

First Aid Treatment with Modern Techniques

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Abstract: This paper presents an overview of First aid treatment with modern techniques.

Keywords: First Aid, Treatment and Modern techniques.

1. Introduction

It is a real-life experience which have happened at Iudiyian pattu (Tamilnadu) village during 2022. First aid is a most important branch of medical science, one in which a day man has a useful and rewarding part to play. An organized worldwide effort came in 187, through first aid was bring practiced from ancient times. In 1920 Red cross society of India was established with more than 400 branches all over India. The first aid is not an end by itself. It can happen at anyone at any time, whether at home at work or at school often first aid can help someone feel better recover more quickly, and can even save lives.

1) Definition of First aid

The first aid is immediate assistance given to any person suffering from either a minor or serious illness or injury.

2. Different types of First aid

In first aid there are six different types there are as follows: -

1) Emergency First aid

The content for basic First aid involving life threatening injuries. Focus is on airway, breathing and circulatory emergencies and prevention of such. This course comes with CPR A (Adult skills) or CPR C (Adult, child and infant skills).

2) Standard First aid

It required by most employers, preferred by parents. All content of the Emergency First aid is covered as well as care, head, neck and spine injuries and more. This course comes with CPR A (Adult skills) or CPR C (Adult, child and infant skills).

3) Child care First aid

This meant for Day home (day care providers) covers the content for Standard First aid plus additional content for childhood ill necessary and safety comes with a level B CPR (Adult, Child and Infant skills)

4) Baby sitter course

This course Age 11-15 designed for pre -teens and teens. Basic First aid and safety are taught focus of this course is preventing and responding to emergencies should they occur

while a baby sitting. This course also offers youths the training to promote themselves as a baby to prospective parents.

5) Home alone course

This course considers the Age 9-12 designed for kids staying home for a short period of time. Focus is on safety and responding to emergencies.

6) Psychological First aid

It is a resiliency building wellness program that equips individuals in supporting themselves and others to cope with the effects of stress, loss, trauma and grief.

Techniques used in First aid

- A. *Control the spine:* one of the first skills you will learn in a wellness First aid class is how to stabilize the spine.
- B. Remove any dirt or debris. Stop the bleeding and put the pressure on the cut with a gauze pad or clean cloth.
- C. Wash your hands first was up with soap and water so you won't get any bacteria into the cut and cause any an infection.
- D. Clean the wound.
- E. Hypothermia.
- F. Heat exhaustion.
- G. Direct pressure on a bleed.



Fig. 1. First aid for fractures and injuries

7) Symptoms in patients

- A. Cool, clammy skin.
- B. Pale or ashen skin.
- C. Bluish tinge to lips or finger nails.
- D. Rapid pulse.

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- E. Nausea and vomiting.
 - F. Rapid breathing.
 - G. Enlarged pupils.
 - H. Weakness or fatigue.
- 8) *How to control the blood in first aid treatment*
- A. Raise the injured area.
 - B. Apply direct pressure to the bleeding wound.
 - C. Apply firm pressure, elevation and rest.
 - D. Protect the wound from infections and promote natural healing by covering it with a dressing.
 - E. Blood needs to clot in order to stop the bleeding and start the healing process.
 - F. The wound is on or around the genitals.
 - G. Apply constant pressure until the bleeding stops.
 - H. Don't remove the gauze or bandage or other cloth on the wound.
 - I. Pressing firmly on the area.
 - J. Lay the severely bleeding casualty immediately down.
 - K. Take steps to minimize shock, which may be caused by extensive blood loss.
 - L. Do not remove the foreign object, but apply padding on either side.

9) *What is treatment to the given First aid patients*

The emergency care you should provide when a person is injured or ill until full medical treatment is available, for serious problems, care should be continued until more advanced care becomes available. It includes initial intervention in a serious condition prior to professional medical help being available, such as performing cardiopulmonary resuscitation (CPR) while waiting for an Ambulance, as well as the complete treatment of minor conditions, such as applying a plaster to a cut.

3. Conclusion

The First aid information provided by health personnel positively affects self-efficiency of First aid Education related with choking management and CPR are paramount important for parents either young child which would improve the First aid knowledge and self- efficiency.

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