

Sentence Outline

Informative Speech

The coolest head
prevails.

Speech Title:

“Syncope or Not Syncope: That is the Question”

General Purpose: To inform

Specific Purpose: To inform my classmates about the “common faint”

Thesis: I’m going to help you be the coolest head around when someone faints.

I. Introduction

- A. Has anyone ever fainted or seen anyone that has? Does anyone know what causes “the common faint,” what it is called or what to do if some one faints? Syncope is a sudden loss of consciousness due to lack of sufficient oxygenated blood to the brain. (*attention-getter & common ground*)
- B. Syncope (pronounced **sing**-koh-pee) is a scary thing. It accounts for
 - 1. 1.5 million visits a year to the doctor
 - 2. 160,000 hospitalizations; and
 - 3. 3% of all trips to the emergency room
- C. I know this medical condition well, and you, or someone you know, probably does too. The more simple term? Fainting. The “common faint”
 - 1. happens to people under 45 years old
 - 2. no other medical conditions (diabetes, heart condition, current illness or pregnancy)
 - 3. unconscious for no more than 60 seconds; completely recovered in 15 minutes
 - 4. Even if it’s common, it’s still scary. And I’ve learned the hard way that most people don’t know what to do when I faint. (*credibility*)

- D. Today I'm going to share information that will make you the coolest head around when someone faints. (*thesis*)
- E. I'll cover three areas: causes of the common faint, symptoms, and first aid treatment. (*preview*)

Transition: First I would like to start off by talking a little bit about the causes of fainting.

II. Body

A. Causes of fainting

1. Story of my fainting at West Palm Beach's City Walk fulfilled two of the three most common causes of fainting
2. three most common causes
 - a. standing for a long time
 - b. hot, humid, crowded setting
 - c. lack of recent food or water

Transition: The people around me assumed I was dead, dying, and worse. They didn't keep cool heads or know what to look for.

- B. Symptoms: Sometimes a person will just keel over, but more often there are signs of an oncoming episode of syncope
 1. unsteadiness, dizziness
 2. face becomes pale and perspiration appears
 3. skin becomes cold and clammy
 4. pulse feels weak and erratic
 5. nausea

Transition: The words "I feel like I'm going to faint" should get you in first-aid mode!

C. First-Aid before/during/after

1. Before fainting:
 - a. Head between knees accomplishes the first thing the person needs—to restore adequate supply of blood to brain by putting brain lower than the heart. Too late?
 - b. Help person to the ground! Dead weight dropping can cause lots of bruises and cuts.
2. During/When person is unconscious: Think 3 L's: Legs, Listen, Loosen.
 - a. Position person on back, **elevate legs** above heart.
 - b. **Listen** for breathing sounds. (If person is not breathing, start CPR and call 911! this is serious!) But stay calm, this is a common faint. Okay? She's breathing!

- c. **Loosen** belts, collars, or other constrictive clothing.
3. After/As person regains consciousness: Think Don't.
 - a. Don't slap or shout (that can be scarier than the faint itself). Instead, reassure her that she's safe, she just fainted.
 - b. Don't let person get up right away. (Staying prone for 15 minutes is recommended by most medical personnel.)
 - c. Don't give any food, but sips of water are okay.

Transition: Remember, most people are fully recovered from common faints in 15 minutes. Your friend will be okay! I've learned the hard way (and have the bruises to prove it) that most people don't know what to do when someone faints.

III. Conclusion

- A. I've shared common causes, symptoms, and first aid treatment for fainting. Remember Legs, Listen, and Loosen. (*review*)
- B. Syncope is a medical condition that can signal serious, even life-threatening, problems. But I've given you information today to help you have the coolest head in the house during a "common faint." (*thesis*)
- C. Our bodies are very, very smart! and we should listen to them. Think of fainting as nature's way of saying, "I can't fight gravity any longer. I can't get blood to your brain unless you lie down. You are going to lie down. Right now. There. That's better." (*clincher*)

Bibliography

"Fainting and Fever." Retrieved June 1, 2002, from www.mayoclinic.com

"First Aid: Fainting." (1998). *World Book Medical Encyclopedia*.

Witting, Michael, M.D. (2002). "Fainting." *AAEM Emergency Medical and Family Health Guide*.