

Providing first aid



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Define first aid immediate care that is given to the victim of an accident or illness using the correct first aid methods can mean the difference between? Life and death or recovery and permanent disability The type of first aid treatment you provide will vary depending on several factors. List three factors that may affect any action taken. type of injury or illness, environment, equipment or supplies available Identify three senses that can alert you to an emergency. Listen for unusual sounds, look for unusual sights, not any odors. What action should you take if you notice that it is not safe to approach the scene of an accident? Call for medical help and allow medical professions to take over What is the first thing you should determine when you get to the victim? whether victim is conscious Why is it important to avoid moving a victim whenever possible? victim can be injured more severely by improper movement What kind of information should be reported when calling emergency medical services? situation, actions taken, exact location What should you do if a person refuses to give consent for care? do not proceed with care, if possible, have someone witness refusal of care What is triage? method of prioritizing treatment Identify 3 life-threatening emergencies that must be cared for first. no breathing, difficult in breathing, no pulse List 3 sources of information you can use to find out the details regarding an accident, injury or illness. victim, others present, items noted at scene How can you reassure the victim? present a confident, calm attitude. Why shouldn't you discuss the victim's condition with observers at the scene? to maintain confidentiality and protect victims right to privacy While providing first aid to the victim, make every attempt to avoid further _____ provide only the treatment you are _____ to provide. Injury, qualified What is the difference between a closed wound and an open

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wound? open wound has a break in skin and a closed wound does not. First aid care for wounds must be directed at controlling ___ and preventing _____. bleeding, infection

Scrape on the skin abrasion Cut or injury by sharp object Incision Jagged irregular injury with tearing laceration Wound caused by sharp pointed object puncture Tissue torn or separated from body avulsion Body part cut off amputation Arterial blood spurts from wound, heavy blood loss, bright red in color Venous blood slower, steadier, dark red or maroon, constant but easier to control Capillary blood oozes from wound, less red than arterial, clots easily

List the 4 methods for controlling bleeding in the order in which should be used. Direct pressure, elevation, pressure bandages, pressure on pressure points

Name 2 item that can be used to form a protective barrier while controlling bleeding. gloves, plastic wrap

The main pressure point for the arm is the _____. The main pressure point in the leg is the _____. brachial artery, femoral artery

List 2 ways to prevent infection while caring for minor wounds without severe bleeding. wash hands, wear gloves

5 signs of infection swelling, heat, redness, pain, fever. If a tetanus infection is a possibility, what first aid is necessary? Obtain medical advice regarding protection with tetanus shot. How should objects embedded deep in the tissue be removed? by a physician

2 signs and symptoms of a closed wound pain, tenderness

2 first aid treatments for a victim of a closed wound get medical help, check breathing

What other condition must you be prepared to treat while caring for wounds? shock

At all times, remain ___ while providing first aid. Obtain ___ care as soon as possible. calm, medical

Define shock a clinical set of signs and various symptoms that are associated with an inadequate supply of blood to body organs

name the

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two main body organs affected by an inadequate supply of blood. brain, heart Shock caused by an acute infection septic Heart cannot pump effectively because heart muscle is damaged. cardiogenic Severe bleeding leads to a decrease in blood volume hemorrhagic Hypersensitive or allergic reaction causes body to release histamine anaphylactic Emotional distress causes sudden dilation of blood vessels psychogenic Loss of body fluid causes disruption in normal acid-base balance of body metabolic Two signs or symptoms of shock pale skin or cyanotic, skin cool. Treatment for shock is directed at eliminating the ____, improving ____, providing ____, and maintaining ____.

cause of shock, circulation, adequate oxygen, body temperature. Victim with neck or spine injuries. do not move the victim Victim vomiting or bleeding from the mouth turn the victim on side Victim with respiratory distress raise victim's head and shoulders Position if none of the previous conditions is present lying flat with feet raised approximately 12 inches

A shock victim at an accident scene has been covered with blanket. You notice the victim is perspiring. What should you do? remove some blankets to avoid overheating the victim

List 2 ways that poisoning can be caused ingestion, inhalation Treatment for poisoning will vary depending on the ____ of poison, the ____ involved, and the method of type, injury, contact

How should you position an unconscious poisoning victim who is breathing? on the side

What is the first thing to do when a victim swallows a poison? call poison control center

List three types of information that should be given to a poison control center or physician name of poison, how much was taken, when poisoning occurred.

