

First Aid 2011

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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.
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Basic Vital signs:

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

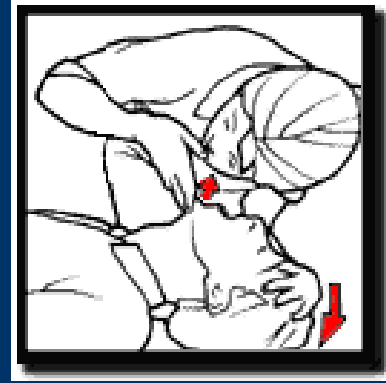
Primary Survey = 20s

Responsiveness

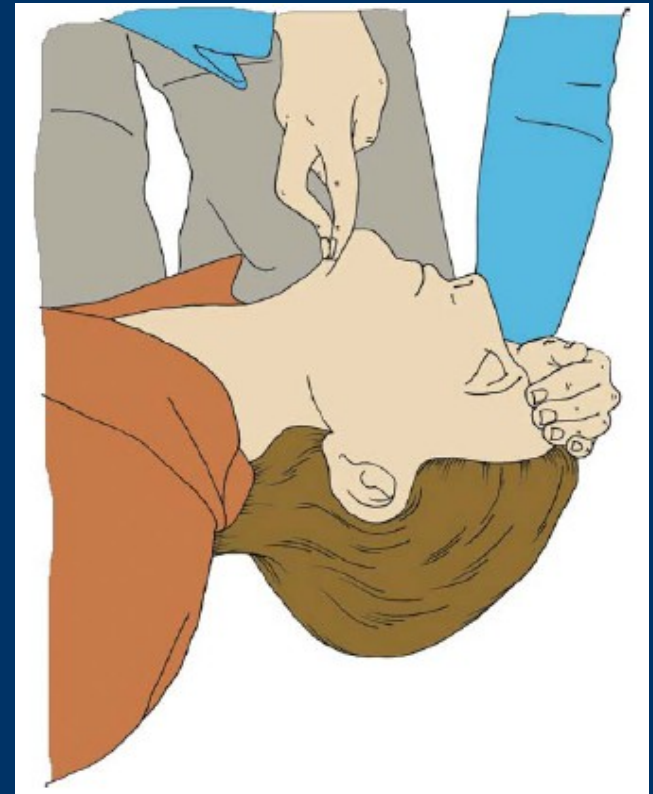


- **S**hout ,Are You O.K.?‘, Can you hear me?' ,
'What is your name?
 - **S**hake **S**houlder
 - opening eyes
 - movement
 - words
 - unconsciousness
-
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Airway + B



- 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
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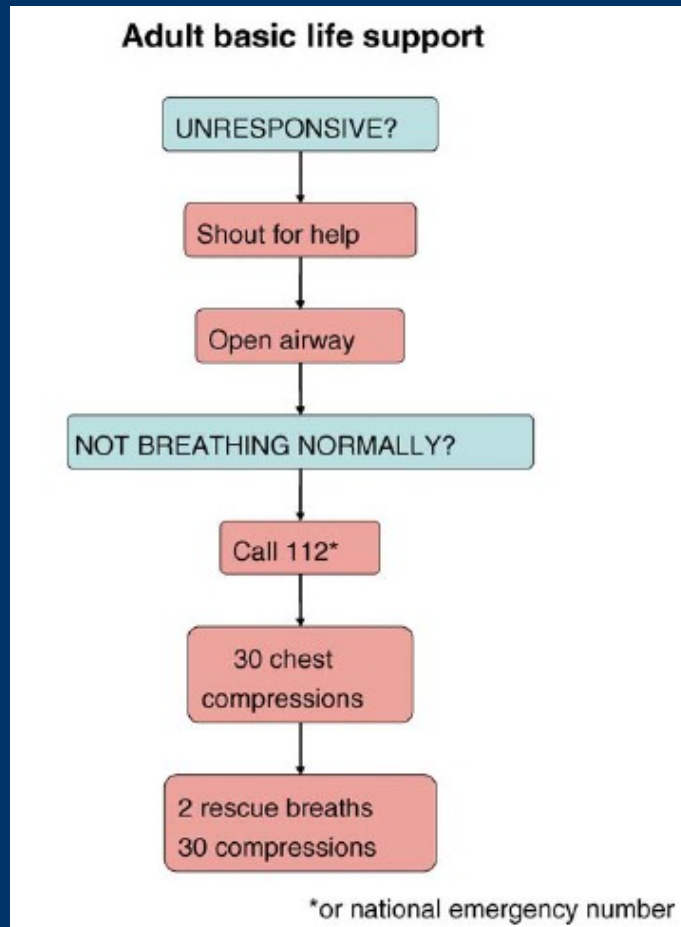
Circulation ?

