

CHAPTER : 28

FIRST-AID

Definition and meaning– The aid given to an injured person before the arrival of doctor or before he reaches a hospital is known as first aid. This aid is given at the place of accident or somewhere near it.



Figure : 28.1 (First Aid)

Objectives of first aid–

1. **Protection of life –** The main objective is to protect the life of the injured. If first aid is given at proper time then it becomes possible to save the life of an injured person.
2. **Immediate aid–** First aid is given immediately after the accident so that the condition of patient does not worsen and becomes serious.

Principles of first aid– First aid is the care that is given only at the place of accident. Any person can give first aid. Once the injured person reaches the hospital, responsibility of the person giving first aid gets fulfilled. A good primary physician should follow

the given principles–

1. Dispersing the spectators.
2. Checking the condition of injured
3. Start the breathing activity of the injured
4. Loosen the clothing of injured
5. Observing nervous and respiratory activity
6. Stop blood oozing from any part of the body
7. To stay calm and think clearly
8. Immediately taking the patient to a doctor
9. Taking immediate decisions

Responsibilities of the primary physician–

1. **Arranging for a doctor–** The main responsibility of the primary physician is to collect the complete information of the accident and convey the same to the doctor by sending responsible person. This is because the doctor arriving at the accident place comes with complete preparation and could start immediate treatment.
2. **Laying the injured on a proper ground–** Lay down the injured person on a proper ground protecting him from sunlight, etc and also dispersing away the curious crowd.
3. **Giving artificial breathing–** If the injured is

not breathing, the person giving first aid should immediately start artificial breathing to the injured.

4. **Making the injured person vomit**– In case of poisoning accident, primary physician should try make the person to vomit.
5. **Fracture**– In case the primary physician suspects a fracture, he should take care not to move that particular part.
6. **Aid for a drowned person**– When a person drowns in water, his stomach gets filled with water therefore first slush or mud should be removed from his mouth and then he should be turned around to vomit water from his stomach.
7. **Protecting injured from extremes of weather**– Injured person should also be protected from weather. In summers, protection from sun can be done by laying the person in a cool and well airy place and in case of winters, blankets or quilt should be arranged for him for keeping his body warm. When the injured gains consciousness, he should be given hot or cool drink.

Characteristics of primary physician–

Primary physician should have following characteristics–

1. **Confidence**– A primary physician should have self confidence. If somebody creates hurdles in his way he should do his work with full confidence.
2. **Immediate decision making**– A primary physician should take complete note of the situation and then should take immediate decision for the care of the injured.
3. **Knowledge of physical structure**– He should

have knowledge about physical structure of the human body so that he can easily understand the part where injury has occurred, to know place from where blood is oozing out, to know fractured part and to judge whether artificial breathing is required or not.

4. **Use of available resources**– He should have the knowledge to utilize the resources available at the accident place so that his condition should not worsen.
5. **Patience**– Because everybody gets scared during an accident. Therefore howsoever the patient scared, the primary physician should keep patience and provide support to the injured so that he gains some emotional strength.
6. **Compassionate**– A person compassionate towards others can only give help. Therefore, the person giving help to injured people should be compassionate and should show sympathy towards them.
7. **Mild-mannered**– Primary physician should be mild mannered and cheerful so that he could instill confidence in the injured person.
8. **Healthy**– The person providing first aid should himself be healthy and powerful so that he is able to lift the injured person if required. He should be able to provide help skillfully and successfully.
9. **Devoted to duty**– He should give the first aid thinking it to be his duty. He should fulfill his responsibility and not concerned with caste or religion.

General domestic accidents and treatment–

1. **Burn**– Mainly burn is of three types–
1. Simple burn (2) Special burn (3) Odd burn
1. **Simple burn**– In this the skin turns red but

no blisters.

Treatment– On such burnt area water should be immediately poured. Raw potato should be crushed and applied. Lime water should be mixed with coconut oil or sesame oil to be applied on the burnt area.

2. Special burn– In this type of burn skin turns red and blisters appear.

Treatment–

1. Blisters should not be punctured.
2. Apply burnol on the wound
3. Sticky substances like oil, ghee should not be applied on blisters.

3. Odd burn– In this type of burn, fibers of the part affected burn. This causes immense pain and irritation.

Treatment–

1. Immediately rush to the doctor
2. Affected part should be washed with cold water
3. Burnol should be applied

Sun stroke–

In summers, hot weather and blowing loo can cause sun stroke. Staying for long in hot areas or uncovered head in summers can cause sun stroke.

Symptoms–

1. Normal sun stroke causes headache, dizziness and sometimes vomiting.
2. Thirst increases, breathing and pulse increases.
3. Person may become unconscious or suffer from high fever, hot and dry skin in case of strong sun stroke.
4. Body temperature increases to 105°C. If efforts are not made to reduce temperature, it may result in death of the patient.

