

Certificate in Integrative Palliative Care – 3
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Week-12
Lecture 86: Introductory Dialogue

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Hello friends, Namaskar. So, three months have gone, lots of water has flown under the bridge. I had said, I had requested you during the introductory talk of first week that we will see you after three months. This is week 12, three months have passed and we are generally at the end of our course that is certificate in Integrative Palliative Care. This particular week pertains to first aid.

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What is First Aid?

When you provide basic medical care to someone experiencing a sudden injury or illness, it's known as first aid. **The term FIRST AID first appeared in 1878.**

1. In some cases, first aid consists of the initial support provided to someone in the middle of a medical emergency. **This support might help them survive until professional help arrives.**
2. In other cases, **first aid consists of the care provided to someone with a minor injury.** For example, first aid is often all that's needed to treat minor burns, cuts, and insect stings.

What is first aid? When you provide a basic medical care to someone experiencing a sudden injury or illness, it is known as first aid.

And the term first aid first appeared in 1878 in some cases the first aid consists of initial support provided to someone in the middle of a medical emergency and this support might help them survive until professional help arrives. So, here you are not an expert you are just providing some support some aid till the expert aid arrives. So, in other cases, first aid consists of the care provided to someone with a minor injury. And for example, first aid is often all that's needed to treat minor burns, cuts and insect bite.

So in a way, we can say that that second type is basically that is what we provide at home. When something, you know, such minor injury takes place to the children or somebody else.

What are the priorities of first aid? There are basically three priorities why do we carry out first aid. First is we want to preserve life, we want to stop the casualty from dying and therefore, we want to keep everyone alive. Basic ABC airway, breathing and circulation, these are the three basic things we do, so that that injured person does not die, preserve life.

Second, prevent further worsening of the situation. Stop the casualty from getting any worse by treating their injuries. And last, third one is the promote recovery. Try to help the person feel better by talking to them and supporting them emotionally.

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So in these 12 weeks, we are going to teach you about firstly, the first lecture is on introduction of the first aid.

Second is on purpose of first aid training. Then you will be learning emergency procedures in first aid. Then outline of CPR that is cardiopulmonary resuscitation let me tell you this is not a formal training in CPR this is just a introductory or informative talk then you will learn about making a splint then you will learn how to give recovery position and what to do in emergency scene management

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First aid. These are the things. This is the first lesson.

First aid. Yes.

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Second is purpose of first aid training. Why? Why do we want this? What is the purpose of first aid training? Again, those three things. Basically, preserve life and improve recovery.

Improve recovery and one more. Okay, should I show it to you? This is the purpose of training. Prevent further worsening the situation of the injured person and promote recovery.

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Priorities of First Aid CORY JONES

WE ALSO ALWAYS EXPLAIN THAT THE FIRST AIDER
HAS THREE PRIORITIES:

- **Preserve Life:** Stop the casualty from dying. Keep everyone alive. Basic ABC (Airway, Breathing, Circulation)
- **Prevent Further Worsening:** Stop the casualty from getting any worse by treating their injuries. Also managing the incident, to prevent the situation worsening.
- **Promote Recovery:** Try to help the person feel better by talking to them and supporting them emotionally.

Understanding First Aid Training

- The ability to provide immediate assistance to the injured or ill is a valuable life skill, and first aid training helps individuals acquire the necessary knowledge and skills to be effective in doing so.
- **Such training empowers individuals to respond quickly and appropriately in emergencies,** stabilising the condition of the person in need and prioritizing care.
- **First aid treatment saves lives** and minimises the severity of injuries or illnesses, enabling individuals to respond to accidents, heart attacks, choking, burns, bleeding and other emergencies with confidence and competence.

Then understanding first aid training. The ability to provide immediate assistance to the injured or ill is a valuable life skill.

And first aid training helps individuals acquire the necessary knowledge and skills to be effective in doing so. Such training empowers individuals to respond quickly and appropriately in emergencies, stabilizing the condition of the person in need and prioritizing the care. First aid treatment saves life and minimizes the severity of injuries or illnesses, enabling individuals to respond to accidents, heart attacks, choking, burns, bleeding and other emergencies with confidence and competence. Yeah.