Signs:

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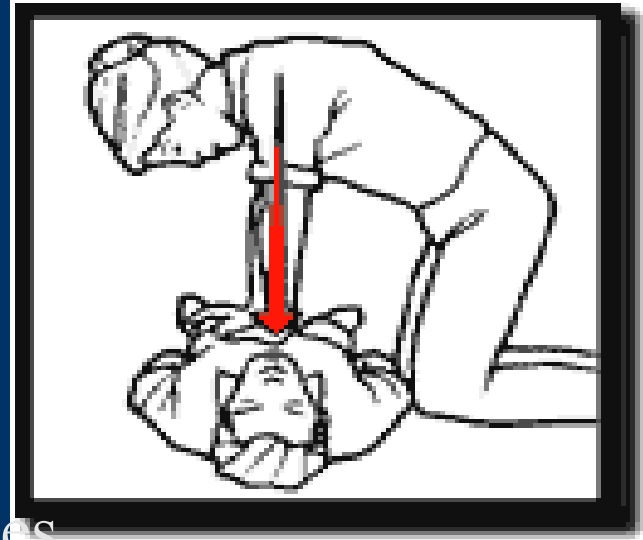


Adult basic life support

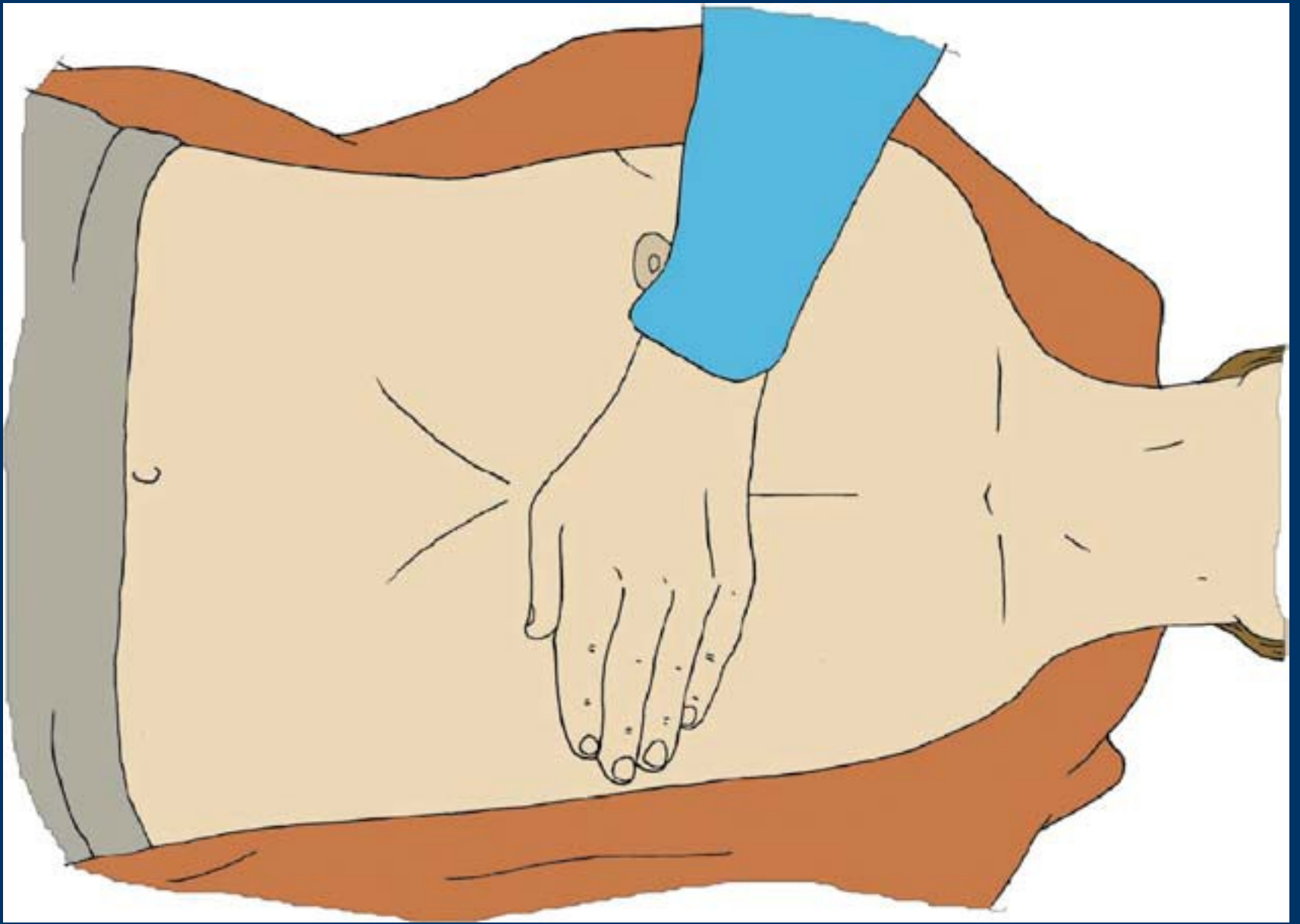


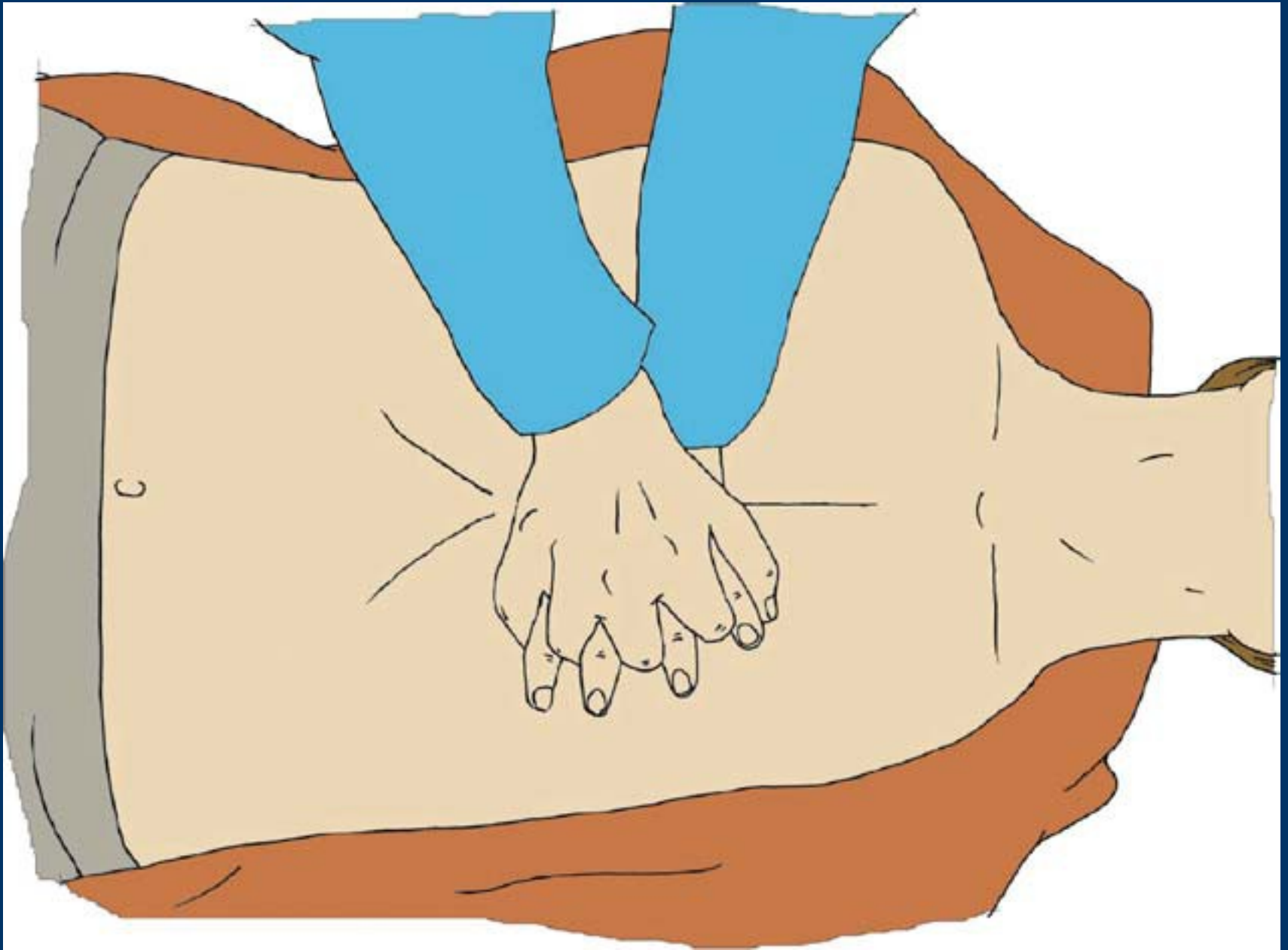
Medical Emergency
