

First Aid 2007

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How to survive?

- Do not kill the patient.
- Reason of lectures
 - to pass the exam
 - to know important information for life



How to survive

- D
- R
- A
- B
- C



Danger



Danger



- to you
 - to other
 - to the casualty
 - make sure that no one else gets hurt. You will not be able to help if you are also a casualty
 - only proceed if it is safe to do so.
-
-





Danger

- look & listen & feel
 - vehicle on the street
 - gas in the house
 - fire
 - poison, infection
 - electricity

 - Position the patient on their back.
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Basic Vital signs:

- RESPOND = consciousness
- A+B breathing
- C circulation

Primary Survey = 20s

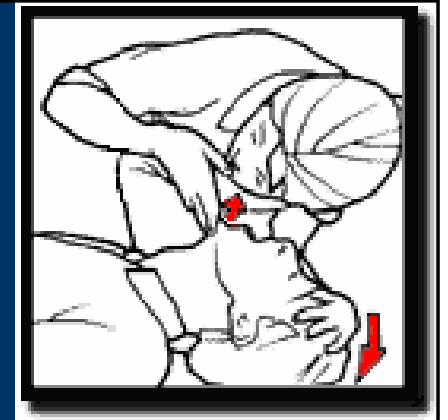
Responsiveness



- **S**hout ,Are You O.K.?‘, Can you hear me?’ ,
'What is your name?'
 - **S**hake **S**houlder
 - opening eyes
 - movement
 - words
 - unconsciousness
-
-

Airway + B

- open it and keep it open
- Tilt the head back



Clear airway if necessary

- with the casualty supported on the side, tilt the head backwards and slightly down.
- Open the mouth and clear any foreign object. Only remove dentures if loose or broken.



Breathing ?



- Normal = look & listen & feel
 - movement of chest wall [reg., 10-20/ min]
 - air flow
- abnormal breathing - "agonal respiration" and is the result of the brain's breathing center sending out signals even though circulation has ceased.
The key point - sound like grunting, gasping or snoring. It disappears in 2-3 minutes.
- No breathing

Circulation ?

Signs:

- normal consciousness
 - normal breathing
 - movement
 - coughing
 - {PULSATIONS a.carotis}
 - Any doubt = NO circulation
-
-

No consciousness
No breathing
No sign of circulation

Cardio Pulmonary Resuscitation

- Start Basic Life Support

30:2



European
Resuscitation
Council

ABC and what next?

- managing life-threatening problems - ABC, bleeding

- (turn the casualty to a stable side position)