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Headquarters in New Delhi of Indian Red Cross Society.

Indian Red Cross Society is the major organization which carries out first aid training all over India.

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First aid emergency responses, emergency procedures. Yeah, can you tell us something?

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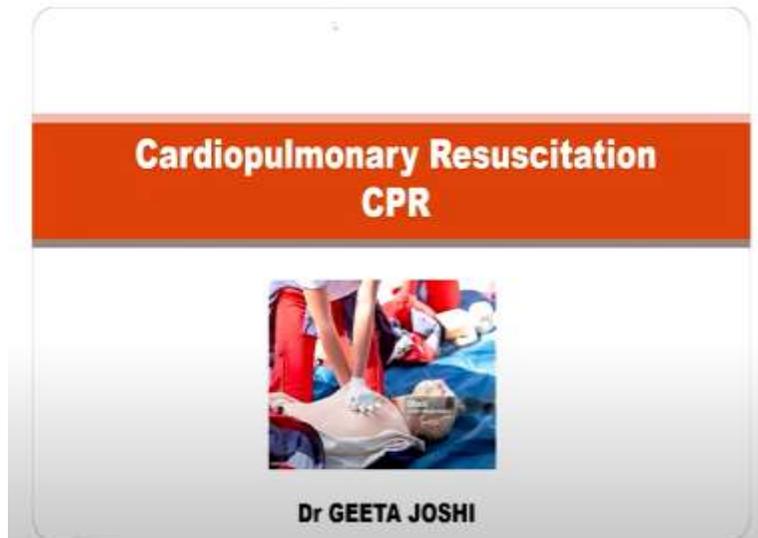
First Aid and Emergency Procedures

- First Aid and emergency procedures provide a framework on how to approach a potentially dangerous or risky situation and, or when someone is hurt.
- This will help you stay calm, make safe choices and reduce the time it takes for help to arrive.
- Some emergency procedures are routine: cuts and grazes, blisters and minor burns. We however have to be prepared, but don't be scared by the First Aid training.
- You are not expected to be an expert First Aider. It will help you identify a possibly illness or injury and act in a way that helps a casualty.

Emergency procedures. So first aid and emergency procedures provide a framework on how to approach a potentially dangerous or risky situation and or when someone is hurt. And this will help you stay calm.

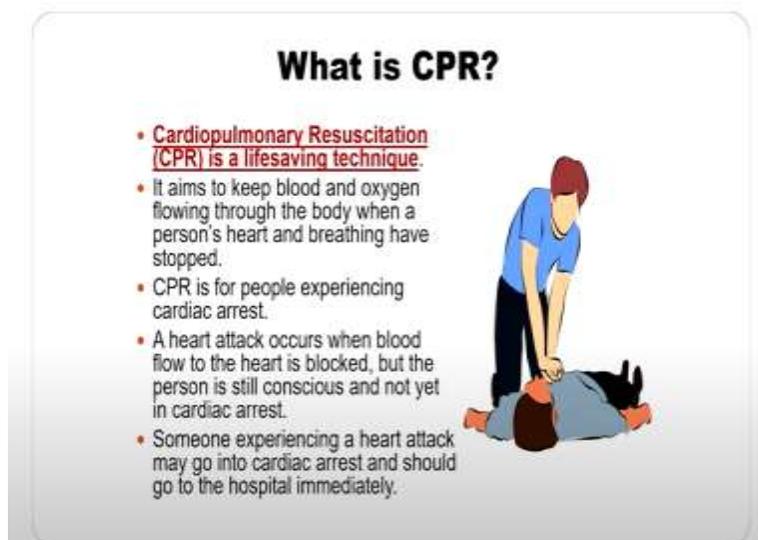
That is the first requirement of when you are entering into the scene of emergency. First requirement is to stay calm. Make safe choices, make yourself safe as well as the victim safe and reduce the time it takes to help to arrive. And some emergency procedures are routine like cuts, graze and blisters and minor burns and this you may treat at home as well. You are not expected to be an expert first aider.

