

Certificate in Integrative Palliative Care – 3
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Week-12
Lecture 87: Introduction to First Aid

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Hello, everyone. This week you are going to learn about first aid. First aid is the basic knowledge about treating or attending to any injured person or any patient who might develop an emergency. So it is very important to learn about first aid, even your palliative care patient may need first aid sometimes; you know, if he falls from his bed in your hospice or comes across some cuts and wounds because of an injury, then you also need this knowledge about first aid.

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PROLOGUE

- At any moment, you or someone around you could experience an injury or illness. Using basic first aid, you may be able to stop a minor mishap from getting worse. In the case of a serious medical emergency, you may even save a life.
- That's why it's so important to learn basic first aid skills. To build on the information you learn here, considering taking a first aid course. Many organizations offer first aid training, including the Indian Red Cross and St. John Ambulance.

At any moment, you or someone around you could experience an injury or illness, and by using basic knowledge of first aid, you are able to avoid a big mishap and support this person; that is why it is so important to learn basic first aid skills and to build on the information you learn here, considering taking a first aid course. So this is only basic knowledge we are providing in these lectures, but it is not a course.

To take up a course, you have to approach an institution, and you can take a first aid course and get a certificate. But this is the basic knowledge about first aid that is given in this lecture. Many organizations offer this type of training, which includes the Indian Red Cross Society and St. John Ambulance.

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Definition of 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.**
- 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.**
- 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.

The definition of first aid refers to the basic medical care provided to someone experiencing a sudden injury or illness; it is called first aid. The term first appeared in 1878. In some cases, first aid consists of initial support, and this support is provided until the medical team reaches the scene and assists the patient or transfers the patient to a hospital. This support may help them survive until proper professional help arrives. In other cases, first aid consists of care provided to someone with a minor injury, sometimes at home, like minor cuts and burns.

You must remember that as a child, when you fell down while riding a bicycle, your mother provided first aid. She cleaned the wound, applied some Dettol, then some ointment, and gave a bandage. That is first aid. Suppose you are in a garden and an insect sting occurs; you are given first aid.

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A Simple Definition
CORY JONES

What is First Aid? There are many answers to the question! Here are a range of definitions we have come across.

Definition 1: "Emergency care or treatment given to an ill or injured person before regular medical aid can be obtained."

Definition 2: "First aid is emergency care given immediately to an injured person. The purpose of first aid is to minimize injury and future disability."

Definition 3: "First aid is simple medical treatment given as soon as possible to a person who is injured or who suddenly becomes ill."

Definition 4: "The initial process of assessing and addressing the needs of someone who has been injured or is in physiological distress."

Our Definition: These are all fine and give a sense of first aid in all about. But we tend to say "**First Aid is immediate temporary care for the ill and injured**" on our first aid courses.

A simple definition is that there are many answers to the question, "What is first aid?" Here is a range of definitions for your interest.

The first definition is emergency care or treatment given to an ill or injured person before the regular medical team arrives or is obtained. Second, first aid is emergency care given immediately to an injured person. The purpose of first aid is to minimize injury and future disability. Third, the definition of first aid is simple medical treatment given as soon as possible to a person who is injured or who becomes suddenly ill, such as a person who suddenly develops vomiting while traveling on a bus. First of all, you make the bus stop nearby and have the patient get off, clean his mouth and other things, give him some water to drink, and provide some medicine for the vomiting, and that is what first aid is.

The definition is the initial process of assessing and addressing the needs of someone who has been injured or is in physiological distress. Our definition here is that these are all fine and give a sense of first aid in all aspects, but we tend to say that first aid is immediate temporary care for the ill and injured. Remember it is temporary care until the medical professional help arrives, so it is temporary care given to a person who has undergone an injury or who has fallen sick.