Treatment–

1. Lay down the patient in a cool place and remove the clothing.
2. Put an ice pack on patient's head and wrap the patient in wet cloth and provide fan at high speed.
3. As the temperature decreases, wrap the patient in dry sheets.
4. Give salted water to the patient for drinking.
5. To prevent sun stroke, give salted water of raw mango.

Electric shock–

Sometimes due to negligence or fault in electrical appliance may cause electric shock. If the person is not removed away from the electrical wire, he may die.

Symptoms– Body parts often get burnt due to electric shock. When electric current touches hands and arms it may flow towards chest and reach heart thus weakening it.

Treatment–

1. Switch off the electric current supply or remove the plug.
 2. Remove the affected person away from the electric wire. Do not touch the affected person with bare hands. Dry wood, dry clothes, dry rope or rubber gloves should be used for touching the affected person. Wear rubber slippers or stand on a pile of wood or newspapers while touching the shocked person.
 3. Give artificial breathing to the patient if he is not breathing.
 4. Rub the feet of shocked person so that blood flow starts.
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- When the person gains consciousness give him hot tea to drink.

Foreign bodies in ears, eyes and nose–

- Foreign bodies in ears–** Often while playing, seeds, beads or wheat grains enter the ears of children. Sometimes mosquitoes or other insects too may enter.

Symptoms–

- When an insect enters the ears, ear drum and head experiences pain.
- Ear swells up and the external ear turns red.

Treatment–

If an insect has entered ears, do the following–

- Put few drops of glycerin, mustard or olive oil in the ear.
- In oil put 2-3 ounce of warm water.
- Sometimes focussing the light from a torch in the ear also removes the insect.

If some other foreign body has entered ears then–

- Put mustard oil.
- If no relief comes from the above treatment, consult a doctor.

- Foreign body in eyes–** Often sand, dust particles or insects or eyelashes may fall into the eyes. Eye is an important and soft organ of the body. Therefore, treatment should be done immediately.

Symptoms– Irritation and pain in eyes. Eyes turn red and watery. Sometimes eyes swell too.

Treatment–

- First of all, eyes should not be rubbed. Rubbing causes friction on soft skin of eyes.
- Pull down the lower eyelid to see any small particles and rub them off with a soft cloth or use wet cotton to clean the eye softly.

- If the eyelids have stuck together, try opening and closing eye by dipping it in water.
- If lime or phenyl falls into the eyes, wash the eyes with clean water and immediately see a doctor.
- Put a drop of castor oil or olive oil in the eye. Foreign body comes out with tears from the eye.

Foreign bodies in nose– Often grams, peas, pearls or other things enter the nose of children while playing. Due to sheath in nose, wheat grain in the nose swells and gets stuck.

Symptoms–

- Difficulty in breathing.
- Swelling on nose
- Pain in nose
- Nose turns red

Treatment–

- Sniffing tobacco causes immediate sneezing and the foreign body comes out.
- Close one hole of nose and forceful exhalation from the other removes the irritant.
- Do not put tweezers or water in the nose. This causes the irritants to move up in the nose.
- Immediately see a doctor if this treatment does not work.

IMPORTANT POINTS:

- The aid given to an injured person before the arrival of doctor or before he reaches a hospital is known as first aid
- The main objective is to protect the life of injured
- Primary physician giving first aid should be

- confident, decision maker, patient, sympathetic and sincere.
4. Burn is of three types– Simple, special and odd.
5. In case of sun stroke lay down the person in a cool place.
6. Do not touch electric current with bare hands.
7. While doing electricity related work wear rubber slippers or rubber gloves in hand.
8. Do not use tweezers to remove the foreign body from ears or nose.
- (iii) Objective of first aid is
- (a) Saving life of the injured person
- (b) Giving condolence to injured person
- (c) Preventing worsening of condition of the injured person
- (d) all of the above
- (iv) Which type of burn reddens the skin but no blisters appear?
- (a) Simple burn (b) special burn
- (c) Odd burn (d) none of these

EXERCISE:**1. Choose the correct option:**

- (i) The best quality of a primary physician is
- (a) Foresight (b) Work efficiency
- (c) Active (d) All of the above
- (ii) First aid is given ————— after an accident.
- (a) Long term (b) Purposelessly
2. What is first aid?
3. Why should first aid be given?
4. What are the characteristics of an ideal primary physician?
5. What treatment should be given for sun stroke?
6. What treatment will you give if a foreign body enters into someone's nose and eyes?

ANSWERS:

- (i) d (ii) c (iii) d (iv) a