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It will help you identify a possible illness or injury and act in a way that helps occasionally. CPR, this is your subject. This is very important and nowadays many organizations and want their staff to undergo CPR training, particularly police department and some factory workers also needs to know about the CPR because such emergency or catastrophe can occur anywhere, anytime.

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So what is CPR? It is a cardiopulmonary resuscitation. It aims to keep the blood and oxygen flow through the body when a person's heart and breathing have stopped.

And CPR is for people experiencing cardiac arrest. So when the victim is unconscious, unresponsive and not breathing, you can start giving CPR immediately. A heart attack occurs when blood flow to the heart is blocked, but the person is still conscious and not yet in cardiac arrest. Someone experiencing a heart attack may go into cardiac arrest and should go to the hospital immediately.

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SPLINT

- A splint is a piece of medical equipment used to keep an injured body part from moving and to protect it from any further damage.
- Splinting is often used to stabilize a broken bone while the injured person is taken to the hospital for more advanced treatment.
- It can also be used if you have a severe strain or sprain in one of your limbs.
- Placed properly, a rigid splint will help ease the pain of an injury by making sure that the wounded area doesn't move.
- If you or a loved one is injured at home or during an activity, such as hiking, you can create a temporary splint from materials around you.

Splint, making a splint very easy thing but very precise if it is done precisely you can reduce pain on the site of injury you can reduce swelling and you can comfortably shift the victim to the nearby hospital.

Okay, a splint is a piece of medical equipment used to keep an injured body part from moving and to protect it from any further damage. If my hand is broken, these two bones, which are those bones? Radius and ulna. Radius and ulna, if they are broken, doctor has done something, they have been joined. But then we'll put a splint here, top, bottom, bandage it so that those joined bones do not move. They remain in that particular joint position maybe for a month or two months as per the medical advice.

So that is called a splint. It can also be used if you have a severe strain or sprain in one of your limbs. If the splint is placed properly, a rigid splint will help ease the pain of an injury by making sure that the wounded area doesn't move. If you or a loved one is injured at home during an activity such as hiking, you can create a temporary splint from materials around you. And that material could be a rolled towel, rolled newspaper or a piece of wood and plank.

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What is the recovery position?

- The recovery position has been a staple of first aid for decades. It's the specific positioning of an unconscious or unresponsive person to:
 - **Keep Their Airway Open And Draining**
 - **Lower Their Chance Of Aspiration**
 - **Reduce Chest Pressure**
 - **Limit Neck Movement**
- Originally, the recovery position was left side only. People thought this would decrease the chance of vomiting. Over the years, however, either side has become acceptable.
- The exception to this rule is pregnant people. People must place them on their left side when possible to maintain proper blood flow to the baby.

Recovery position. The recovery position has been a staple of first aid for decades. It is a specific positioning of an unconscious or unresponsive person to keep their airway open. Airway is from where? From nose down to the lung. Lower their chance of aspiration. What is aspiration? Means any vomitus or any secretion in the mouth, if it enters into the windpipe, it is called aspiration.

Okay. Reduce chest pressure, limit neck movement. Originally, the recovery position was left side only. People thought this would decrease the chance of vomiting. Over the years, however, either side has become acceptable. The exception to this rule is pregnant people.

People must place them on their left side when possible to maintain proper blood flow to the baby.

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Emergency Scene Management



Dr GEETA JOSHI

Emergency Scene Management

- Emergency scene management is a vital skill for all first aiders and first responders.
- The safety of rescuers is the first priority in any emergency situation – so care in approaching the scene is critical. Be alert to the hazards which are obvious, e.g. fire, smoke, fallen power line; hazards which are hidden, e.g. a needle under a casualty; hazards which may develop, e.g. a change in the weather, movement of a vehicle or a structure, a fire which is out of control.
- It is important to confirm that emergency services have been notified. First responders may not be able to approach casualties if the hazards present a risk to their safety.

