

First Aid

First Aid can be defined as the emergency treatment of illness or injury in order to maintain life, to ease pain, and to prevent deterioration of the patient's condition until professional medical help can be obtained.



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First Aid Rules

1. Do not get excited. Check for danger first, then check for responsiveness. Determine whether the victim is conscious. If the victim is conscious, ask them what happened and what is wrong now. If the victim is unconscious, proceed to check the airway, and breathing circulation. Initiate resuscitation as appropriate.
2. Do not move the injured victim unless necessary. If so, seek assistance and handle the victim gently.
3. Keep the victim lying down with their head level with their feet while being examined.
4. Keep the victim warm and comfortable. Remove just enough clothing to get a clear idea about the severity of the injury sustained.
5. Examine the victim gently. Treat the most urgent injuries first, then tend to the other injuries to the best of your ability.
6. Avoid allowing the victim to see their own injury. Assure them that their condition is understood and that they will receive good care.
7. Do not try to give any solid or liquid substance by mouth to an unconscious victim, nor to a victim who has sustained injury.
8. Do not touch open wounds or burns with fingers or other objects except when sterile compresses or bandages are not available, and it is absolutely necessary to stop bleeding.
9. Do not try to stir up an unconscious person.
10. Seek medical attention immediately.

Application of First Aid

• For Stoppage of Breathing

1. If someone is having breathing difficulty, call your local emergency number right away.
2. Check the person's airway, breathing, and pulse. If needed, begin Cardiopulmonary Resuscitation (CPR).
3. Loosen any tight clothing.
4. Help the person use any prescribed medicine (an asthma inhaler or home oxygen).
5. Continue to monitor the person's breathing and pulse until medical help arrives. DO NOT assume that the person's condition is improving if you can no longer hear abnormal breath sounds, such as wheezing.
6. If there are open wounds in the neck or chest, they must be closed immediately, especially if air bubbles appear in the wound. Bandage such wounds at once.
7. A "sucking" chest wound allows air to enter the person's chest cavity with each breath. This can cause a collapsed lung. Bandage the wound with plastic wrap, a plastic bag, or gauze pads covered with petroleum jelly, sealing it except one corner. This allows trapped air to escape from the chest but prevents air from entering chest through the wound.
8. Do not give the person food or drink.
9. Do not move the person if there has been a head, neck, chest, or airway injury, UNLESS it is absolutely necessary. Protect the neck if the person must be moved.
10. Do not place a pillow under the person's head. This can close the airway.
11. Do not wait to see if the person's condition improves before getting medical help. Get help immediately.

- **For Severe Bleeding**

1. Remove any clothing or debris on the wound but don't remove large or deeply embedded objects. Don't probe the wound or attempt to clean it yet. Your first job is to stop the bleeding.
2. Stop the bleeding. Place a sterile bandage or clean cloth on the wound. Press the bandage firmly with your palm to control bleeding. Apply constant pressure until the bleeding stops. Maintain pressure by binding the wound with a thick bandage or a piece of clean cloth. Don't put direct pressure on an eye injury or embedded object. Secure the bandage with adhesive tape or continue to maintain pressure with your hands. If possible, raise an injured limb above the level of the heart.
3. Help the injured person lie down. If possible, place the person on a rug or blanket to prevent loss of body heat. Calmly reassure the injured person.
4. Don't remove the gauze or bandage. If the bleeding seeps through the gauze or other cloth on the wound, add another bandage on top of it. And keep pressing firmly on the area.
5. A tourniquet is effective in controlling life-threatening bleeding from a limb. Apply a tourniquet IF you're trained how to do so. When emergency help arrives, explain how long the tourniquet has been in place.
6. Immobilize the injured body part as much as possible. Leave the bandages in place and get the injured person to an emergency room as soon as possible.
7. Call emergency medical help for severe bleeding that can't be controlled.

- **For Poisoning**

1. Call your local emergency help immediately.
2. How you treat someone who may have been poisoned depends on the person's symptoms, age, and whether you know the type and amount of the substance that caused poisoning.
 - **For Swallowed Poisoning** – remove anything remaining in the person's mouth. If the suspected poison is household cleaner or other chemical, read the container's label and follow instructions for accidental poisoning.
 - **For Poison on the Skin** – remove any contaminated clothing using gloves. Rinse the skin for 15 to 20 minutes in a shower or with a hose.
 - **For Poison in the Eye** – gently flush the eye with cool or lukewarm water for 20 minutes or until help arrives.
 - **For Inhaled Poison** – get the person into fresh air as soon as possible.
3. If the person vomits, turn his or her head to the side to prevent choking.
4. Begin CPR if the person shows no signs of life, such as moving, breathing, or coughing.
5. Have somebody gather pill bottles, packages or containers with labels, and any other information about the poison to send along with the ambulance team.

