



NURSING Foundation-I

As per the Revised INC Syllabus for BSc Nursing, 2021



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CHAPTER 15

FIRST AID

LEARNING OBJECTIVES

The student will be able to (MUST KNOW):

- ❖ Describe definition, basic principles, scope and rules of first aid.
- ❖ Explain first aid management.
- ❖ Elaborate about Wounds, Hemorrhage and Shock.
- ❖ Discuss regarding musculoskeletal injuries: fractures, dislocation, muscle injuries.
- ❖ Explain transportation of injured persons.
- ❖ Describe about respiratory emergencies and basic CPR unconsciousness.
- ❖ Explain about foreign bodies: skin, eye, ear, nose, throat and stomach.
- ❖ Enumerate burns and scalds.
- ❖ Discuss about poisoning, bites and stings.
- ❖ Explain frostbite and effects of heat.

DEFINITION OF FIRST AID

First aid sometimes referred to as emergency aid. It is the first skilled assistance given to a victim (sick or injured) on the occurrence of accident or sudden illness in order to preserve life, prevent further injury and relieve suffering until qualified medical care is available.

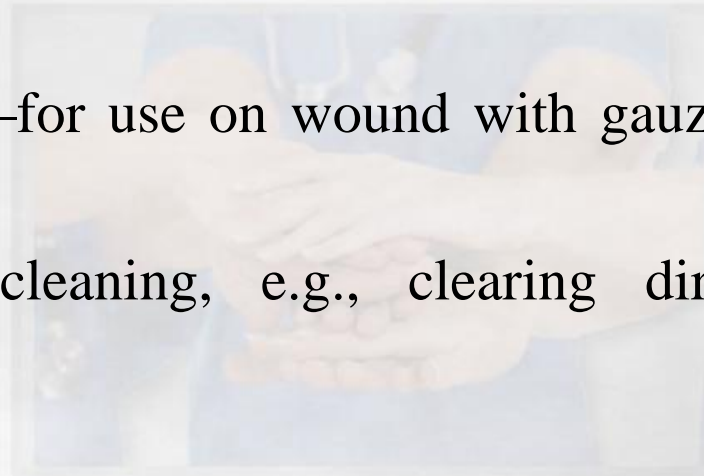
FIRST ACTIONS BY FIRST AIDERS: DRCAB

- D—Danger assessment for self and victim.
- R—Responsiveness of the victim.
- C—Check and assess for pulse.
- A—Assess and ensure clear airway.
- B—Check if person is breathing

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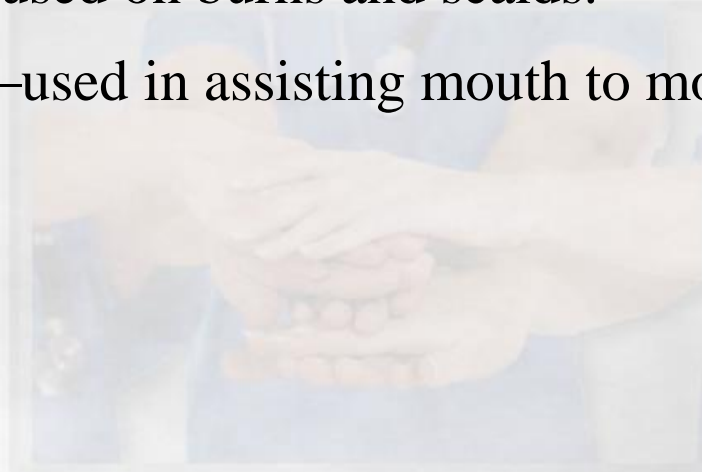
FIRST AID KIT CONTENTS

- **Torch:** Battery powered.
- **Sterile hand gloves**—for use on cuts, wounds, abrasions etc.
- **Antiseptic liquid** – for use on cuts, wounds, abrasions, bites.
- **Crepe Bandage**—to cover sprains and/or use on blunt injury of limbs/joints.
- **Triangular bandage.**
- **Compressed roller bandage**—for use on wound with gauze or in making sling and tie splints.
- **Surgical cotton rolls**—for cleaning, e.g., clearing dirt, grime and debris with water/antiseptic solution.



