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# Essentials of First Aid for NURSING

As per revised INC syllabus

Maheshwari Loganathan

SECOND EDITION

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CHAPTER

# 1 First Aid

## HISTORY

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

Though first aid was practiced in various forms, it was presented to the modern era by General Esmarch (1823–1908), a German surgeon. He is remembered as the first "aider" in the history of *first aid*. Later, many agencies came forward to give first aid for the victims, which are as follows:

- In 1877, St. John Ambulance Association of England was formed.
- In 1920, Red Cross Society of India came forward with 400 branches all over India.

## WHAT IS FIRST AID?

First aid is the first treatment given to a casualty with the objective of preserving life and to prevent the condition from deteriorating, until proper medical treatment/attention is given.

## OBJECTIVES

The objectives of first aid are:

- To save lives

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- To prevent injury from becoming worse
- To promote recovery

### To Save Lives

First aid should aid the main vital signs, such as airway, breathing and heart beat which are controlled and restored, and bleeding is stopped. As a whole, first aid is given to save the life of the person.

### To Prevent Injury from Becoming Worse

First aid should aid the victim from further injury, either physically or mentally. It should intervene the situations, which prevents the increase of original injury. For example, using splints in case of patients with fracture (victims).

### To Promote Recovery

This is done first by arranging the transportation of the patient to the hospital and aiding the doctor to give suitable treatment also by helping the victim to recover soon.

## WHAT ARE THE PRINCIPLES OF EMERGENCY CARE?

- First collect the detailed history of accident either from the patient 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 patient until the doctor arrives or shift the patient to the hospital and aid the patient during transport.
- Call the doctor or shift the patient to the hospital as soon as possible, so that the patient can recover soon from doctor's treatment instead of prolonging the first aid.

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## WHAT ARE THE GOLDEN RULES TO BE CONSIDERED FOR FIRST AID?

1. Be calm and active. Be systematic, consciously find out the major injuries, fractures, wounds and treat or aid them accordingly. At the same time, exploit the crowd.
2. In case of absence of breathing, start airways, breathing, circulation (ABC), i.e., artificial respiration.
3. Stop the bleeding as early as possible by applying a pressure onto the pressure points.
4. Tell the patient to breathe deeply if he or she is conscious to avoid shock. If possible, take the patient to a nearby hospital or a clinic.
5. Keep the patient warm and do not move the patient unnecessarily during transportation.
6. Work accordingly, do not act abruptly.
7. Reassure the patient through encouraging words, call their relatives to obtain the help and to aid the patient in emergency.
8. Remove the cloth by cutting with scissors or knife or blade, see that it will not injure the patient and transport to the hospital, inform the police as soon as possible.

## CONTENTS OF THE FIRST AID KIT

Every home should have a first aid kit.

### Equipment

- Tweezers to pull out stings
- Scissors to cut dressing/bandages
- Resuscitation faces shield used as a protective device during cardiopulmonary resuscitation (CPR) ventilation
- Thermometer to measure temperature
- Disposable gloves to protect from contamination
- Safety pin to pin bandages

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## Dressings

- First aid dressing (FAD) to cover wounds (small, medium and large)
- Sterile eye dressing used to cover eye injuries
- Adhesive (plasters) to cover the superficial wounds
- Gauze pad to clean wounds
- Cotton wool to clean wounds

## Medication

Antiseptic lotions (wipes) to clean wounds.

## Bandages

- **Triangular bandages:** These are used for immobilization of fracture and to cover wounds.
- **Crepe bandages:** These are used for bandaging wounds.
- **Adhesive tape:** It is used to tape the ends of dressing/ bandages.

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# Essentials of First Aid for NURSING

***Salient Features***

- Comprehensively cover the Indian Nursing Council (INC) syllabus for nursing students at the graduate level.
- Meant for General Nursing Midwifery and BSc (N), PBBSc (N) and common man.
- Presentation of content is easy and prepared with examination point of view in an extremely student-friendly manner.
- Important questions under assess yourself are given at the end of all chapters to prepare the students for their university examination.

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