

- c. Complicated Fracture means the fractured bone damages an important internal organ like the brain, a major blood vessel, the spinal cord, lungs, liver, spleen etc.

4.4 General Treatment for Fractures:

- a. Immobilise and support the affected part/limb by means of Splints, Bandages/Slings etc.
- b. It is important to immobilize the area both above and below the injured bone.
- c. Give pain relievers and treat for shock, if necessary.
- d. Ice packs can be applied to reduce pain and swelling (not to be placed directly over the wound).
- e. Arrange medical aid as early as possible.

4.5 Sprain and Strain Treatment:

- Place in suitable position and put firm bandage and in case of strain wet it with water frequently.
- Arrange medical aid.

5. POISONS

Definition:

- Any substance (liquid, solid or gas) which enters into the body in sufficient quantity and which is harmful to the body and has power to injure health or destroy life is called poison.

a) Gaseous Poisons:

- These into the body through breathing.
- Treatment:
- Take the person to a safe place and start artificial respiration, if necessary. Before entering into room, assure proper ventilation and the First Aider should take the precaution of covering his face with wet cloth. Shift the victim to the hospital as early as possible.

b) Swallowed Poisons:

- These into the body through mouth.
- Treatment:
 - a. Act quickly and collect poison or container and send messenger for Doctor. Before Doctor arrives, check whether he is conscious or not. If unconscious, check air way, breathing and circulation. If there is no breathing, start artificial respiration and if there is no pulse start CPR.
 - b. If conscious, dilute the poison by making him to drink more water, milk, tender coconut, white portion of the raw egg.
 - c. If the poison is corrosive in nature, do not induce vomiting.
 - d. Neutralize the poison by giving antidotes. For acids – chalk powder mixed in water and for alkalis – lemon juice.
 - e. If the poison is non corrosive such as pesticides, excess dose of sleeping pills, mosquito killers, rat killers etc. induce the person to vomit by tickling or by giving large quantity of concentrated salt water.

11 SNAKE / DOG / SCORPION BITE TREATMENT

a) Snake bite:

- Tie rubber (Constriction) bandage (if the bite took place on legs / hands) above the wound towards the heart side. This must be released at regular intervals.
- Wash the area immediately with flow of water.
- Reassure the victim and try to allay his fear.
- Don't allow him to run or walk.
- Treat the wound.
- Treat for shock.
- Give artificial respiration if there are any signs of failure of breathing.
- Arrange medical aid or carry the person to the doctor.

b) Dog bite:

- Wash the bitten area with soap water and with antiseptic solution.
- Encourage bleeding and do not cover the wound.
- Collect information about dog and dog bite whether as it is pet / stray dog; and whether it is a provoking / non provoking bite.
- Arrange medical aid.

c) Scorpion bite:

- Wash the bitten area.
- Apply sodium bi-carbonate or potassium permanganate and sodium bi-carbonate mixture on the bitten area.
- Arrange medical aid.

d) Drowning:

- Remove the person from the water.
- Lay him on the ground on his stomach and turn the head to one side.
- Apply pressure on the back (waist portion) or raise the belly so that the water in the lungs comes out.
- Once lungs are vacated, breathing will start. If it has not started, give artificial respiration to restart the breathing.
- Arrange medical aid.

12 UNCONSCIOUSNESS (INSENSIBILITY)

- When sensory organs are not in working condition except in sleep, the condition is called unconsciousness. Unconsciousness is due to interruption of the brain action through some interference the functioning of the nervous system.

It is of two types.(1) Stupor (partial) 2) Coma (complete)

Treatment:

- Ensure abundant supply of fresh air.
- If breathing stops or appears to be failing, start artificial respiration.
- If breathing is not noisy, keep face upward and head and shoulders to be raised slightly.
- If breathing is noisy keep in recovery position.
- Undo all tight clothing, especially around neck and chest.
- Apply the specific treatment for the cause.
- Wrap the victim in a blanket.
- Do not leave the casualty alone.
- Do not attempt to give food / fluids while in unconscious through mouth.
- Shift him to hospital.

13 EPILEPSY (FITS)

Signs and Symptoms:

- Suddenly loses consciousness.
- Sometimes remain rigid with flush face.
- Convulsions start with froth at mouth.
- Pulse will be in bouncing condition.
- Body becomes stiff.

Treatment:

- Do not stop convulsions by force.
- Try to remove hard articles away from the victim.
- Wipe away the froth from his mouth.
- Keep careful watch for a possible failure of breathing and heart.
- Wait till he comes to a normal condition.
- Protect the tongue by placing soft material between the teeth.
- Once he becomes normal, advice the casualty to see the doctor.
- Do not keep any metal in to the hands and do not pour water