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- **Adhesive plaster/tape**—to hold bandage in place.
- **Adhesive bandage**—to use on cuts/wounds over body part.
- **Sterile gauze**—to cover cuts, wounds or abrasions for preventing infection.
- **Eye pads**—covering an injured.
- **Sterilized paraffin gauze**—to use on burn or scald before covering it with any bandage.
- **Silver sulfadiazine ointment**—used on burns and scalds.
- **Mouth to mouth resuscitator**—used in assisting mouth to mouth breathing.



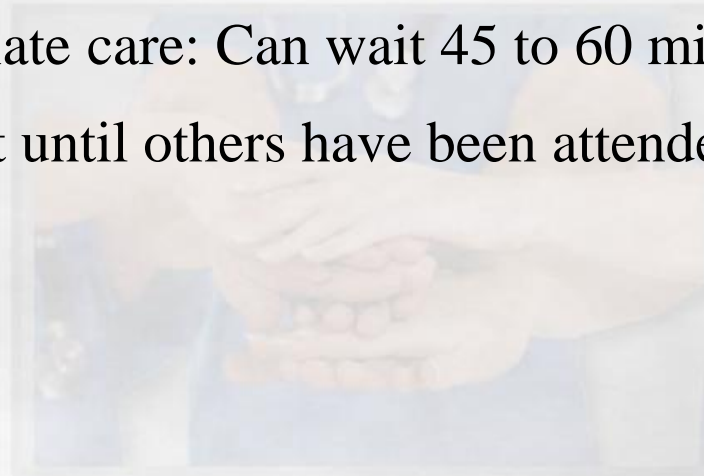
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TRIAGE

Tools and resources required flipcharts; cut pieces of cards; markers; tape and chart stands.

INTERNATIONAL GUIDELINES FOR TRIAGE (COLOR CODED)

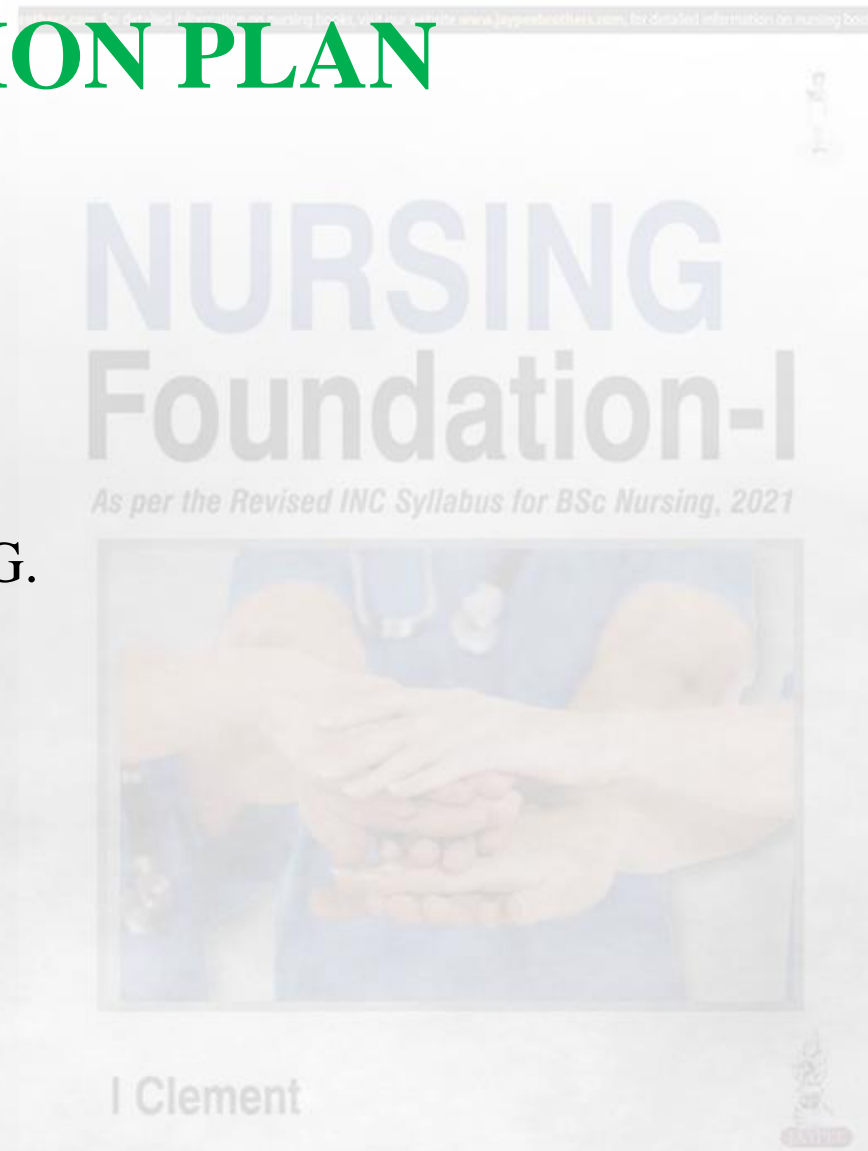
- ❖ **RED:** Immediate care: Most urgent and high survival if attended immediately.
- ❖ **YELLOW PRIME:** Beyond care: Regardless of urgency has poor survival rate.
- ❖ **YELLOW:** Urgent not immediate care: Can wait 45 to 60 minutes after stabilization.
- ❖ **GREEN:** Minor care: Can wait until others have been attended.
- ❖ **BLACK:** Dead.