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3 Steps for Emergency Situations

IF YOU ENCOUNTER AN EMERGENCY SITUATION, FOLLOW THESE THREE BASIC STEPS:

- 1. Check the scene for danger**
 - Look for anything that might be dangerous, like signs of fire, falling debris, or violent people. If your safety is at risk, remove yourself from the area and call for help.
 - If the scene is safe, assess the condition of the sick or injured person. Don't move them unless you must do so to protect them from danger.
- 2. Call for medical help, if needed**
 - If you suspect the sick or injured person needs emergency medical care, tell a nearby person to call 911 or the local number for emergency medical services. If you're alone, make the call yourself.
- 3. Provide care**
 - If you can do so safely, remain with the sick or injured person until professional help arrives. Cover them with a warm blanket, comfort them, and try to keep them calm. If you have basic first aid skills, try to treat any potentially life-threatening injuries they have.
 - Remove yourself from danger if at any point in the situation you think your safety might be at risk.

These are the types of first aid emergencies we also always explain: first aid has three priorities. The first is to preserve life; in this case, the person may be dying, their heart may have stopped, and you give CPR (cardiopulmonary resuscitation) while providing airway, breathing, and circulation, which is preserving life.

Second is to prevent further worsening, such as stopping the casualty from getting any worse by treating their injury and managing the incident to prevent the situation from worsening, like a patient who has fallen and is trapped in a burning house. First of all, you bring him out to prevent further burns on his body. Third is to promote recovery by trying to help a person feel better through talking to them and supporting them

emotionally. Suppose a person has undergone a vehicle accident; he is conscious, maybe his leg is broken, but he is conscious. You go and talk to him, providing him support until medical emergency help arrives; that is what promoting recovery or supporting an injured person means.

Three steps for an emergency situation: if you encounter an emergency situation, follow these three basic steps: check the scene for safety. Look for anything that might be dangerous, like fire, falling debris, or violent people. Then, take your person or a client to a safer place and remove him from further danger. If the scene is safe, assess the condition of the sick and injured person: how bad it is, where he is injured, whether there is bleeding or not, and whether he is conscious. Also, don't move them unless you must do so to protect them from danger.

The second step is to call for medical help. If you have somebody with you, tell him to call the police, an emergency ambulance, or a nearby hospital. Third is provided with care. After that first, assess the situation by calling for help, and then provide care based on the injury or illness suffered by the patient. You should remain with the patient, first trying to assess what the situation is, where the injury is, how bad it is, whether he is in pain, and whether he is conscious and talking.

Keep providing care until medical help arrives. Remove yourself from danger if at any point you think the situation is unsafe for you; prioritize your safety as well. If the injured person is among the mob and everybody is attacking him, then remove the person along with yourself. If you cannot remove the victim, at least remove yourself; do not expose yourself to this type of meeting or any attack by the mob, so protect yourself, as that is also one of the very important steps of first aid.

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1. First Aid Bandage

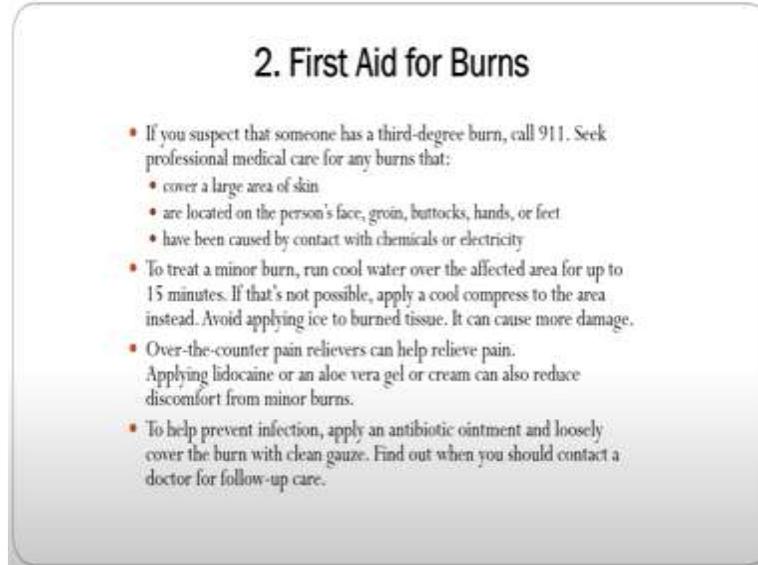
- In many cases, you can use an adhesive bandage to cover minor cuts, scrapes, or burns. To cover and protect larger wounds, you might need to apply a clean gauze pad or roller bandage.
- To apply a roller bandage to a wound, follow these steps:
- Hold the injured area steady.
- Gently but firmly wrap the bandage around the injured limb or body part, covering the wound.
- Fasten the bandage with sticky tape or safety pins.
- The bandage should be wrapped firmly enough to stay put, but not so tightly that it cuts off blood flow.
- To check the circulation in a bandaged limb, pinch one of the person's fingernails or toenails until the color drains from the nail. If color doesn't return within two seconds of letting go, the bandage is too tight and needs to be adjusted.

