



First Aid

First Aid

It is immediate and temporary medical care, provided to an injured or sick person for the purpose of trying to reach the best possible health situation with simple therapeutic tools or skills until the time full medical assistance arrives.

It is usually a set of simple medical steps, but they usually lead to saving the patient's life.

Bone fractures

1. Remove clothes from the broken part.
2. Check the vital signs of the injured (breathing - pulse - heartbeat) if you find a defect in them will immediately perform cardiopulmonary resuscitation.
3. Stabilize the fracture and do not move the affected area, since moving it can lead to severe complications especially if the fracture is in the neck or spine.
4. Examine the abdominal area and make sure that there is no tumor or change in skin color.
5. Stop bleeding if the fracture has a skin laceration, by pressing on the wound using a sterile bandage or a clean cloth.
6. The affected area should be cooled by placing ice cubes with a clean cloth, and then placing them on the affected area in order to reduce swelling and pain.
7. When the patient feels fainting, or is breathing short and rapid breaths, the patient must be placed in a suitable position, so that his head is slightly lower than the trunk, and if possible, his legs can be raised to overcome the symptoms of shock.
8. Call the ambulance to request assistance, and to transfer the injured to the emergency department to take the necessary measures of examinations and treatment.

Burns

Burns are damage to body tissues due to exposure to scorching heat, prolonged sunlight, chemical, electric current, or other burn causes.

Treatment of skin burns:

Small superficial and partial superficial burns can be treated at home. Larger and deeper burns should be evaluated and treated by a health care provider.

home treatment for skin burns includes cleaning the area, cooling it immediately, preventing infection, and controlling pain, which is done with the following:

Cleaning the area

1. Remove any clothes from the burned area, but if the clothes stick to the skin, you should go to the doctor immediately to remove them.
2. Remove accessories, such as: rings, watches, belts, shoes, if any, gently.
3. Wash the burned skin gently with running water from the tap, provided that it is cold, and it is not necessary to disinfect the skin with alcohol, iodine, or other disinfectants.

Cooling the affected area

1. After cleaning the skin, you can put a cold compress on it, or soak the area in cold water, not in ice, for a short period of time to relieve pain and reduce the extent of burning.
2. Avoid applying ice directly to the skin as this may lead to further skin damage.

Infection prevention

1. Infection can be prevented in case of partial superficial burns, severe burns by using aloe vera, or applying antibiotic cream to the affected area.
2. Avoid putting other materials, such as: mustard, toothpaste, egg whites, lavender oil, butter, mayonnaise.
3. Maintain the cleanliness of the burn site by washing it daily with soap and water.
4. Cover burns that are accompanied by blisters with a clean bandage, preferably of the type that does not stick to the skin, such as: a non-stick bandage, or Vaseline gauze. Minor burns can also be covered if desired with a clean bandage.
5. Change the bandage once or twice a day, avoiding opening the blisters with a needle, as this increases the risk of skin infection.

Pain management

1. Raising the burn area in the hand or foot above the level of the heart can help prevent swelling and pain.
2. Take pain medication, such as acetaminophen or ibuprofen when needed.
3. If the burning is severe, or the pain is not relieved with the above medications, a doctor should be consulted.
4. Local anesthetics should not be used regularly on burns as they cause skin irritation.

When to go to the doctor

1. If the burn involves the face, hands, fingers, genitals, or feet.
2. If the burn is on or near a joint, such as: knee, shoulder, groin.
3. If the burn encircles a part of the body, such as: arm, leg, foot, chest, finger.
4. If the burn is large, more than 7 cm, or the burn is deep.
5. If the age is less than 5 years, or more than 70 years.
6. When there are signs of skin infection, such as: increased redness, pain, pus-like discharge (pus),
7. Or when the temperature rises to more than 38 ° C.



Fainting

It is a person's loss of response, inability to do any activity, and in other cases in which the person loses perception only without complete loss of consciousness, and all these cases need medical emergency intervention to protect the patient from complications that may result from fainting.

Among its causes:

Injury, misuse of medications, or illness, and many fainting cases are caused by: dehydration, low sugar level, low blood pressure, or due to certain heart disease or nervous system problems.