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DRSABCD: ACTION PLAN

- ❖ D—Check for DANGER.
- ❖ R—Check RESPONSE.
- ❖ S—SEND for Help.
- ❖ A—Check AIRWAY.
- ❖ B—Check for BREATHING.
- ❖ C—Give CPR.
- ❖ D—DEFIBRILLATION.



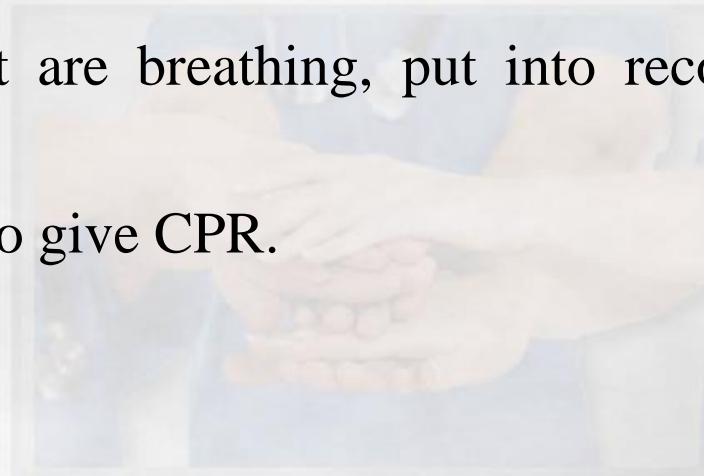
FIRST AID IN COMMON EMERGENCY CONDITIONS

HIGH FEVER

- ❖ Encourage the child to drink fluids.
- ❖ Dress the child in lightweight clothing.
- ❖ Use a light blanket if your child feels chilled, until the chills end.
- ❖ Don't give aspirin to children or teenagers.
- ❖ Don't give an infant any type of pain reliever until after you've contacted a doctor and your child has been evaluated.
- ❖ If your child is 6 months old or older, give your child acetaminophen (Tylenol, others) or ibuprofen (Advil, Motrin, others). Read the label carefully for proper dosing.

LOW BLOOD SUGAR

- ❖ Sit them down and give them a sugary drink, or glucose sweets (not a diet drink).
- ❖ If they begin to feel better, give more drinks and some food, particularly biscuits or bread to sustain their blood sugar—a jam sandwich is great.
- ❖ In case they don't feel better within 10 minutes or they begin to get worse phone the emergency services.
- ❖ If they lose consciousness but are breathing, put into recovery position and phone the emergency services.
- ❖ If they stop breathing, prepare to give CPR.



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MINOR INJURIES

- ❖ Wash the hands
- ❖ Stop the bleeding
- ❖ Clean the wounds
- ❖ Apply an antibiotic or petroleum jelly.
- ❖ Cover the wound
- ❖ Change the dressing
- ❖ Get a tetanus shot
- ❖ Watch for signs of infection

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FAINTING

- ❖ Position the patient on his or her back.
- ❖ Check for breathing.

