

Steven Schiess NP-C,BSN,BA

Emergency Preparedness 2024

First Aid Points to Remember:

Preserve and Sustain life of patients.

- Prevent contamination and infection
- To aid in better and rapid recovery
- **Aid in the stabilization and transportation of a patient to medical facilities.**
- Help stabilize, help patients be comfortable, Never give up on a patient.
- Your job is not to act like a doctor, your job is to stabilize, preserve, and aid.

Assess, Alert, Attend/ABC's of First Aid

- Upon arriving at the scene of any First Aid situation, you need to assess the situation. Is the location safe? You don't want to also be a victim! Take a moment, look around, assess the environment and situation. This will also help you have a clear mind to act appropriately.
- Alert the medical response system if the situation calls for that.
- Attend to the victim, remain calm, give encouragement, act appropriately for the situation.
 - *Airway*: check the airway, is there something blocking the airway? Are they responsive to touch or voice?
 - *Breathing*: check respirations, are they breathing? Note the nature of the breathing, is it raspy, shallow, ect....
 - *Circulation*: check a pulse-carotid(neck) for adults, femoral(leg) for kids, if no pulse immediately start chest compressions until medical personnel arrive. Check for a pulse every two minutes.

For civilians or non-medical personnel focusing on Hands only CPR is sufficient, Medical personnel are taught and certified in giving compressions and rescue breaths.

Items to know/study

Choking/Airway obstruction: Adults/children: Heimlich maneuver, Infants: over one knee, back thrust

Cuts and Lacerations, Gunshots: assess the wound, apply pressure, clean the wound(soap and water, H₂O₂), clean bandage material(Gauze, clean cloth, ect),stabilize, keep patient calm. Bad bleeding-use a tourniquet (belt, rope, torn towel, ect...) above the cut to staunch the bleeding. STOP THE BLEED (fingers, tampons, gauze, clean rags, ect... can be used to stop up bleeding holes)

Bites/Stings: Assess the area, wash the area with cool water, remove stingers if still embedded in the skin. Do not suck the poison out of a snake bite area. Limit movement after a bite, use a compression wrap above the bite, use a cold application on the

wound, seek medical attention. You can use soothing solutions like aloe vera, even mud can soothe a sting.

Fractures: Assess, have patient lay or sit down, Stabilize break with splints or whatever material is available. DO NOT TRY TO SET BONE-this is only to be done by a medical professional. Cover and make the break comfortable, apply ice or cold water for swelling. If it's a compound fracture, clean the area where the bone broke through, apply light pressure, cover the wound with clean material, and get to medical care as soon as possible.

Burns/Scalds: Assess and reassure clean with cold water, wrap gently with clean material. If the patient's clothes or other material is burned into their skin, don't remove, just wash with cold water and wrap with clean materials. Do not pop blisters. Get patient medical help as soon as possible.

Sprained Ankles: RICE-Rest, ICE, Compression, Elevation. These steps will help stop the swelling, and provide support to the ankle or sprained area. Remember ICE is Nice.

Nosebleeds: Place a gauze or tissue in the nostril, pinch the bridge of the nose, LEAN Forward, not Backward. Leaning forward will make sure the patient doesn't swallow or choke on the blood. Cold on the nose will also help constrict blood vessels.

Heat stroke/dehydration/hypoglycemia: Too high of temps can cause seizures and unconsciousness. Make sure you move the patient into a shaded area, give them some cool water to drink and have them lie down. Remove excess clothing, place cold packs in the armpits or groin to help cool down internal temp. If you suspect low blood sugar, have the person sit to avoid falling, give them juice, candy, honey, ect.... Patients may be dizzy, nauseous, confused. Sit with them while you slowly give them something to eat.

First Aid kits should include gauze, bandage material, tourniquet if you have one, bandaids, cold/hot pack, pieces of candy, cloth tape, absorbent material, tweezers, scissors, reflective material, space blanket, antiseptic wipes, antibiotic ointment, gloves. This is a simple kit, you can add other things that you feel might be useful as well

Steves rule of thumb: Emergency Situations are usually not ideal and don't follow the textbook. Always assess the situation, and look around you at what the environment might provide, what you have on, or what you have brought with you that might help in a first aid situation. Just do Something, don't be a passerby, be active and provide help! Simply being willing and jumping in could make all the difference for the patient.