First aid bandage: you should learn how to apply a first aid bandage.

In many cases, you can use an adhesive bandage to cover minor cuts, like small cuts and wounds. You can apply a bandage to cover and protect larger wounds; you might need to apply a clean gauze pad or roller bandage. To apply a roller bandage to a wound, follow these steps. Hold the bandage in place. First of all, whenever you want to apply a bandage, hold the injured area steady and keep it separate from other parts.

Gently but firmly wrap the bandage around the injured limb or body part, covering the wound with the sticking tape or with a safety pin. The bandage should be wrapped firmly enough to stay put, but not too tightly; it should be wrapped properly, not too tight and not too loose. Too tight will cause obstruction to the circulation of the blood flow, and too loose will not serve the purpose. To check the circulation in a bandaged limb, pinch one of the person's fingernails or toenails and check for color by pressing that particular nail; if there is circulation, the nail will become pink.

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2. First Aid for Burns

- If you suspect that someone has a third-degree burn, call 911. Seek professional medical care for any burns that:
 - cover a large area of skin
 - are located on the person's face, groin, buttocks, hands, or feet
 - have been caused by contact with chemicals or electricity
- To treat a minor burn, run cool water over the affected area for up to 15 minutes. If that's not possible, apply a cool compress to the area instead. Avoid applying ice to burned tissue. It can cause more damage.
- Over-the-counter pain relievers can help relieve pain. Applying lidocaine or an aloe vera gel or cream can also reduce discomfort from minor burns.
- To help prevent infection, apply an antibiotic ointment and loosely cover the burn with clean gauze. Find out when you should contact a doctor for follow-up care.

Second is first aid for burns.

If you suspect that someone has a third-degree burn, call 911 and seek professional medical care for any burn when a large area of the skin is involved, or when it is located on the face, groin, or buttocks, which are vital areas, and then also call for help. If you have been affected by contact with the chemicals or electricity, then you cannot manage without the help of an expert. To treat a minor burn, run cold water over the affected area for up to 15 minutes. If that's not possible, apply a cool compress to the area instead and avoid applying ice to the burnt tissue; don't apply ice directly, only the water. Over-the-counter pain-relieving medicine will be helpful to the patient, but if the victim has a history of any allergy to pain medicine, first inquire about it and then only give pain medicine.

There is a lidocaine ointment available or some aloe vera ointment, which has a soothing effect and can be applied over the burns. To help prevent infection, apply an antibiotic ointment as well, and loosely cover the burn with a clean piece of gauze. Find out where to call the doctor and where to send the patient; refer the patient for further treatment. Then first aid CPR supposes a patient has fallen unconscious and his heart has stopped beating; in this case, you have to give CPR. There are a number of trainings available on CPR and advanced life support one can undergo such training, but primarily you can help the patient by securing the airway, giving breaths, and securing circulation.

