

We can actually use
first aid



**ASSIGN
BUSTER**

We cannot predict anything, we can never tell when an accident will occur, but there is one thing for sure, we can prevent added injury or pain if we know how to demonstrate first aid. Last January 15, 2013, we have our guest speaker in the class to discuss and help us with the basic knowledge about first aid. The simple discussion helped us learn the importance of first aid and how we can use it in the future.

Saving a person's life is the most important thing why we should learn first aid. When there is an accident and there is no one there to help out the victim, you can perform the first aid to alleviate the suffering and prevent the victim from having serious damages when treatment or help is not yet present. First aid also serves as the bridge that fills the gap between the sick and the physician so we should be the middle man who will secure that the victim would feel less in pain and would check his/her condition by observing the blood pressure, breathing, pulse rate and temperature. Every second or every minute counts after the victim have encountered the accident that's why he/she should be attended in the quickest time as possible.

We can actually use first aid in many simple ways and by performing the first aid properly. And as medical biology students and maybe future doctors, it is very useful for us to know the basics of first aid because we can definitely use it in case of emergencies to give a victim some medical attention. So for us to practice how we can use first aid, our guest speaker and our professor site us a situation wherein a boy was injured in his arm after he fell on the ground when he's trying to change the light bulb. Given that we have some materials like: handkerchief, cardboard, ruler, belt, strips of

cloth and masking tape at first we didn't really know how we should start and how we should do it but then we properly managed it. We tried to wrap the handkerchief around our classmate's arm but its length was a bit short so we decided to use the belt and replace the handkerchief then we put some bandage around his arm and use the ruler and the cardboard to straight his arm and whoala! we actually performed a first aid. Our group didn't win but our guest praised us because our group was resourceful to use a belt instead of the handkerchief. We don't have to always bring our first aid kit because we can always be resourceful and use things around us to save a life.

Life is very important to people and there is no rule saying that we should not help people right? Even if we don't know the person suffering from an injury or an accident we can always give a helping hand to that person and give some first aid to give a temporary hand care. Just like what the Good Samaritan did to the Levi who was beaten in the road. Maybe if you help a victim in need you will be his/her savior for saving his life from near death experience or maybe you'll be the next Good Samaritan. If you know the true meaning and the importance of first aid you can definitely use it and save a person's life.

Our English professor asked us to write an essay about our experiences during the first aid lecture and the activity of using household items to give first aid to the injured as instructed by our professor. First aid is a must for us students of Medical Biology because it is related to our course and our future profession as Medical doctors. And because this essay is a requirement to pass this subject, we are obliged to do it.

The first thing that we did is the first aid lecture. Our professor invited a guest speaker to talk about first aid. This lecture covers the definition of first aid, its objectives, do's and don'ts of doing first aid, some tricks in saving one's life and the ABC's of life. This lecture can come in handy when someone needs help. Honestly, the lecture is informative but also boring. The speaker's approach in lecturing was so boring that I felt that everyone in the classroom is half dead while listening to the speaker. Good thing that I managed to stay awake while listening to the lecture.

After our lecture, our professor challenges us to put our skills to the test. He first asked one of the members from each group to be the main actor/actress. I doubt that statement because I knew that this person will be subjected to slight discomfort and probably humiliation while doing the activity. Thinking that way, I decided that I don't want to do it. But my fellow members forced me to volunteer. Someone has to do it right? So I ended up doing it.

After that, our professor gave this situation: Supposedly I fell down from the chair while changing the light bulb with my left arm first. I winced in pain and my left arm maybe broken. So using the materials provided, my fellow members will give me first aid treatment for 10 minutes. And we started this chaos. They wrapped my left arm with bandage; straighten my left arm with a ruler and a stick, serving as a support for it to immobilize my arm. Then they use a leather belt that hangs from my neck to the injured arm as a support. I felt like I was a dress-up doll and twisted in awkward positions while giving me the first aid treatment. So much for top-notch care and gentle movements. It was, for me, an awkward moment. Then, the

presentation of the output comes. The four main actors goes in front of the class and shows off what they have done. As I look to the other people, one thing is for sure, we all look like fools. Then the guest speaker judged the output. But in the end, we lost. But we still gain experience and a few laughs while doing the activity.

In life we really not know what are going to be happening. Because in life we cannot predict the future only one Man can, what if we are riding in a plane then suddenly a one passenger experience difficulty in breathing or something? You are in a park with your brother or sister then a child fell on the monkey bar and broke his or her arm? What are you going to do? These are the example of the many situations why first aid is important and why should we learn how to practice it.

We've lectured about first Aid in our class; and in that lecture we learned why First Aid is important in our daily living. First aid is define as the immediate and temporary aid provided to a sick or injured person until medical treatment can be provided. First Aid is important in several reasons; it serves us the temporary treatment to a certain victim. It is done to make the situation lighter or to help the victim feel less pain and suffering by knowing his or her vital signs to his or her heartbeat First aid also helps to prevent further danger to come and risks of the life span of the victim and more importantly with a simple hand you will learn how to save someone life.

As Medical Biology students and a soon to be doctors we should know how to practice first aid. On the activity we've done there is a certain situation

and we should practice first aid in one of our group mates with the materials we have assigned to bring like ruler, piece of cloth, masking tape and scissors. We have no idea what we are doing we just wrap the piece of cloth with a ruler with my classmate's arm because in the situation the person fell from the chair so we think that he or she might broke his arm. The other groups did the same technique. I think what if this happen in real life?

And we are in our white uniform there is a situation that needs first aid it is given that we should have the experience doing it but what if we are not? So this explains why we should learn how to practice first aid, from the simple CPR to save a drowning friend to the heavy situations of people meeting accidents having fractured bones. It can be an advantage to us Pre – Med students to have the knowledge and the strong ability to learn how to practice first aid and use it to help other people.

Having to contain the ability of helping people in a crucial danger situations, Helping them reduce their suffering and helping save someone's life; this thoughts make First Aid important so we should practice it because in this world we are living we are clueless of what bad or good things will happen, we all know that Life really are full of challenging surprises.