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# **FIRST AID**

**Subject: FUNDAMENTALS OF NURSING**

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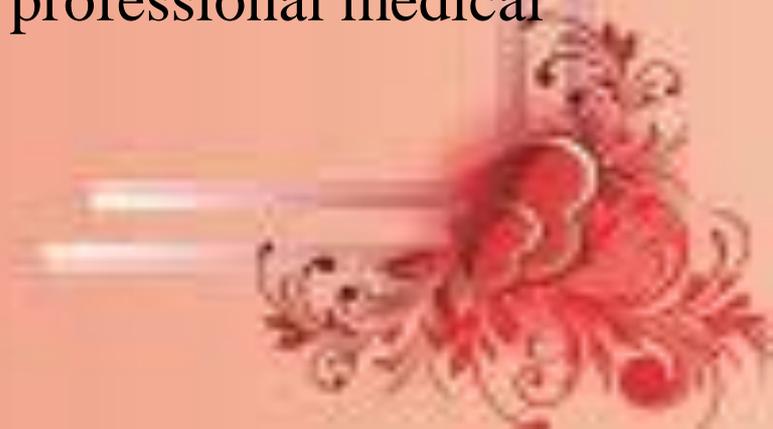




## Introduction:

A person who gives treatment for the one suffering from a disease or an accident, to improve his condition is called an” **aides**” and the medical treatment given as aid is called “**first aid**”

**FIRST AID** is the **initial assistance** given to a victim of injury or illness. Comprised of relatively simple techniques that can be performed with rudimentary equipment, first aid is usually carried out by a layperson until professional medical assistance arrives.





## Definition:

- ❖ First aid is the provision of **immediate care** to a victim with an injury or illness, usually effected by a **lay person**, and performed within a **limited skill range**.
  - ❖ First aid is an emergency aid or treatment given to someone injured, suddenly ill, etc., before **regular medical services** arrive or can be reached.
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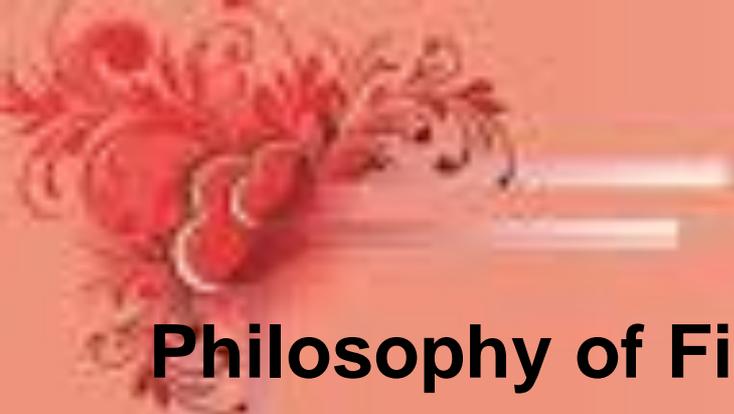


## Objectives of first aid/guiding principle:

The key guiding principles and purpose of first aid, is often given in the mnemonic "3 Ps".

These three points govern all the actions undertaken by a first aider.

- **Prevent** further injury
  - **Preserve** life
  - **Promote** recovery
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# Philosophy of First Aid

In the pre-hospital setting, the key contributors to survival and recovery from illness and injury are prompt and effective maintenance of the **body's primary functions**:

1. Airway
  2. Breathing
  3. Circulation
  4. Bleeding control (life threatening)
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# Importance of first aid:

The importance of first aid is hard to overestimate. Among the major benefits of first aid are the following:

- Providing **quick** medical treatment until professional assistance arrives.
- First aid helps ensure that the **right methods** of administering **medical assistance** are provided.
- **Knowledge** in first aid also **benefits** the individuals themselves.
- It **affords** people with the **ability** to provide help during various emergency situations.

## Principles of emergency care:

- Collect the **detailed history** of accident either from the victim or from anyone who has witnessed the accident.
- The victim's injury should be **examined** thoroughly, taking note of every symptom, to know the correct diagnosis.
- By the help of the diagnosis, **treat the victim** until the doctor arrives or shift the victim to the hospital and aid the patient during transport.
- **Call the doctors** or shift the victim to the hospital as soon as possible, so that the patient can recover soon from doctor's treatment instead of prolonging the first aid.

## Golden rule's of first aid.

- 1) Do first things first **quickly, quietly** and without fuss or panic.
- 2) Give **artificial respiration** if breathing has stopped-every second counts.
- 3) Stop any **bleeding**.
- 4) **Guard** against or treat for shock by moving the casualty as little as possible and handling him **gently**.
- 5) Do not attempt **too much-do** the minimum that is essential to save life and prevent the condition from worsening.
- 6) **Reassure** the casualty and those around and so help to lessen **anxiety**.
- 7) Do not allow people to **crowd** round as **fresh air** is essential.
- 8) Do not **remove clothes** unnecessarily.
- 9) **Arrange** for the removal of the casualty to the care of a **Doctor** or hospitals soon as possible

# Content of the first aid kit:

The Red Cross recommends that all first aid kits for a family of four include the following:

## ❖ Dressing:

- 2 absorbent compress dressings (5 x 9 inches)
- 25 adhesive bandages (assorted sizes)
- 1 adhesive cloth tape (10 yards x 1 inch)
- Sterile eye dressing Gauze pad

## ❖ Medications:

- 2 hydrocortisone ointment packets (approximately 1 gram each)
- 5 antibiotic ointment packets (approximately 1 gram)
- 5 antiseptic wipe packets
- 2 packets of aspirin (81 mg each)

## ❖ Bandages:

- 1 roller bandage (3 inches wide)
- 1 roller bandage (4 inches wide)
- 5 sterile gauze pads (3 x 3 inches)
- 5 sterile gauze pads (4 x 4 inches)
- 2 triangular bandages

# Content of the first aid kit:

## ❖ Others:

- 1 blanket (space blanket)
- 1 breathing barrier (with one-way valve)
- 1 instant cold compress
- First aid instruction booklet

## ❖ Equipment's:

- Tweezers-to pull out stings
- Scissors-to cut dressing/bandage
- Oral thermometer (non mercury/ non glass)
- 2 pair of non latex gloves (size: large)
- Safety pin



# RED CROSS

# FIRST AID KIT ESSENTIALS

Scissors

1 Breathing Barrier  
(One-way valve)

Tweezers

2 Pairs Of  
Nonlatex Gloves  
(Size: Large)

25 Adhesive Bandages  
(Assorted Sizes)

Oral Thermometer  
(Non-mercury/Non glass)

1 Roller Bandage  
(4 Inches Wide)

1 Roller Bandage  
(3 Inches Wide)

5 Sterile Gauze Pads  
(3x3 Inches)

5 Sterile Gauze Pads  
(4x4 Inches Wide)

1 Adhesive Cloth Tape  
(10 yards x 1 Inch)

5 Antibiotic Ointment Packs  
(Approx 1g)

1 Space Blanket

2 Absorbent  
Compress Dressings  
(5x9 Inches)

2 Hydrocortisone  
Ointment Packs  
(Approx 1g Each)

2 Packs Of Aspirin  
(81mg Each)

5 Antiseptic Wipe Packs

2 Triangular Bandages

1 Instant Cold Press



Thank you!  
Jim