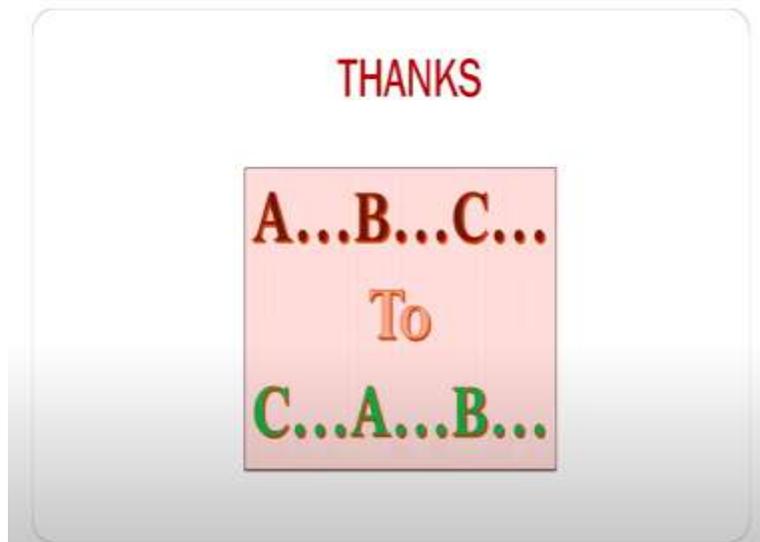
Lastly, you will learn about the emergency scene management. So emergency scene management is a vital skill for all first aider and first responders. So that this emergency can be accident or an injury or a natural calamity, tsunami, flood, earthquake or anything. The safety rescuer is the first priority in any emergency situation.

So care in approaching the scene is critical. So first and foremost is keep calm. Then make the things safe for yourself as well as for the victims. So be alert to the hazards which are obvious like fire, smoke, fallen power line, hazards which are hidden like a needle under a casualty, hazards which may develop like a change in weather, movement

of a vehicle or a structure, a fire which is out of control. It is important to confirm that emergency services have been notified.

Yeah, that is the second step. Somebody has to notify the emergency services. So they come on the scene and carry out rescue as possible.

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Thanks ABC to CAB. What is ABC to CAB? So previously it was part of CPR was ABC, Airway Breathing and Compression. Now since 2010, American Heart Association has changed over to CAB.

They said compression of the heart is more important because it has got still some amount of oxygen inside which can be given out to the body parts. So start compression first, then clear the airway and then start breathing. I can say, thanks. We are now from A to Z. A was our first week, we travelled so much and Z is our 24th week.

And I am happy, Dr. Geeta Joshi, we are together here and I am certain all those three, four, five thousand students or people who have gone through our course, certificate course in Integrative Palliative Care, they must have found our course interesting. Aim was to tell you something. Aim was not to teach you. This is not a hands-on training. I can say aim was to give you fast food.

Not exactly those fast food which in our nutrition, diet and nutrition week we say don't eat it. You should not eat it. Fast food means what we can give you fast. In just 24 weeks that is just crunch of the, crunch of the subject just the elements of the subject you will learn and I am sure this results of last many courses we have run so far in last three years are very encouraging and I am sure even this course you will find it interesting as this complementary medicine or complementary therapies you can practice on yourself first. So that will increase your overall well-being and your health will improve.

Is it right? Yeah, yeah, 100%. Actually, that's what I have been saying every time. This course is basically for you. If you learn something about it, read further, understand it, practice it on yourself. I am telling you, my dear friends, that you will be in such a state of those preventive measures that the sickness will never come nearer to you. And if at all it comes to you, nearer to you, your vitality will be so much that you will be able to kick it away.

This is what was the intention of running this particular course. So, we just say thanks to them.

Yes. Thanks everyone. Thanks everyone. And all the best for your exams and for all assignments. Keep it in, make it sure that you do your assignments in time. Thank you very much. Thank you.