SHOCK

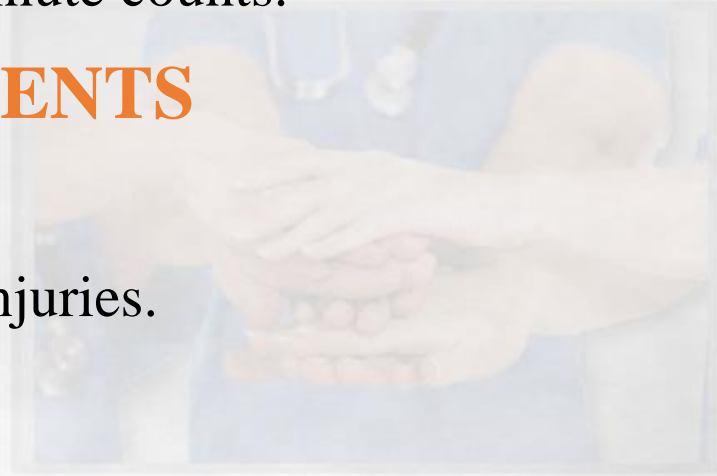
- ❖ If you suspect a person is in shock, call 108 or your local emergency number.
- ❖ Lay the person down and elevate the legs and feet slightly, unless you think this may cause pain or further injury.
- ❖ Keep the person still and don't move him or her unless necessary.
- ❖ Begin CPR if the person shows no signs of life, such as not breathing, coughing or moving.
- ❖ Loosen tight clothing and, if needed, cover the person with a blanket to prevent chilling.
- ❖ Don't let the person eat or drink anything.
- ❖ If the person vomits or begins bleeding from the mouth, and no spinal injury is suspected, turn him or her onto a side to prevent choking.

STROKE

- ❖ Seek immediate medical assistance.
- ❖ Face: Does the face droop on one side when the person tries to smile?
- ❖ Arms: Is one arm lower when the person tries to raise both arms?
- ❖ Speech: Can the person repeat a simple sentence? Is speech slurred or hard to understand?
- ❖ Time: During a stroke every minute counts.

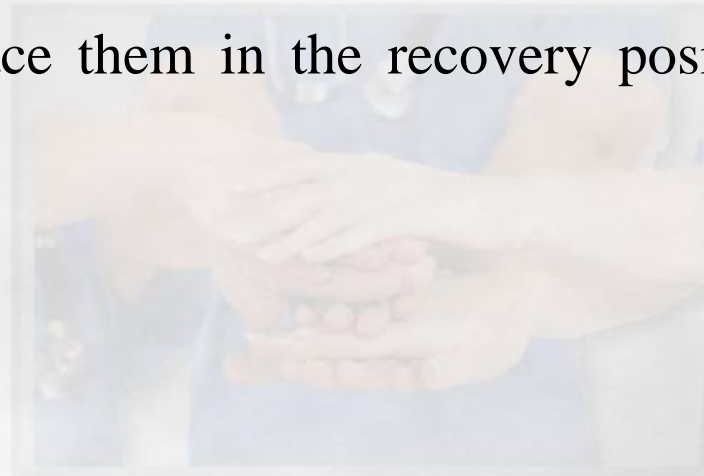
ROAD TRAFFIC ACCIDENTS

- ❖ Check yourself first.
- ❖ Check the other person(s) for injuries.
- ❖ Look for signs of breathing.
- ❖ Call for help.
- ❖ Check for obstructions in the person's mouth and throat.



DROWNING

- ❖ Place the drowning person on their back on a flat surface, and be careful when handling them as they may be unconscious after bumping their head against something.
- ❖ Try to call the drowning person and shake their shoulders to make sure they are responding.
- ❖ If the person does not respond, check their breathing.
- ❖ Ask someone to call the Red Crescent (997).
- ❖ If the person is breathing: Place them in the recovery position and warm them up with clothes or blankets.



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FOREIGN BODIES

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FOREIGN BODIES IN THE EAR

- ❖ Instruments such as long, thin tweezers or forceps may be put in the ear to grab and remove object.
- ❖ Magnets are sometimes used to remove the object if it is metal.
- ❖ The ear canal may be flushed with water.
- ❖ A machine with suction may be used to help pull the object out.