What should you do if a conscious poison victim vomits? save a sample of the vomited material

List 2 ways to induce vomiting tickle the back of the victim's throat, give warm salt

water Why is activated charcoal used after a poisoning victim vomits? to bind the poison so it is not absorbed into the body Two types of poison victims in whom vomiting should not be induced. unconscious and victim who swallowed an acid or alkali What is the first step of treatment for a victim who has been poison by inhaling gas? remove the victim from the area How do you treat victims poisoned by chemicals splashing on the skin? use large amounts of water to dilute the substance and remove it from the skin Two signs of an allergic reaction to an injected poison redness, swelling at site Define burn injury caused by fire, heat, chemical agent, radiation or electricity. A superficial burn red, mild swelling, pain A partial-thickness burn blister, skin red or mottled, surface appears wet, swelling painful. A full-thickness burn white or charred appearance, severe pain or painless First aid treatment for burns is directed at removing ____, cooling ____, covering ____, relieving ____, observing and treating _____ and preventing _____. source of heat, skin area, burn pain, shock, infection Identify 2 times when medical care should be obtained for burn victims. burns on more than 15% of surface of adult (10% in a child), victim having difficulty breathing. What is the main treatment for superficial and mild partial-thickness burns? flushing area with large amounts of water Why is sterile dressing applied to a burn? prevent infection If blisters appear on a burn, how should you treat these? do not break or open them How should severe partial-thickness or full-thickness burns should be treated? call medical help immediately and cover with thick sterile dressings If chemicals or irritating gasses burn the eyes, how should the eye be treated? flush with large amounts of water for 15-30 minutes until medical help arrives Why is shock frequently noted in victims with severe burns? loss of body fluids (dehydration) occurs quickly Two factors that affect

the degree of injury caused by exposure to the cold. wind velocity, amount of humidity
Two symptoms that can result from prolonged exposure to the cold. shivering, numbness
Two first aid treatments for hypothermia: move to warm area, remove wet clothing
What is a frostbite? freezing of the tissue fluids with damage to the skin and underlying tissues. Two symptoms of frostbite? black burnt skin, white or red color
Name 4 common sites for frostbite: fingers, toes, ears, nose, cheeks
What temperature water should be used to warm a body part injured by frostbite? 100-104 F or 37.8-40 C
Why is it important not to rub or massage a body part affected by frostbite? rubbing may cause gangrene
How should you treat blisters that form on frost-damaged skin? avoid opening or breaking blisters. Why do you place sterile gauze between fingers or toes that have been injured by frostbite? prevent them from rubbing and causing further injury
Two sources of information you can use to help determine what illness a victim has. information from the victim, medical alert bracelets or necklaces
Two signs and symptoms of a heart attack. painful pressure under sternum, pain radiating to shoulders, arms, neck and jaw, intense shortness of breath. Two first aid treatments for a heart attack victim: encourage victim to relax, obtain medical help
Two signs and symptoms of a stroke: numbness, paralysis
Two first aid treatments for a stroke: maintain respiration, lie victim flat or on side
If early symptoms of fainting are noted, how should you position the victim? lying down or sitting in a chair with head at level of knees
Two points of first aid care for a victim who has fainted. maintain open airway, check for injuries
What is a convulsion? violent involuntary contraction of muscles. First aid care for the victim with a convulsion is directed at preventing _____. self-injury
Should a padded tongue blade or soft object be placed between the victim's teeth

during a convulsion? No Why is it important not to use force or restrain the muscle movement during a convulsion? force causes the contractions to become severe In a victim with diabetes, an increase in the level of glucose or sugar in the blood can lead to a condition called _____ and an excess amount of insulin can lead to a condition called _____ diabetic coma, insulin shock Two signs and symptoms of diabetic coma. confusion, weakness What is the main treatment for diabetic coma? obtain medical assistance as soon as possible Two signs and symptoms of insulin shock muscle weakness, mental confusion What is the main treatment for insulin shock? give victim some form of sugar