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3. First Aid CPR

- If you see someone collapse or find someone unconscious, call 911. If the area around the unconscious person seems safe, approach them and begin CPR.
- Even if you don't have formal training, you can use hands-only CPR to help keep someone alive until professional help arrives.
- Here's how to treat an adult with hands-only CPR:
- Place both hands on the center of their chest, with one hand on top of the other.
- Press straight down to compress their chest repeatedly, at a rate of about 100 to 120 compressions per minute.
- Compressing the chest to the beat of "Staying Alive" by the Bee Gees or "Crazy in Love" by Beyoncé can help you count at the correct rate.
- Continue performing chest compressions until professional help arrives.

So if you see someone collapse or find someone unconscious, call 911. If the area around the unconscious person seems safe, approach them and begin CPR. First of all, the area should be safe; the victim should be shifted to a safer area if required. And if you do not have formal training, you can use hands-only CPR. If you are not certified or not formally trained, there is one method of giving chest compressions which we call hands-only CPR.

You will learn about this in detail in next few lectures and place both the hands on the center of the chest of the victim and one hand on the top of the other and start pushing compressing the chest below and you have to compress to about 1.5 to 2 inches below and then bring it above and this compression is given about 100 to 120 times per minute. Compressing the chest to the beat of "Stayin' Alive" by the Bee Gees and "Crazy in Love" by Beyoncé can help you count at the correct rate; continue performing chest compressions until professional help arrives. First aid for a bee sting. When you are on a hike or some trips to the mountains, you are likely to encounter this type of situation; for some people, a bee sting is a medical emergency.

If they have an epinephrine auto-injector, there is a pre-filled syringe of epinephrine. This sting can cause anaphylaxis or a very severe reaction in the patient, where the patient will have rashes all over their body, edema all over their body, and a choking sensation in the throat. By giving epinephrine, you can relieve this sensation and save the patient.

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4. First Aid for Bee Sting

- For some people, a bee sting is a medical emergency. If a person is having an allergic reaction to a bee sting, call 911. If they have an epinephrine auto-injector (like an EpiPen), help them find and use it. Encourage them to remain calm until help arrives.
- Someone who's stung by a bee and showing no signs of an allergic reaction can usually be treated without professional help.
- If the stinger is still stuck under the skin, gently scrape a credit card or other flat object across their skin to remove it. Then wash the area with soap and water and apply a cool compress for up to 10 minutes at a time to reduce pain and swelling.
- To treat itching or pain from the sting, consider applying calamine lotion or a paste of baking soda and water to the area several times a day.

Someone who is stung by a bee and shows no signs of an allergic reaction can usually be treated without professional help. If the stinger is still stuck under the skin, gently scrape a credit card or other flat object across the skin to remove it.

Try to remove the insect that is still lodged under the skin, then wash the area with soap and water to clean up the poison deposited by the sting, and continue for up to 10 minutes to reduce the pain and swelling. To treat itching or pain from the sting, consider applying calamine lotion or a paste of baking soda and water to the area several times a day.

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5. First Aid for Nosebleed

- To treat someone with a nosebleed, ask them to:
- Sit down and lean their head forward.
- Using the thumb and index finger, firmly press or pinch the nostrils closed.
- Continue to apply this pressure continuously for five minutes.
- Check and repeat until the bleeding stops.
- If you have nitrile or vinyl gloves, you can press or pinch their nostril closed for them.
- If the nosebleed continues for 20 minutes or longer, seek emergency medical care. The person should also receive follow-up care if an injury caused the nosebleed.

First aid for nosebleeds, this is something you might have come across in small children sometimes, you know, or even elderly people who have high blood pressure; if they don't check their blood pressure and have continuous hypertension, they are likely to bleed. Then, very old people have very fragile mucosa in the nostril, and by scraping, they are likely to bleed. So sit down and lean their head forward make them look forward using the thumb and index finger firmly press or pinch the nostrils and close the nostrils continue to firstly you apply pressure over the nostril continuously for 5 minutes and check and repeat until the bleeding stops if you have a nostril or of vinyl gloves you can put or pinch their nostril closed for them.

