KAAF UNIVERSITY COLLEGE

**COURSE**: **FIRST AID, EMERGRNCY NURSING AND DISASTER MANAGEMENT**

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**PROGRAMME: GENERAL NURSING**

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a) Definitions

First aid: The immediate care given to an injured or ill person before professional medical help arrives.

Wound: An injury that breaks the skin or damages the body's tissues.

b) Qualities of a First Aider

1. Calmness and composure: A first aider should remain calm and collected in stressful situations to effectively assess and manage the casualty.

2. Knowledge and skills: A first aider must possess adequate knowledge of first aid procedures and the ability to apply them practically.

3. Empathy and compassion: Understanding and caring for the casualty's emotional and physical state is crucial.

4. Decision-making ability: Quick and accurate decision-making is essential in emergency situations.

5. Physical fitness: A certain level of physical fitness is required to handle injured or ill individuals.

c) Knife Wound

1. Type of wound:

* Penetrating wound.

1. Management steps:

1. Ensure personal safety by wearing protective gloves.

2. Call for emergency medical services immediately.

3. Do not remove the knife.

4. Control bleeding by applying pressure around the wound, avoiding direct pressure on the knife.

5. Monitor the casualty's breathing and circulation.

6. Provide reassurance and comfort.

d) Characteristics of Wounds

1. Abrasion: A superficial wound caused by scraping or rubbing the skin, resulting in damage to the outer layer.
2. Avulsion: A wound where a piece of skin or tissue is completely torn away from the body.

e) Complications of Wounds

1. Infection: Contamination of the wound with bacteria can lead to inflammation and tissue damage.

2. Haemorrhage: Excessive bleeding can result in shock and even death.

3. Scarring: Wound healing can lead to the formation of scar tissue.

4. Tetanus: A bacterial infection that can develop in deep puncture wounds.

Question Two

a) Shock

Shock is a life-threatening condition that occurs when the body is not getting enough blood flow. This can damage organs.

b) Types of Shock

1. Hypovolemic shock: Caused by severe blood or fluid loss (risk factors: severe bleeding, dehydration).

2. Cardiogenic shock: Occurs when the heart cannot pump enough blood to meet the body's needs (risk factors: heart attack, heart failure).

3. Obstructive shock: Caused by a blockage that prevents blood from flowing properly (risk factors: pulmonary embolism, tension pneumothorax).

4. Distributive shock: Occurs when blood vessels dilate too much, causing blood to pool in the body (risk factors: sepsis, anaphylaxis, spinal cord injury).

5. Neurogenic shock: Caused by damage to the nervous system, leading to blood vessel dilation (risk factors: spinal cord injury, head injury).

c) Signs and symptoms of Kwame’s shock

1. Pale or clammy skin
2. Rapid and weak pulse
3. Rapid and shallow breathing
4. Confusion or disorientation
5. Loss of consciousness

ii) Management:

1. Call for emergency medical services immediately.

2. Lay Kwame down with legs elevated.

3. Control bleeding if present.

4. Keep Kwame warm with a blanket.

5. Monitor breathing and circulation.

6. Reassure Kwame and provide comfort.

Question Three

a) Tourniquets

**No**, tourniquets should not be used as a first trial in the management of bleeding. They should be used as a last resort when other methods of controlling bleeding have failed and the casualty is at immediate risk of death.

Bleeding according to the source:

1. Origin:

* Arterial bleeding: Blood comes from arteries and is bright red, pulsating, and rapid.
* Venous bleeding: Blood comes from veins and is dark red, flowing steadily.
* Capillary bleeding: Blood oozes slowly from capillaries and is bright red.

ii. Colour:

* Bright red: Typically indicates arterial bleeding.
* Dark red: Usually indicates venous bleeding.
* Mixed red: Can occur in capillary bleeding or a combination of arterial and venous bleeding.

iii. Characteristics:

* Pulsating: Indicates arterial bleeding.
* Steady flow: Indicates venous bleeding.
* Oozing: Indicates capillary bleeding.

c) Briefly explain these special types of bleeding:

1. Epistaxis: Nosebleed. It occurs when blood vessels in the nose rupture.
2. Haemoptysis: Coughing up blood from the lungs. It can be caused by various conditions, including lung infections, tuberculosis, and lung cancer.
3. Hematemesis: Vomiting blood. It can be a symptom of ulcers, gastritis, oesophageal varices, or other gastrointestinal condition.

d) Tabulate the difference between internal and external bleeding

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| --- | --- |
| **Internal Bleeding** | **External Bleeding** |
| Not visible | Visible |
| Internal organs or blood vessels | Skin or mucous membranes |
| Pain, tenderness, swelling, bruising, shock, difficulty breathing | Visible blood loss, bleeding from a wound |
| Primarily medical management | Pressure, elevation, dressings, tourniquets (in extreme cases) |