



FIRST AID-

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Burn Unit

What is First Aid?

- The first help you give someone that becomes ill or is suddenly injured.
- In a serious accident, can mean the difference in LIFE OR DEATH.
- Doesn't take the place of medical care, is only until further help arrives
- Being able to recognize an “emergency.”
- Knowing your limitations.

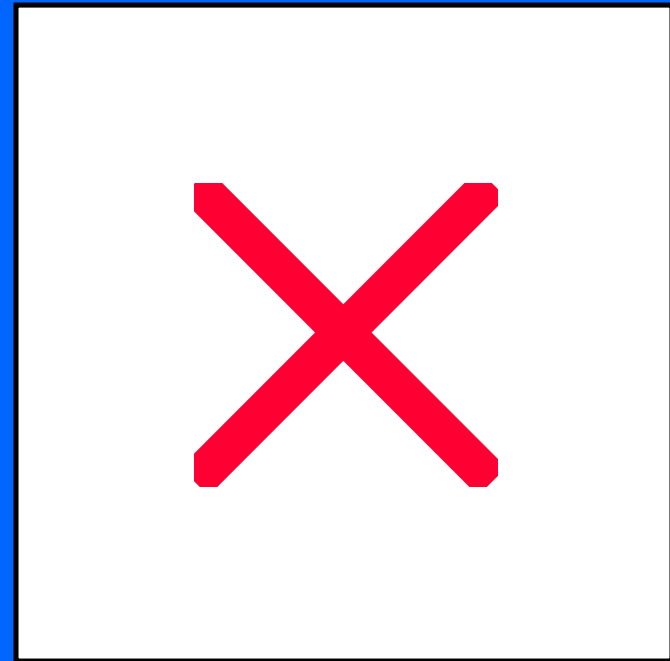
Everyone should know what to do in an emergency!

- 2 million people are hospitalized each year because of injuries & injuries result in 145,000 deaths/year.
- The main goal is to prevent death and prevent injuries from becoming worse.



You are an important link in the emergency medical system!

- Recognize that an emergency exists.
- Decide to act.
- Call 911.
- Provide care until help arrives.
- You are more than likely to give care to a family member or friend than a stranger



Good Samaritan Laws

- Legal protection to those who provide emergency care to ill or injured persons.
- Set up to protect those citizens that act in a reasonable & prudent manner.
- What is a reasonable & prudent manner....
- Move a victim only if their life is in danger.
- Ask a conscious person for permission.
- Check for life-threatening emergencies before giving care.
- Call for professional help-911
- Provide care till help arrives

Responsibilities of the First Aider

- 1. Personal health and safety
- 2. Maintain caring attitude - reassure and comfort ill or injured person, family, and bystanders while awaiting additional EMS resources
- 3. Maintain composure
- 4. Maintain up-to-date knowledge and skills
 - Continuing education and Refresher courses
- 5. Put ill or injured person's needs as a priority without endangering self.

Body Substance Isolation

- A. First Aiders must be aware of the risks associated with emergency medical care.
 - 1. Barrier devices should be used when ventilating an ill or injured person (face mask or shield).
 - 2. Personal protective equipment should be utilized as needed or required by the local system (gloves).
- B. First Aiders may be exposed to infectious diseases when treating ill or injured persons - **Universal Precautions** - Treat everyone as if they were infected.

Infection Control

- 1. Techniques to prevent disease transmission
 - a. Hand-washing/personal hygiene
 - b. Equipment replacement or disposal.
 - Remember gloves and first aid supplies are available in the clinic.

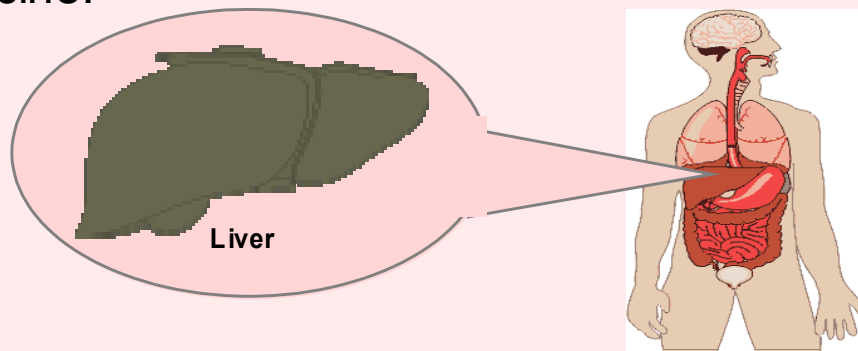


What is hepatitis B?

Hepatitis B virus can cause serious disease of the liver and damage it permanently. HBV is spread through infected blood and other body fluids. Hepatitis B can be prevented through a vaccination series. Talk with your doctor about the vaccine.