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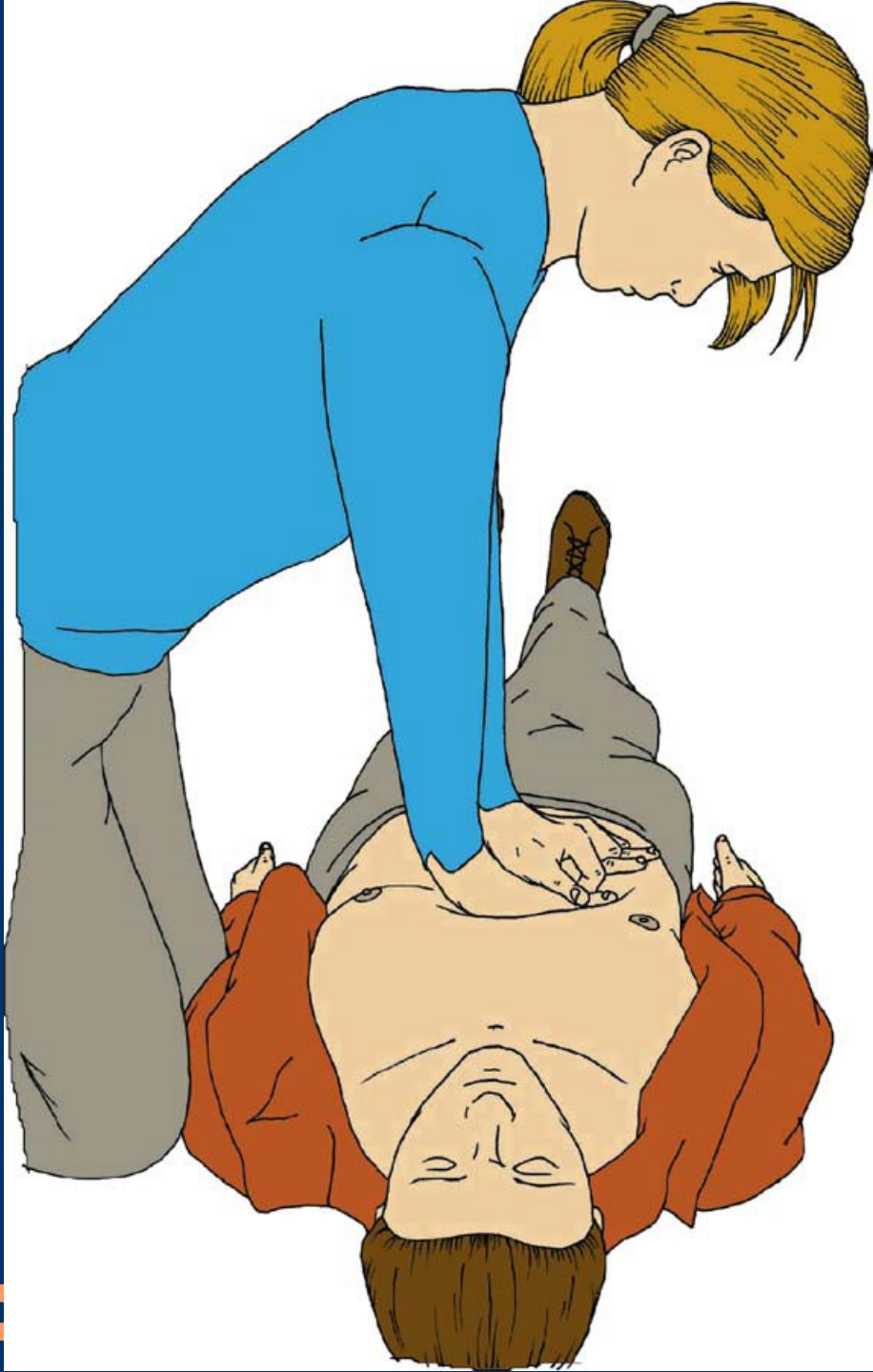
Chest compressions