First aid when fainting occurs

The need to call an ambulance immediately when any fainting occurs, in addition to checking the airway and pulse to see if he needs cardiopulmonary resuscitation, but if the unconscious person breathes or lies on his back and it has been ensured that he does not suffer from a spinal injury, he is moved gently and made to sleep on one of his sides, and then bend his upper leg, making sure that his head is back to keep the airway open

If breathing or pulse stops at any moment, the patient must be returned to his previous position on his back and start cardiopulmonary resuscitation.

In addition to the need to make the head at a low level from the body in case of fainting, and raising the legs to a higher level of the body, people with any chronic diseases are advised to put a card describing the health status so that any paramedic can know the health status of the unconscious person as soon as possible.

Choking

Choking occurs when a foreign object gets stuck in the throat or trachea so that it obstructs the passage of air, and is often due to food caused by adults, and swallowing small objects of young children.

Symptoms:

1. Holding the larynx with the hands.
2. Inability to speak.
3. Difficulty breathing or breathing accompanied by sound.
4. A whistling sound when trying to breathe.
5. Weak or strong cough.
6. The skin and lips turn blue.
7. Loss of consciousness.

First aid during choking

1. If a person is able to breathe heavily, he should continue coughing.
2. If the person is suffocated and unable to speak, cry or laugh strongly, the following should be done:
 - Stand behind the infected person.
 - Place one foot slightly in front of the other to achieve balance.



- Wrap arms around the waist of the affected person.
- Tilt the affected person forward slightly.
- Make a fist with the other hand and then place it above the navel area.
- Hold the fist with the other hand and then apply a strong pressure on the abdomen quickly upwards.
- Make an average of 6 to 10 abdominal compressions until the stranded body is gone.
- If the injured person has lost consciousness, you should perform cardiopulmonary resuscitation with chest compressions and rescue breaths.



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Nosebleed (Epistaxis)

It is the loss of blood from the tissues lining the nose and occurs more often in one nostril, often caused due to mucus dryness

Nosebleeds vary from simple that stops on its own to severe that needs immediate medical attention.

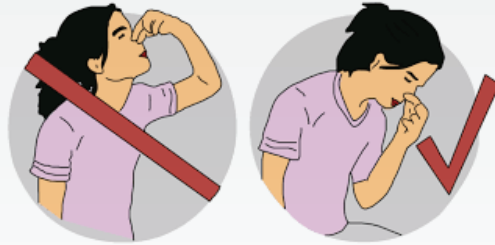
Causes of nosebleeds:

- Most nosebleeds are caused by cold or dry air.
- Allergic rhinitis or a cold can trigger rhinitis.
- Injury to the face or nose directly (such as: a fall or a bicycle accident).
- Rarely, nosebleeds may be caused by a serious problem (such as bleeding disorders, blood vessel abnormalities, or a nasal polyp).
- Medicines, for example when taking blood-thinning medications (such as: aspirin and warfarin), as the person is more likely to have a nosebleed and a trouble stopping the nosebleed once it starts.
- Overuse of decongestant nasal sprays.

First aid for a nosebleed:

- Bend slightly forward while sitting or standing, and avoid lying down or tilting the head backwards; Because this will cause swallowing blood and vomiting.
- Hold the nose from the soft (not bony) part on both sides, and avoid pressure on one side only, even if the bleeding is only on one side.
- Press on the nose for at least 5 minutes for children, and 10 to 15 minutes for adults, while not decompressing the nose to discover whether the bleeding has stopped or not until after the specified time has passed.
- Cold compresses or an ice bag can be placed on the nose, as it helps blood vessels contract.

- Repeat the previous steps if the bleeding does not stop, while applying pressure on the nose for a period of not less than 30 minutes. If the bleeding does not stop, you must go to the emergency room immediately.
- Avoid sniffing or blowing your nose for several hours after a nosebleed.



When to go to the emergency:

- If the bleeding is severe and difficult to breathe.
- If the patient is pale in color or feels tired.
- If the bleeding does not stop even after first aid.
- If the bleeding occurs after surgery close to the nose or if the patient has a nasal polyp.
- If the bleeding occurs after a facial injury.
- If the patient is taking anticoagulant medications (such as: aspirin, clopidogrel, and warfarin) and the nosebleeds do not stop.
- If nosebleeds are frequent, bruises appear on the body, or bleeding from other places, and the current bleeding does not stop.
- If the bleeding is severe and the patient suffers from chest pain or feels dizzy.

فقيه.

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