

- Pulse gets rapid but very weak.
- Sweating, thirsty, feels vomiting sensation.
- Become unconscious.

b) Treatment:

- Ask the person not to blow his nose.
- Do not pack ear or nose.
- Lay the person on the affected side.
- Ensure tongue does not fall back.
- If any ear bleeding noticed, do not block the ear passage.

3. BURNS AND SCALDS

Definition: Burn is an injury caused by

- Dry heat – such as fire / flame
- Friction – touching speedy moving objects
- Corrosive (burning nature) chemicals like acids / alkalis
- Touching an object which was charged with high tension electric current.

Scald is an injury caused by moist heat such as hot water, milk, oil, tar, steam etc.

3.1 Degrees of burns:

- | | | |
|------------|---|------------------------------------|
| 1st degree | - | Redness of skin, blister formation |
| 2nd degree | - | Internal tissue damage |
| 3rd degree | - | Complete charring of part. |

3.2 General treatment for burns and scalds:

- If a person's cloth catches fire do not allow him to run. Pour plenty of water or gently place him on ground and roll him slowly to put on the flames.
- Cool and clean the affected area with wet cloth / cotton or flood with water or dip the affected area into water, if it is possible.
- Remove bangles, rings, watches immediately, as otherwise it may not be possible to remove them later.
- Remove the burnt cloths by cutting those not sticking to the skin.
- Cover the area preferably with clean cloth but do not disturb blisters.
- Do not apply antiseptic cream for major burns
- If he is conscious give water with pinch of salt to make good lost salt and water. Weak tea with more sugar also may be given if he is not a diabetic patient.

4. FRACTURE, DISLOCATION, SPRAIN AND CRAMP

Definitions:

- Fracture is breakage, crack / bend of a bone.
- Dislocation is displacement of one or more bones from joint.
- Sprain is wrenching tearing of cartilage near a movable joint.
- Strain is over lapping of muscles at a particular place.
- Cramp is sudden painful involuntary contraction of voluntary muscles.

4.1 Causes of Fractures: Direct force, indirect force and muscular contraction.

4.2 Signs and Symptoms for Identification of Fracture:

- Pain
- Swelling
- Loss of power
- Deformity (change in shape or size).
- Tenderness (sever pain by gentle touch)

4.3 Types of Fractures:

- Simple Fracture means the broken ends of the bone do not come out by opening the skin and thus remain inside only.
- Compound Fracture means the broken ends of the bone come out by opening the skin and the fractured bone is in contact with outside air as a result of an injury.