
Journeyman Chirurgeon**

An Tir Chirurgeon's Guild Website Update

The An Tir Chirurgeon's Guild Website is definitely starting to take shape. I'd like to extend my thanks to everyone who gave suggestions for things to add, and took the time to help proofread and test the site.

At this point, all of the roster information that I have has been loaded onto the online database. Please go to <http://www.chirurgeon.wastekeep.org> and check the roster to make sure I've gotten your information correct!

If your information is not there, or is out of date, please help me out by sending a copy of your First Aid card, your CPR card, and your Membership card to Mir. Mir will then send me a copy of this information so that I can update the database. This will ensure that we have both a physical record as well as an electronic record of your certifications.

The Message Board and the Chat room have started to have a bit more usage as of late. If you've not already signed up on the message board, please stop in and do so! Unlike the normal email list, The Message Board allows us to split the conversations off into separate topics, allowing you to follow a conversation more clearly. It also provides a private messaging service and email notification when someone comments on one of your posts.

The chat room can be a valuable tool for us in a kingdom as large as An Tir – We've been able to have a couple of great conversations between folks on opposite sides of the mountains who would normally only be able to talk at an event.

In Service,

Conal MacNachtan, JC
mka: William J. Knight



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IN MEMORIUM

FIDDLER'S GREEN Cedric's Version (1995-2005)

As I wandered the tourney an evening so rare
To view the pavilions and take in the air
I heard an old cardigan singing this song
O take me away boys my time is not long

Dress me up in best garb and collar
No more on at the tourney be seen
Just tell me old housemates
I'm off on a trip, mates
And I'll see them someday in Fiddler's Green

Now Fiddler's Green is a place I've heard tell
Where Cardigans go 'cause they can't go to Hell
Where the weather is fair and the squirrels do play
And the cold coast of old Wales is not far away

Dress me up in best garb and collar
No more on at the tourney be seen
Just tell me old housemates
I'm off on a trip, mates
And I'll see them someday in Fiddler's Green

The sky's always clear and there's never a gale
And the squirrels do romp with a flip of their tail
You can lie at your leisure, there's no work to do
And the food dish is heaping with good bones to chew

Dress me up in best garb and collar
No more on at the tourney be seen
Just tell me old housemates
I'm off on a trip, mates
And I'll see them someday in Fiddler's Green

And when you pack up and the tourney is thru
There's sunshine and there's bones, and girl Corgis there
too
Now the place are all pretty and all can run free
And there's dozens of dog toys hanging from every tree

Dress me up in best garb and collar
No more on at the tourney be seen
Just tell me old housemates
I'm off on a trip, mates
And I'll see them someday in Fiddler's Green
I don't want a harp or a halo, not me
Just give me a breeze and a cat chasing spree
And I'll play me old squeeze toy as we play along
When the wind's in the trees there to sing me this song

Dress me up in best garb and collar
No more on at the tourney be seen
Just tell me old housemates
I'm off on a trip, mates
And I'll see them someday in Fiddler's Green

We still love you Cedric

Rauþulfr Meistari Inn Orþstóri Gopi

Editors' note: Many of us enjoyed Cedric at the many chirurgeon points graced by Rauthulfr. We will miss the presence of our furry friend and mascot.

What is a Chirurgeon?

Chirurgeon. We use the word all the time. "I can help you, I'm a Chirurgeon." "Where is Chirurgeon's Point...?" Most of us can explain to someone who asks that the word is a medieval term for a doctor.

But how many of us really know the origins of the word? Just what IS a chirurgeon? The word Chirurgeon comes from the old french word *cirurgien*, which is drawn from the Latin word *chirurgia*, or surgery. It is the word from which the modern English word "Surgeon" is drawn.