FOREIGN BODIES IN THE NOSE

- ❖ Suction machines with tubes attached may be used.
- ❖ Instruments may be inserted in the nose.
- ❖ The object may be “blown” out of the nose.

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FOREIGN BODIES IN THE THROAT

- ❖ The child becoming unconscious Treatment of the problem varies with the degree of airway blockage.
- ❖ If the object is completely blocking the airway, the child will be unable to breathe or talk and his or her lips will become blue.
- ❖ This is a medical emergency and you should seek emergency medical care.
- ❖ Does basic life support treatment for choking if you have been trained.
- ❖ Sometimes, surgery is needed to remove the object.
- ❖ Children who are still talking and breathing but show other symptoms also need to be evaluated by a healthcare professional immediately.

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SEIZURES

A seizure may be caused by epilepsy. The symptoms include unconsciousness, muscle contractions and convulsions, clouded awareness, weakness, loss of sensation, strange feelings in the stomach, fidgeting, confusion and sleepiness after the seizure.

- ❖ Stay with the person until the seizure ends and he or she is fully awake.
- ❖ After it ends, help the person sit in a safe place.
- ❖ Once they are alert and able to communicate, tell them what happened in very simple terms.
- ❖ Comfort the person and speak calmly.
- ❖ Check to see if the person is wearing a medical bracelet or other emergency information.
- ❖ Keep yourself and other people calm.
- ❖ Offer to call a taxi or another person to make sure the person gets home safely.

CHOKING

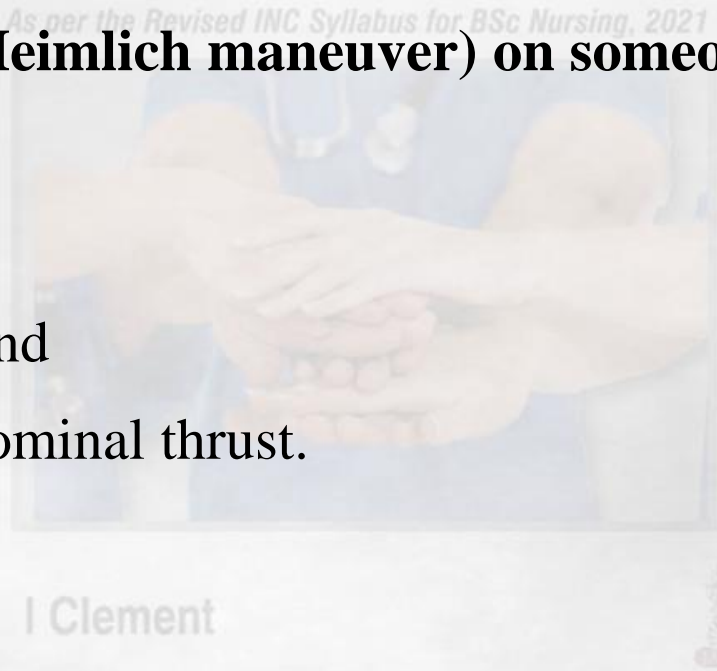
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American Red Cross recommends a “five-and-five” approach to delivering first aid:

- ❖ Give 5 back blows.
- ❖ Give 5 abdominal thrusts.
- ❖ Alternate between 5 blows and 5 thrusts until the blockage is dislodged.

To perform abdominal thrusts (Heimlich maneuver) on someone else:

- ❖ Stand behind the person
- ❖ Make a fist with one hand
- ❖ Grasp the fist with the other hand
- ❖ Perform between 6 and 10 abdominal thrust.