- Place the heel of one hand on the breastbone -- right between the nipples.
- **In the centre of the chest**
- 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. at least 100/minute (not more than 120/min)
- ~~Press down on the sternum at least 5 cm, not more than 6cm~~

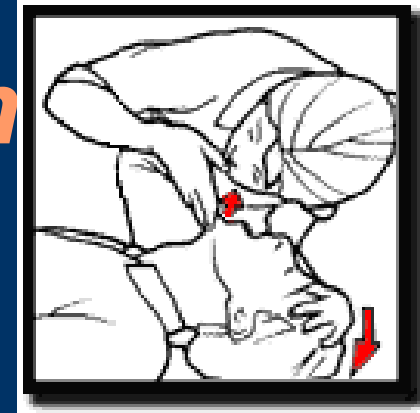




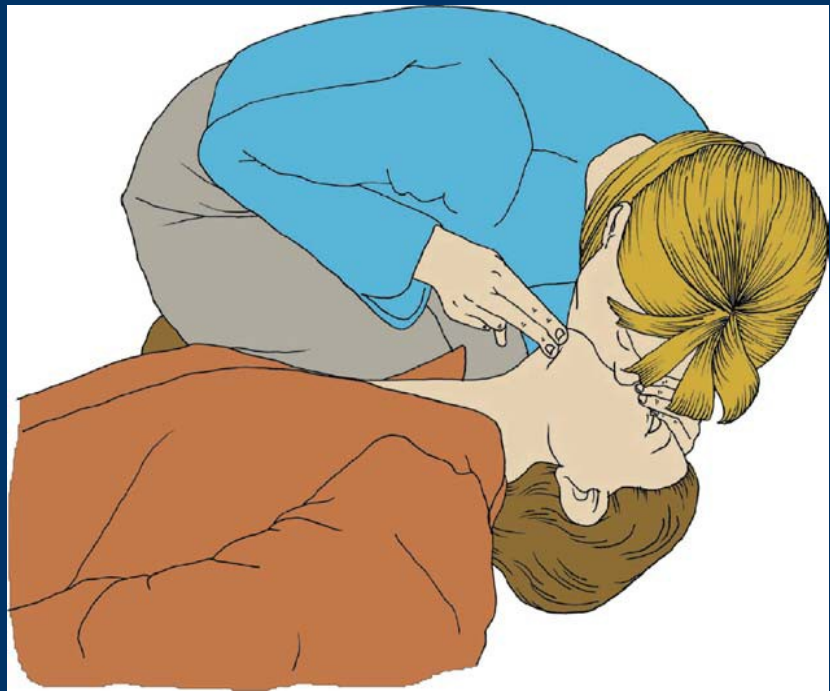
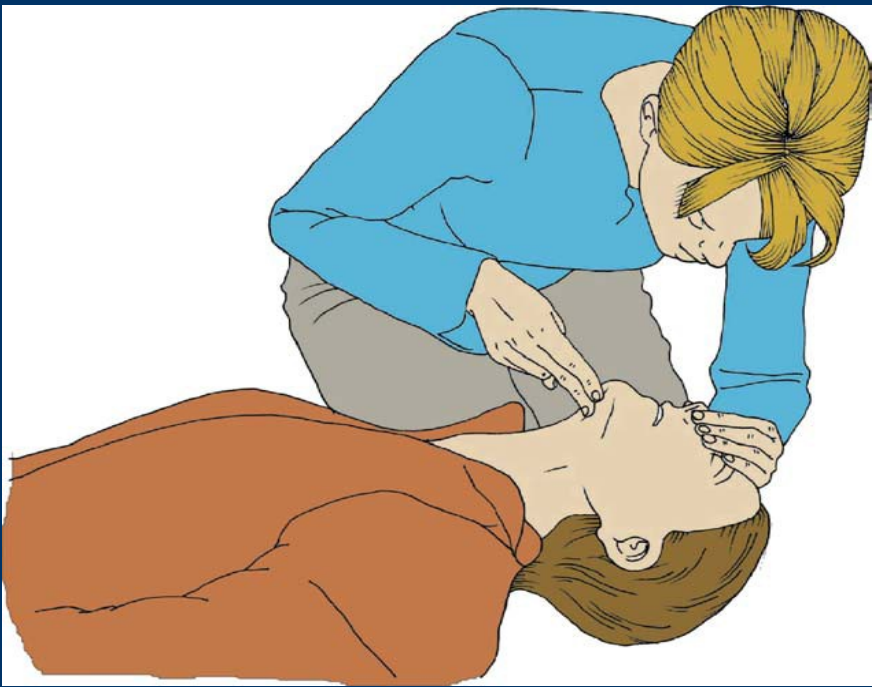