Hepatitis B Virus



Bleeding

- The First Aider must be aware of the risk of infectious disease from contact with blood or body fluids - (HBV and HIV).
- The body's normal response to bleeding is blood vessel contractions and clotting. A serious injury may prevent effective clotting from occurring. Uncontrolled bleeding (internal or external) or significant blood loss leads to shock and possibly death. Internal bleeding often results from blunt and/or penetrating trauma.
- Recognizing the mechanism of injury and early signs of shock may prevent unnecessary death.

Types of Bleeding

- 1. Arterial

- The blood spurts from the wound.
- Bright, red, oxygen rich blood.
- Arterial bleeding is the most difficult to control because of the pressure at which arteries bleed.

- 2. Venous

- The blood flows as a steady stream.
- Dark, oxygen poor blood.
- Bleeding from a vein can be profuse; however, in most cases it is easier to control.

- 3. Capillary

- The blood oozes from a capillary and is dark red in color.
- The bleeding often clots spontaneously.

Bleeding Control

- Apply finger tip **pressure** (use flat part of fingers) directly on the point of bleeding. If no injury to the muscle or bone exists, elevation of a bleeding extremity may be used secondary to and in conjunction with direct pressure.
- Large gaping wounds may require clean dressings and direct hand pressure if finger tip pressure fails to control bleeding. If bleeding does not stop, or more than one site of bleeding is discovered, apply additional direct pressure and pressure dressings.
- When direct pressure and additional dressing do not control the bleeding, a pressure point may be combined with direct pressure.

Internal Bleeding

- Discolored, tender, swollen, or hard tissue
- Increased respiratory and pulse rates
- Pale, cool skin
- Nausea and vomiting
- Thirst
- Changes in level of responsiveness
- Can be from severely injured extremities with a lot of blood loss

First Aid Assessment

- Remember, the A B C's - Airway, Breathing, Circulation.
- Always calm, comfort & reassure the victim
- Manage any external bleeding.
- Keep the person calm and in position of comfort.
- Keep the person warm.
- Treat for shock.

Shock

- Condition resulting from the inadequate delivery of oxygenated blood to body tissues.
- Can be a result of
 - » Failure of the heart to provide oxygenated blood
 - » Abnormal dilation of the vessels
 - » Blood volume loss

Signs & Symptoms

- Restlessness, anxiety
- Changes in level of responsiveness
- Pale, cool, moist skin
- Rapid, shallow breathing
- Falling blood pressure
- Rapid, weak pulse
- Extreme thirst

First Aid Care for Shock

- Remember keep them calm & reassured & in position of comfort, laying down.
- Recall priorities of care - ongoing assessment of airway, breathing and circulation (ABC's).
- Prevent further blood loss. Keep person warm - attempt to maintain normal body temperature.
- Do not give food or drink.
- Provide care for specific injuries

Impaled Objects

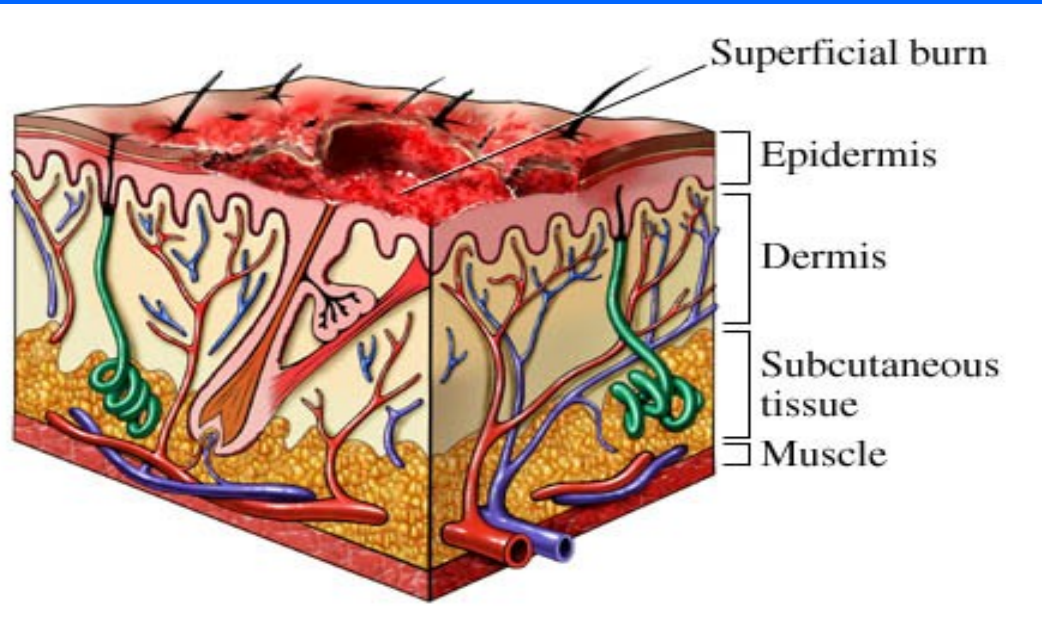
- **Do not remove the impaled object** unless it is through the cheek and obstructs breathing.
- Manually secure the object. Expose the wound area.
- Control bleeding.
- Utilize a bulky dressing to help stabilize the object