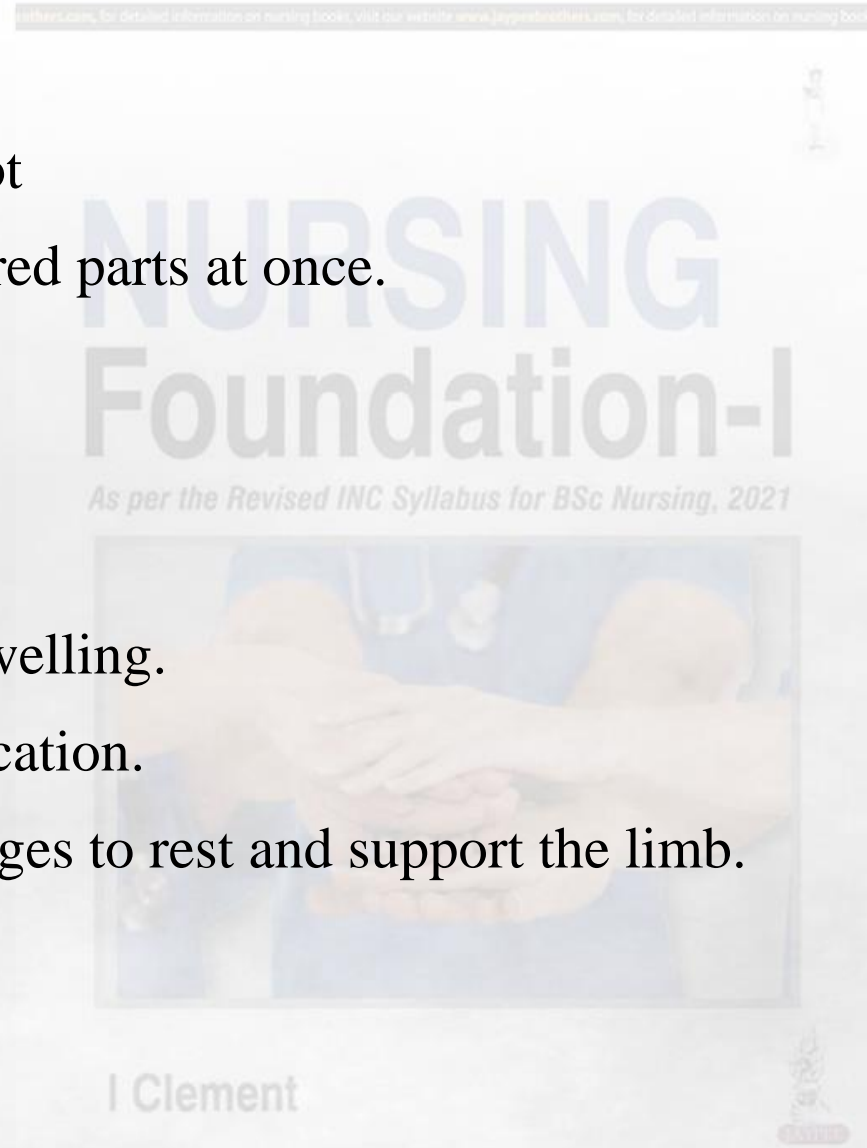


FRACTURES

- ❖ Treat the fracture on the spot
- ❖ Steady and support the injured parts at once.
- ❖ Immobilized the fracture.
- ❖ Use bandages

DISLOCATION

- ❖ Apply icepacks to reduce swelling.
- ❖ Do not try to reset the dislocation.
- ❖ Use soft padding and bandages to rest and support the limb.



BLEEDING

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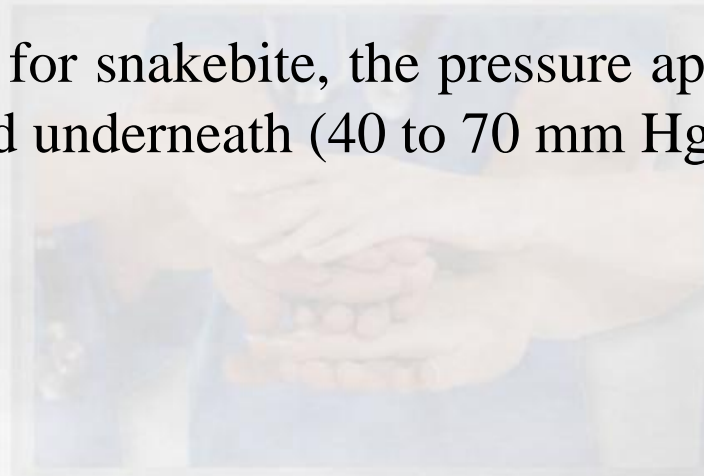
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- ❖ Put on disposable gloves if available.
- ❖ Remove or cut clothing to expose the wound.
- ❖ Apply direct pressure over the wound with the fingers or palm, over a clean piece of cloth or over a sterile dressing or non-fluffy clean pad.
- ❖ Raise and support the injured limb above the level of the casualty's heart to reduce blood loss.
- ❖ Handle the limb very gently if there is a possibility of fracture; Help the casualty to lie down on a blanket, if available, to protect from the cold.
- ❖ Support legs so that they are above the level of the casualty's heart (to avoid shock).
- ❖ Secure the dressing with a bandage that is tight to maintain pressure but not so tight that it impairs circulation.