- look for

- bleeding

- burns

- fractures. Note any tenderness, swelling, wounds or deformity

... Secondary Survey



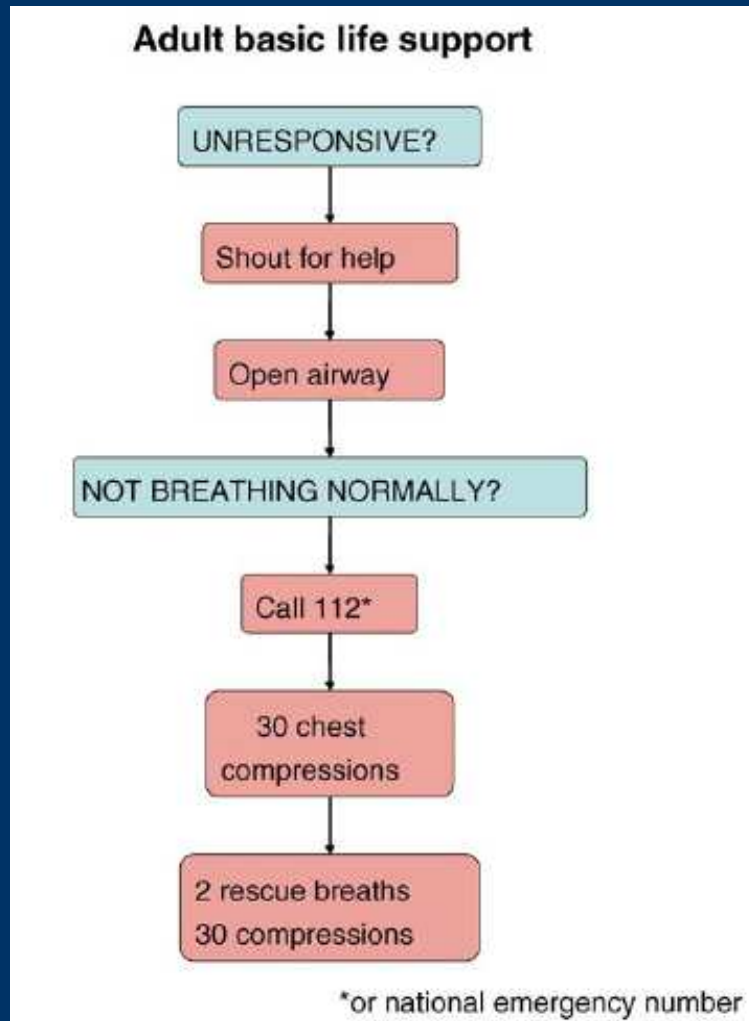
Examine the casualty

... Secondary Survey

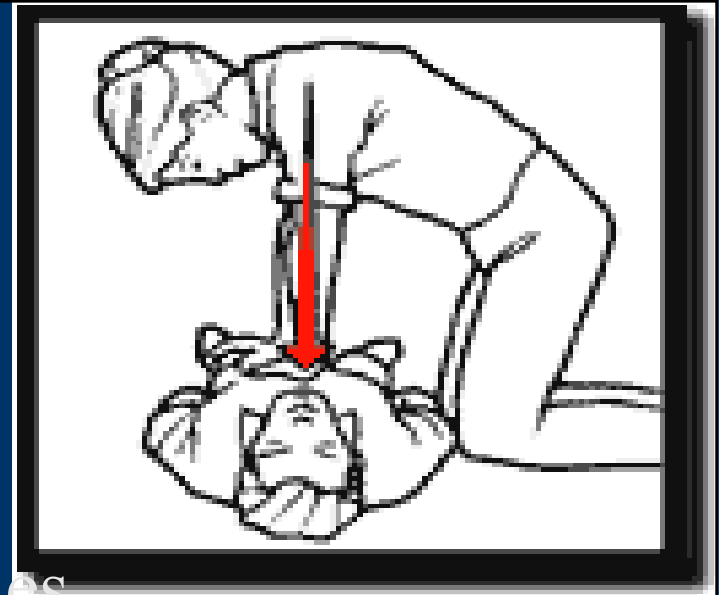
- in the following order:
 - head and neck
 - chest (including shoulders)
 - abdomen (including hip bone)
 - upper limbs
 - lower limbs
 - back
- call medical aid as soon as possible



Adult basic life support



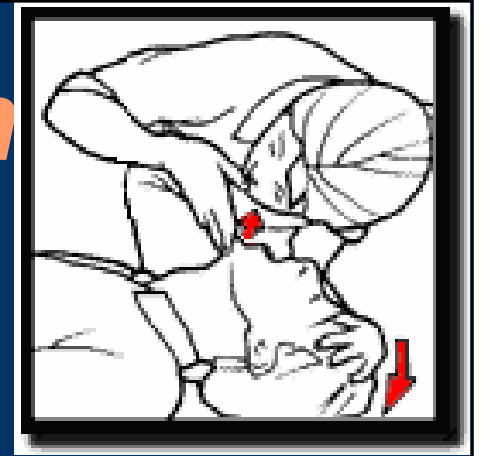
Chest compressions



- Place the heel of one hand on the breastbone -- right between the nipples.
 - Place the heel of your other hand on top of the first hand.
 - Position your body directly over your hands. Your shoulders should be in line with your hands. **DO NOT** lean back or forward.
 - Give 30 chest compressions. 100/minute
 - Continue cycles of 30 chest compressions followed by 2 breaths.
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EAR expired air resuscitation (mouth-to-mouth ventilation)

= O2



1. Knee beside the casualty.
 2. Keep the casualty's head tilted back.
 3. Pinch the casualty's nostrils with your fingers
 4. Lift the jaw forward with your other hand.
 5. Take a normal breath and open your mouth wide.
 6. Place your mouth firmly over the casualty's mouth making an airtight seal.
 7. Breathe into the casualty's mouth.
 8. Remove your mouth and turn your head to observe the chest fall and listen or feel for exhaled air.
 9. If the chest does not rise and fall, check head tilt position first, then check for and clear foreign objects in the airway.
 10. Give 2 breaths, then 30 compressions
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3 things are the most important:

- Compressions
- Compressions
- Compressions