EAR expired air resuscitation (mouth-to-mouth ventilation)

= O2



1. Knee beside the head of 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 go back to 30 compressions
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Mouth to nose

- the victim's mouth is seriously injured
- cannot be opened,
- the rescuer is assisting a victim in the water,
- a mouth-to-mouth seal is difficult to achieve.

There is no published evidence on the safety, effectiveness or feasibility of mouth to-tracheostomy ventilation, but it may be used for a victim with a tracheostomy tube or tracheal stoma

3 things are the most important:

- Compressions
- Compressions
- Compressions



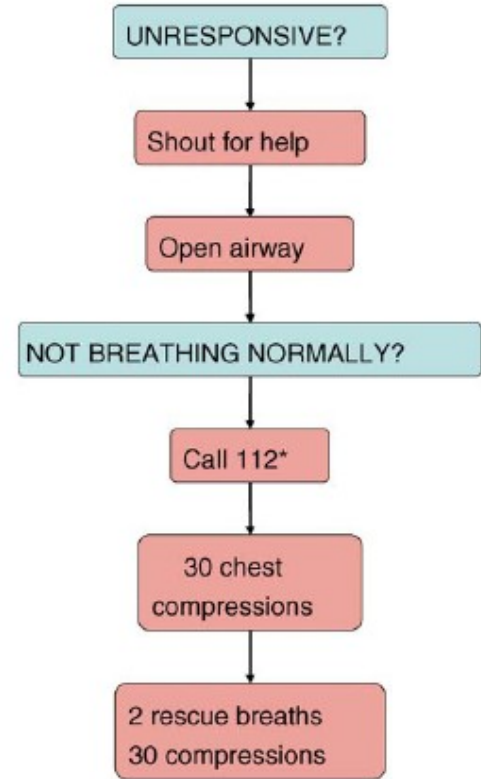
BLS

When to start BLS:

- always when victim is unconsciousness, no breath, no circulation

When not to start:

- end stage disease, no prognosis
- trauma with no hope for life (decapitation)
- signs (indication) of death (patch)
- time factor (15 – 30 minutes from stop of circulation)





When ...

When to stop CPR:

- restoring vital functions
(normal breathing, movement)
- ER takes care of victim
- no power to continue with CPR
- new danger





ABC and what next?

- managing life-threatening problems - CPR, bleeding

- (turn the casualty to a recovery 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
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