BITES

SNAKEBITES

- ❖ Suction should not be applied to pull venom out, because it is ineffective and may be harmful.
- ❖ Properly performed compression and immobilization of extremities should be applied in first aid.
- ❖ When performing compression for snakebite, the pressure applied should be a bandage that will allow a finger to be inserted underneath (40 to 70 mm Hg).



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INSECT BITES

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- ❖ Contact medical centers to find out which of these insect related diseases are common in the region as well as preventive measures such as: Use repellent, use bed nets, wear long sleeves and long pants, especially at dawn, when these insects are active.
- ❖ Get in touch with medical personnel on how to prevent these diseases, e.g., vaccination for tick-borne encephalitis and pharmaceuticals for malaria prevention.

DOG AND CAT BITES

As per the Revised INC Syllabus for BSc Nursing, 2021

- ❖ Wash the wound with water to remove bacteria-filled saliva of the animal.
- ❖ Keep the bitten part low.
- ❖ Bathe the wound with a weak solution of permanganate of potash, if available.
- ❖ Apply a clean dressing after taking care that the wound has been cauterized.

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INSECT STINGS

- ❖ If it is a bee, wasp or hornet sting, remove the sting with a pair of tweezers.
- ❖ If tweezers aren't available, apply pressure around the sting to force it out.
- ❖ Wash thoroughly with soap and water, and apply an antihistamine ointment or lotion to relieve itching.
- ❖ Avoid scratching the bites.



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POISONING

- ❖ For a toxic substance exposure, the preferred action is to stop or limit further effect of the poison by stopping continued exposure.
- ❖ In the case of inhalation of a toxic gas, the victim should be removed from the area, but this should be done only while maintaining rescuer safety.
- ❖ In the case of external or internal contact with a toxic material: Dry chemicals/powders should be removed before the victim is rinsed, body surface should be rinsed, the (caustic) toxin should be diluted.
- ❖ Mouth-to-mouth resuscitation should be avoided in the presence of toxins.
- ❖ Immediate medical help should be called.

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CARBON MONOXIDE

- ❖ All doors and windows should be opened.
- ❖ Move the victim out of the area with the gas, but only if this can be done without endangering the first aid providers.
- ❖ If the victim is unconscious, maintain a patent airway and perform rescue breathing if needed.

BURNS

- ❖ Burns must be cooled with cold water [15- 25°C (59-77°F)] as soon as possible.
- ❖ First aid providers should avoid cooling burns with ice water for longer than 10 minutes, especially if burns are large (>20% total body surface area).
- ❖ Ice should not be applied to a burn.
- ❖ First aid providers should leave burn blisters intact and cover them loosely.
- ❖ To treat skin or eye exposure to acid or alkali, first aid providers must immediately irrigate the skin or eye with copious amounts of tap water.
- ❖ All electrical burns should have a medical evaluation.

FROSTBITE

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- ❖ Immediately move the affected person from cold environment.
- ❖ Warm the affected exposed areas of the skin to avoid further damage to the tissues.
- ❖ Apply a light gauze bandage from first aid kit and elevate the affected part to reduce swelling.

HEAT STROKE

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- ❖ Position the patient comfortably, cool their body either by sponging them with the cold water or by fanning them until their body temperature comes down to 37.5°C.
- ❖ Dry them once their body temperature has come down.
- ❖ Monitor both their level of response and body temperature.
- ❖ If the patient becomes unresponsive at any time, examine and open their airway, check their breathing and start to give CPR.

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