

FIRST AID



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What is first aid ?

First aid: the immediate help given to a victim of injury or sudden illness before the arrival of medical help.

Generally is not **all** the treatment the person needs.

In many cases victim's life depends on the **first actions** during the first few minutes.

Who can do it ?

- friend
- family member
- co-worker
- bystander at the scene

Most first aid does not require **extensive training**.

The need for First Aid

- Cardiac and Respiratory Arrest.
- Electric Shock.
- Wounds.
- Bleeding.
- Burns.
- Fractures and Traumatic Injuries.
- Poisoning.
- Drowning.
- Snake bites.

Goals of first aid

- Keep victim alive.
- Prevent victim`s condition from getting worse.
- Help promote early recovery.
- Ensure that victim receives medical care.
- Reassuring the victim and providing comfort till medical care is provided.

Deciding to help

- Recognizing the need for first aid and knowing what first aid to give are the first steps of action for an emergency.
- You need to make the conscious decision which is not always an easy one (worried about what to do, shy, not sure about emergency situation, upset by blood, fear of catching disease).

Staying prepared

- Knowing the first aid technique.
- Be confident in your skills.
- Have a personal first aid kit at home and in car.
- Knowing how to make contact with EMS.

First Aid Kit

- Bandage/dressing
- Adhesive tape
- Eye/skin wash
- Coverings
- Burn Gel & Spray
- CPR Mask
- Sterile dressings
- Medical gloves
- Scissors-tweezers



Improvising

- **Gloves** → dish gloves, leather work gloves (wash your hands with soap and water especially well after using these).
- **Gauze** → clean clothing, bedding or towel (but not paper products).
- **Splints** → straight sections of wood, plastic, cardboard or metal.

The emergency medical service system EMS

Don't try to **transport** a victim to the emergency department yourself (**Movement may worsen the condition**).

When to call EMS

Life threatening injury or illness :

- Unresponsiveness
- Difficulty breathing
- Chest pain
- Severe bleeding
- Head or spine injuries
- Poisoning, drug overdose
- Seizure
- Severe burns
- Drowning
- Suicide
- Childbirth

How to call EMS

Emergency Medical services

Be ready to give the following information:

- Your name
- Phone number you are using
- Victim location
- What happened to victim
- Victim conditions
- Victim age and sex
- What is being done for victim

Legal concepts in first aid

To protect yourself , follow these general guidelines:

- Get victim`s **consent** before giving first aid.
- Act only as you **trained to act**.
- Don't try to **transport** a victim by yourself.
- Call **E.M.S** for professional help.
- Keep giving care until **help arrives**.

Preventing disease transmission



Infectious disease transmission

Blood borne transmission:

Contact with infected person blood, other body fluid.

Fecal-oral transmission:

Ingestion of contaminated water or food.

Airborne transmission:

Inhalation of a pathogen in droplets from the air.

vector transmission:

Bites of insect carrying the pathogen.

Avoid contact with all victims blood and body fluids

Bloodborne disease

- Pathogens are transmitted through contact with infected person blood.
- Pathogens are also present in other body fluids, such as semen, vaginal secretions, breast milk and bloody saliva and vomit.
- Tears, sweat and urine don't normally transmit pathogens.
- 3 serious bloodborne infections are:
 - HIV
 - hepatitis B
 - hepatitis C

Precautions

- Wear appropriate protective equipment.
- Treat all persons as if infectious.
- Wash following completion of the act.
- Appropriate disposal of disposable protective items and/or equipment.
- Maintain good hygiene practices before, during and after tasks.
 - **Don't touch** your mouth, nose, eyes and objects soiled with body fluid when giving first aid.
 - Avoid **being cut** by anything sharp.

Thank you