- **For Shock** – is usually caused by asphyxiation or deprivation of oxygen, severe injury, and hemorrhage.

1. If you suspect a person is in shock, call your local emergency number.
2. After calling for help, lay the person down and elevate the legs and feet slightly, unless you think this may cause pain or further injury.
3. Keep the person still and don't move him or her unless necessary.
4. Begin CPR if the person shows no signs of life, such as breathing, coughing, or movement.
5. Loosen tight clothing and, if needed, cover the person with a blanket to prevent chilling.
6. Don't let the person drink or eat anything.
7. If you suspect that the person is having an allergic reaction, and you have access to an epinephrine autoinjector, use it according to its instructions.
8. If the person is bleeding, hold pressure over the bleeding area using a towel or sheet.
9. If the person vomits or begins bleeding from the mouth, turn him or her onto a side to prevent choking, unless you suspect a spinal injury.

- **For Fractured Bones**

1. Call for emergency help immediately.
2. Don't move the person except if necessary to avoid further injury. Take these actions immediately while waiting for medical help.
3. Stop the bleeding. Apply pressure to the wound with a sterile bandage, a clean cloth or a clean piece of clothing.

4. Immobilize the injured area. Don't try to realign the bone or push a bone that's sticking out back in. If you've been trained in how to splint and professional help isn't readily available, apply splints to the area above and below the fracture sites. Padding the splints can help reduce discomfort.
5. Apply ice packs to limit swelling and help relieve pain. Don't apply ice directly to the skin. Wrap the ice in towel, piece of cloth or some other material.
6. Treat for shock. If the person feels faint or is breathing in short, rapid breaths, lay the person down with the head slightly lower than the trunk and, if possible, elevate the legs.

- **For Burns**

- **Treating Major Burns**

1. Protect the person from further harm. If you can do so safely, make sure the person you're helping is not in contact with the source of the burn. For electrical burns, make sure the power source is off before you approach the burned person.
2. Make certain that the person burned is breathing. If needed, begin rescue breathing if you know how.
3. Remove jewelry, belts and other restrictive items, especially from around the burned areas and the neck. Burned areas swell rapidly.
4. Cover the area of the burn. Use a cool, moist bandage or a clean cloth.
5. Don't immerse large severe burns in water. Doing so could cause a serious loss of body heat (hypothermia).
6. Elevate the burned area. Raise the wound above heart level, if possible.
7. Watch for signs of shock. Signs and symptoms include fainting, pale complexion or breathing in a notably shallow fashion.

- **Treating Minor Burns**

1. Cool the burn. Hold the burned area under cool (not cold) running water or apply a cool, wet compress until the pain eases.
2. Remove rings or other tight items from the burned area. Do this quickly and gently, before the area swells.
3. Don't break blisters. Fluid-filled blisters protect against infection. If a blister breaks, clean the area with water (mild soap is optional). Apply an antibiotic ointment. But if a rash appears, stop using the ointment.
4. Apply lotion. Once a burn is completely cooled, apply a lotion, such as one that contains aloe vera or a moisturizer. This helps prevent drying and provides relief.
5. Bandage the burn. Cover the burn with a sterile gauze bandage (not fluffy cotton). Wrap it loosely to avoid putting pressure on burned skin. Bandaging keeps air off the area, reduces pain and protects blistered skin.
6. If needed, take an over-the-counter pain reliever, such as ibuprofen (Advil, Motrin IB, others), naproxen sodium (Aleve) or acetaminophen (Tylenol, others).

- **For Fainting**

- **If you feel faint**

1. Lie down or sit down. To reduce the chance of fainting again, don't get up too quickly.
2. Place your head between your knees if you sit down.

- **If someone else faints**

1. Position the person on his or her back. If there are no injuries and the person is breathing, raise the person's legs above heart level — about 12 inches (30 centimeters) — if possible. Loosen belts, collars or other constrictive clothing.
2. To reduce the chance of fainting again, don't get the person up too quickly. If the person doesn't regain consciousness within one minute, call 911 or your local emergency number.
3. Check for breathing. If the person isn't breathing, begin CPR. Call 911 or your local emergency number. Continue CPR until help arrives or the person begins to breathe.
4. If the person was injured in a fall associated with a faint, treat bumps, bruises or cuts appropriately. Control bleeding with direct pressure.

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