Amputations

- Involves the extremities and other body parts
- Massive or minimal bleeding may be present.
- Locate and preserve the amputated part—rinse it with clean water, cover with a clean dressing. Place the part in a watertight plastic bag. Place that bag in another container with ice, label with the victim's name, date, and time.

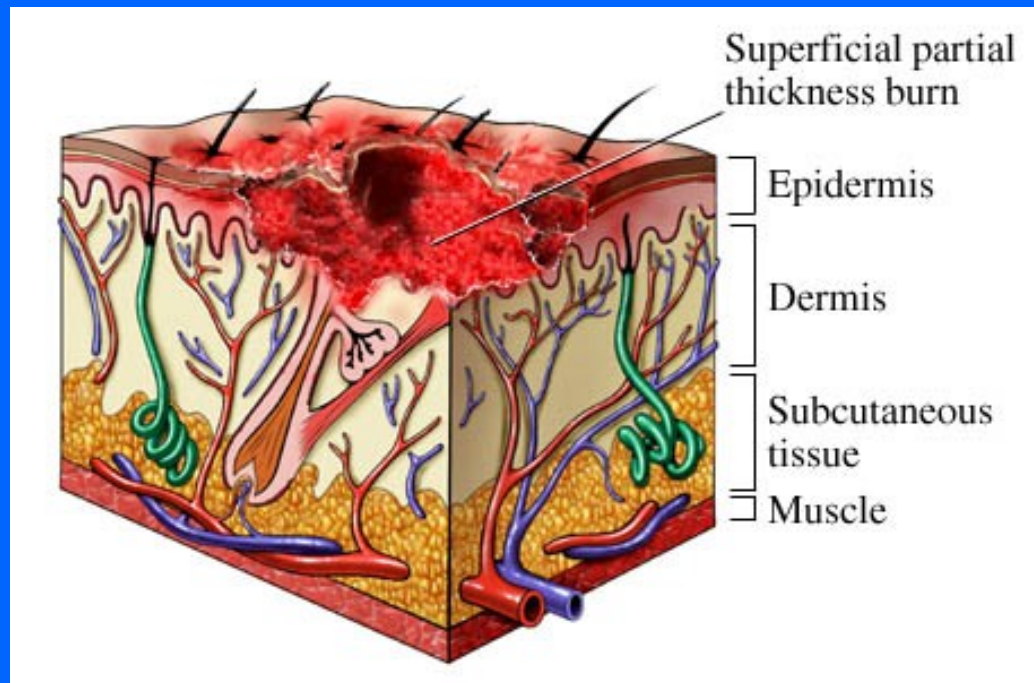
Burns

Classified according to thickness



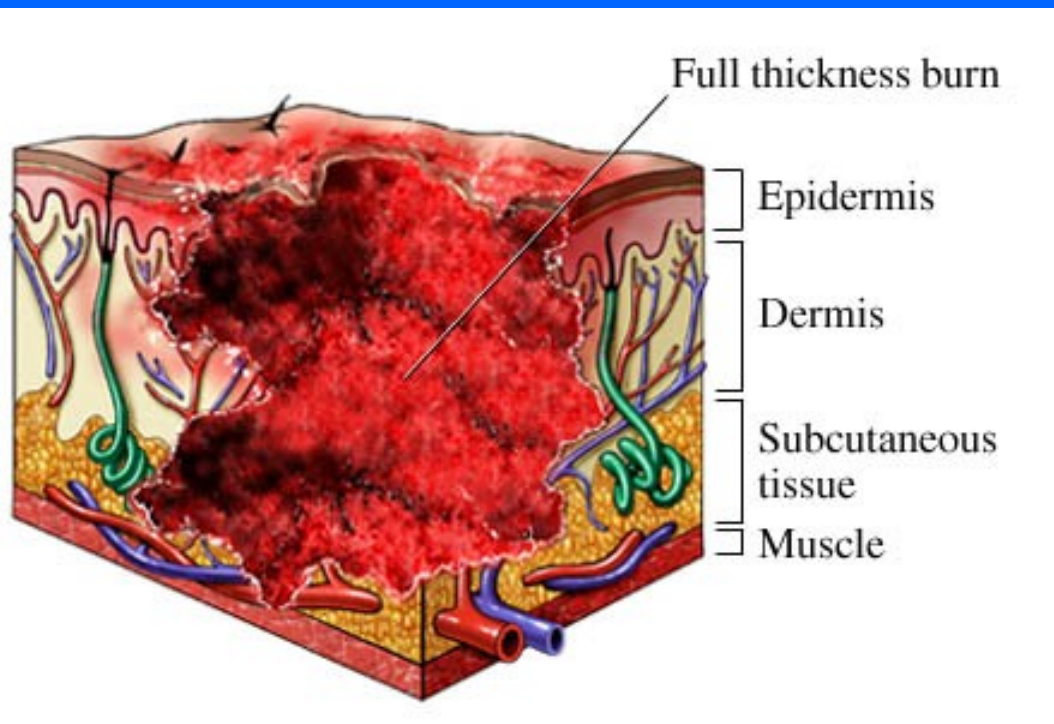
- First degree, or superficial
- Reddening of the skin
- Swelling