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Fighter's Bill of Rights

Fighters in the Society are in many ways like the Air Force flyers I take care of in my mundane job: very independent - not wanting anyone to tell them what to do. This gets to be a real touchy situation in the Lists when a fighter is injured and does not want to leave the field, even though continuing may cause the injury to become worse. Society Law prohibits the Chirurgeon from removing a fighter from the field against their will. To help fighters and Chirurgeons work better together, let me present the "Fighter's Bill of Rights" as written and presented at a Chirurgeon's conference at Estrella War by Lady Selena D'Ambra in AS XXX, formulated as a statement from the fighter to the Chirurgeon:

- ❖ If I refuse care and I am oriented and coherent (even if annoyed, preoccupied or angry), that is my **LEGAL RIGHT**.
- ❖ It is up to me whether or not I go back to fighting. I am an adult with a signed waiver. If you feel I am in danger to other fighters or myself, tell a marshal of your concerns. But quietly please, so if either of us is wrong, neither of us will be embarrassed.
- ❖ If I am injured, ask questions of and listen to me and my friends and family. Like me, they also know what is normal for me and how my armor goes on and comes off.
- ❖ Before you do anything, from slapping a cool cloth on my neck to cutting my armor, ask me. Maybe I'll like it, maybe I'll club you like a baby harp seal.

Friar Galen

Stroke

Today the average age of the individual playing in the SCA is higher than ever. As chirurgeons, one of the disease possibilities we may encounter is a cardiovascular accident also known as a stroke.

The Symptoms of a stroke are difficult to identify. Unfortunately, the lack of awareness can spell disaster. The stroke victim may suffer brain damage when people nearby fail to recognize the symptoms of a stroke. Now doctors say a bystander can recognize a stroke by asking three simple questions:

- Ask the individual to smile.
- Ask him or her to raise both arms.
- Ask the person to speak a simple sentence.

If he or she has trouble with any of these tasks, call 911 immediately and describe the symptoms to the dispatcher.

After discovering that a group of non-medical volunteers could identify facial weakness, arm weakness and speech problems, researchers urged the general public to learn the three questions. They presented their conclusions at the American Stroke Association's annual meeting last February.

Widespread use of this test could result in a prompt diagnosis and treatment of the stroke and prevent possible brain damage. This is called the "Smile-Arms-Sentence" method.

One more tool to put in your kit.



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HYPOLYCEMIA (Low Blood Sugar)



CAUSES:

Too little food, too much insulin or diabetes medicine, or extra exercise.

ONSET:

Sudden, may progress to insulin shock.

BLOOD SUGAR: Below 70 mg/dL.
Normal range: 70-115 mg/dL.

SYMPTOMS



SHAKING



FAST HEARTBEAT



SWEATING



ANXIOUS



DIZZINESS



HUNGER



IMPAIRED VISION



WEAKNESS,
FATIGUE



HEADACHE



IRRITABLE

WHAT
CAN
YOU
DO?



Drink a half a cup of orange juice or milk, or eat several hard candies.



TEST BLOOD SUGAR
If symptoms don't stop, call your doctor.



Within 30 minutes after symptoms go away, eat a light snack (half a peanut butter or meat sandwich and a half glass of milk).

Concept developed by Rhoda Rogers, RN, BSN, CDE, Sunrise Community Health Center and Northern Colorado Medical Center

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HYPERGLYCEMIA
(High Blood Sugar)

CAUSES: Too much food, too little insulin, illness or stress.

ONSET: Gradual, may progress to diabetic coma.

BLOOD SUGAR: Above 200 mg/dL.
Acceptable range: 115-200 mg/dL.

SYMPTOMS

 FREQUENT URINATION	 DRY SKIN	 HUNGER
 BLURRED VISION	 DROWSINESS	 NAUSEA
WHAT CAN YOU DO?	 TEST BLOOD SUGAR	If over 250 mg/dL for several tests CALL YOUR DOCTOR

Novo Nordisk
DIABETES
Care

Concept developed by Rhoda Rogers, RN, BSN, CDE, Sunrise Community Health Center and Northern Colorado Medical Center