

3 First Aid

First aid is the first help given to the wounded and accidental victim before the doctor's arrival.

Aims and Objectives of First Aid

Aims: First aid aims to save the precious life of a wounded person or victim.

Objectives of First Aid

1. To Save the Life of a wounded person. First Aid has its limit but every possible effort is made to save the life.

2. To Alleviate Pain and Suffering: Pain becomes unbearable in case of any fracture or joint dislocation. So, it is important to reduce such unbearable pain.

3. To Prevent the Condition from getting worse till the victim or wounded person does not get the help of a doctor.

4. To Promote Recovery as early as possible is also the objective of First Aid.

3. To Procure Early Medical Aid is one of the most important objectives of first aid. There may be an urgent need for medical aid. Efforts should be made to seek medical assistance as early as possible.

Management of Injuries

Management of Soft Tissue Injuries

1. Management of Contusion

1. Use Cold Compression immediately. The Cold Water or Ice should be used for more than 40 minutes continuously. The Cold compression should be performed 5 to 6 times daily.
2. Anti-inflammatory medicine should be used if there is more swelling in the area of contusion.
3. If swelling still persists then consult a doctor immediately.
4. Flexibility exercise should be performed carefully for the purpose of rehabilitation.

2. Management of Abrasion

1. Clean the affected area with fresh water. Pick out dead tissue, debris and gravel that might be sticking at the area of abrasion.
2. Use clean and sterile gauze to gently wipe the dirt out from the affected area. Then, dry the abrasion area with a clean piece of gauze.
3. After that apply medical ointment and then use a big piece of gauze for dressing.
4. Visit the doctor for tetanus injection and proper dressing which is required to prevent the wound infection.
5. The dressing should be changed as per the instructions given by the doctor.

3. Management of Laceration

1. Control the bleeding. To stop bleeding put pressure on the laceration while holding it above the level of heart for 15 minutes.
2. Wash the laceration with warm water and mild soap after the bleeding has stopped. If bleeding starts again, repeat step 1.
3. Assess and see if laceration requires stitches. If it does, then take him/ her to a doctor.
4. Use antiseptic ointment for simple laceration which does not require stitches.
5. Cover the laceration with a sterile gauze and cover it up with a roller gauze. Clean the laceration whenever you change the dressing.

6. Change the dressing regularly and watch for any infection.
7. Take a painkiller if required.

4. Management of Incision

1. If the wound is not deep, let the blood come out. In this process, germs will also come out.
2. Clean the wound with Spirit or iodine tincture.
3. Then, Apply a bandage after placing a piece of cotton on the wound.
4. If the wound is too deep, consult a doctor immediately.

5. Management of Sprain

(a) PRICE Procedure

This procedure should be followed for the first 24 to 48 hours after the injury. The PRICE Stands for Protection, Rest, Ice, Compression and Elevation

Protection: Protect the injured area.

Rest: Rest as much as possible to allow wounds to heal.

Ice: Apply ice on the injured area as soon as possible. It reduces the bleeding & swelling by slowing down blood circulation. It also reduces the pain.

Compression: Apply Compression using a firm pad over the site of injury. It helps in reducing swelling and bleeding in the injured ankle, knee or wrist.

Elevation: If possible, keep the injured area above the level of the heart using a pillow to reduce swelling.

(b) MICE Procedure

After the signs of Swelling have gone and heat and redness are reduced, the MICE procedure should be followed. MICE stands for Mobilization, Ice, Compression and Elevation.

Mobilization: Start by taking the injured part to its full range of motion. The movements that cause pain should be avoided. If the movement is done easily then try to increase the range of movement gradually. If the basic function of the injured part is restored then start more exercises.

Ice: Ice treatment should continue for about a week according to the severity of the injury. After 4 to 5 days, Heat pads can be applied to stimulate the blood circulation in the affected area.

Compression: Continue compression for few days after which it is not required.

Elevation: It should be done until all signs of swelling, heat and redness are gone.

6. Management of Strain

Follow **PRICE Procedure** for treatment of Strain.

Management of Bone Injuries

a. Stress Fracture

1. Rest while the bone heals itself.
2. Apply ice for 24 to 48 hours.
3. Give painkillers if needed.
4. Use a splint if there is a need for immobilization
5. Start putting lightweight on the affected area after the swelling is reduced.
6. Avoid doing the activity that caused fracture for at least 6 weeks.

b. Greenstick Fracture

1. Immobilization with the help of a removable splint

2. swelling can be reduced with medicine
3. Use painkillers.
4. Normally, it takes 8 weeks to completely heal the bone.

c. Comminuted Fracture

1. Use plasters and splint above and below the fractured area as there are many fragment pieces of bone.
2. Control infection with antibiotics.
3. Use painkillers.
4. Take physical therapy after the restoration of the bone to normal condition.

d. Transverse Fracture

1. Hospitalization is not necessary if the injury is limited to the break of a transverse process.
2. Serious Case in which the spinal cord can damage requires an operation.
3. Use Painkiller and avoid any activity.

e. Oblique Bone Fracture

1. Most Oblique bone fracture requires surgery for treatment.
2. If the damage is extensive, metal rods and screws are used to hold the bone in place.

f. Impacted Fractures

1. Use a Sling or splint for immobilization.
2. for severe cases, surgery is required.

Management of Joint Injuries

1. Consult a doctor immediately.
2. Don't try to move the joint.
3. Use Ice to stop swelling
4. Splint or Sling the affected area.