Partial thickness involves the outer and middle layer of the skin



- Considered second degree
- Deep intense pain
- Reddening, Blisters

Full thickness extends through all layers of the skin

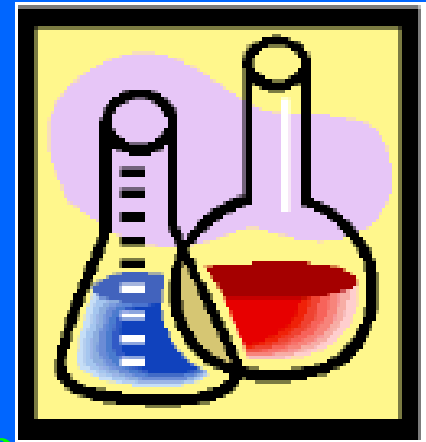


- Considered third degree
- Characteristics of partial thickness
- Areas of charred skin

First Aid Treatment-remember priorities

- If skin is hot, immerse the area in cool water or cover with a **wet, cool dressing**. This will stop the burning and relieve pain. To prevent further contamination use clean (or sterile) water and clean dressings to minimize the risk of infection.
- Cover the burned area with a dry sterile dressing if available. Do not use any type of ointment, lotion, or antiseptic. Do not break blisters.

Chemical Burns



- Scene safety
- Use gloves and eye protection!
- Brush off dry powder.
- Flush with **copious amounts of water**. Consider eye burns if splash injury.
- Remove contaminated clothing and jewelry.
- Call Poison Control for advice 800-682-7625.

Electrical Burns

- Scene safety
- Severe internal injuries may occur.
- Monitor the injured person closely for respiratory or cardiac arrest.
- All persons sustaining contact with electricity should be evaluated by professional health care providers

Nosebleeds

- Use gloves
- Press both sides of the nostrils while the victim sits and **leans forward** - use constant pressure for a few minutes.
- If continues, press harder and hold pressure.
- **Do not** use an icepack on the nose or forehead.
- Phone 911 if bleeding doesn't stop in about 15 minutes or victim has trouble breathing (blood can block the airway and cause breathing problems).

Allergic Response

Common Allergies-

- Many foods, such as
 - eggs, peanuts, chocolate
- Insect stings or bites, especially bee stings
- Pollen, Animal dander

Mild allergic reaction:

- stuffy nose, sneezing, itching of eyes and skin, hives

Bad allergic reaction:

- Trouble breathing
- Swelling of tongue, face
- Shock

Phone 911 - with bad reaction - if has EpiPen - assist with use if needed.

- Take off safety cap
- Hold injector in fist and press the tip of the pen hard against the thigh, halfway between the hip and knee, through clothing if necessary - hold in place for 10 seconds
- Note time of injection for EMS
- Dispose of in sharps container
- If victim becomes unresponsive- begin CPR

Bee stings

- Help with EpiPen or medication if history or signs of allergic reaction
- Scrape away stinger, do not use tweezers or squeeze area
- Clean area with soap and water
- Use insulated ice to area
- Watch for signs of allergic reaction - at least 30 minutes.
- Call 911 - if symptoms



Bees are the only insects that leave their stingers behind.

Insect Bites

INSECTS

- Clean the bite with soap and water.
- Put an insulated ice bag on the bite.
- Be alert to signs of allergic reaction.

TICKS

- Remove with tweezers straight out - close to the skin
- Wash with soap & water
- Apply insulated ice bag
- Some carry diseases, refer if in high occurrence area

Wrong actions for Tick Removal

Do not use:

- petroleum jelly
- fingernail polish
- rubbing alcohol
- a hot match
- gasoline
- twist or jerk the tick