If the nosebleed continues for 20 minutes or longer, seek emergency medical care, or you can even pack the nostril lightly with gauze or slightly firmly; the patient can start breathing from the mouth and pack the nostril until medical help arrives.

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6. First Aid for Heatstroke

- When your body overheats, it can cause heat exhaustion. If left untreated, heat exhaustion can lead to heatstroke. This is a potentially life-threatening condition and medical emergency.
- If someone is overheated, encourage them to rest in a cool location. Remove excess layers of clothing and try to cool their body down by doing the following:
 - Cover them with a cool, damp sheet.
 - Apply a cool, wet towel to the back of their neck.
 - Sponge them with cool water.
- Call 911 if they develop signs or symptoms of heatstroke, including any of the following:
 - Nausea or vomiting
 - Mental confusion
 - Fainting
 - Seizures
 - A fever of 104°F (40°C) or greater
- If they're not vomiting or unconscious, encourage them to sip cool water or a sports drink.

First aid for heat stroke: This is very common in India because many of our states experience very harsh summers, and heat stroke is likely when your body overheats. It can cause heat exhaustion, and if left untreated, heat exhaustion can lead to heat stroke. This is a potentially life-threatening condition and a medical emergency. If someone is overheated, encourage them to rest in a cool location, shift the patient into a cool location inside a house under a fan or under a tree, and remove excess layers of clothing.

Try to cool down the body and loosen the clothes to allow air to touch the body. Cover them with a cool damp sheet and apply a cool wet towel to the back of the neck, and sponge them with cool water. Then they may experience nausea, vomiting, mental

confusion, fainting, seizures, or a fever, so cool the skin as much as possible by repeated cold sponging. If the patient is able to drink water, give him plenty of cold water to drink. ORS, which is an oral rehydration solution, or lemon juice, and if they are not vomiting or unconscious, encourage them to sip cold water or a sports drink before these are the primary aids given before the patient is shifted to the hospital.

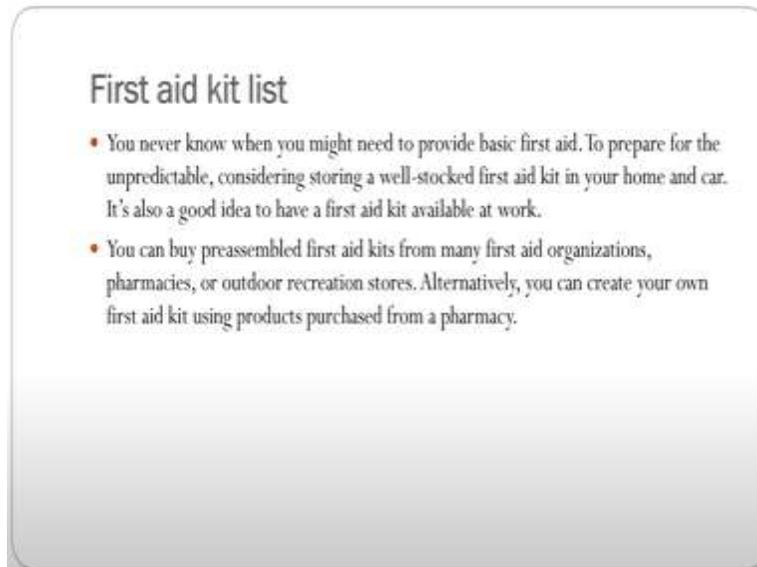
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7. First Aid for Heart Attack

- If you think someone might be experiencing a heart attack, call 911. If they've been prescribed nitroglycerin, help them locate and take this medication. Cover them with a blanket and comfort them until professional help arrives.
- If they have difficulty breathing, loosen any clothing around their chest and neck. Start CPR if they lose consciousness.

First aid for a heart attack includes, first of all, emergency ambulance services. If the patient is already taking nitroglycerin, he might have a strip of nitroglycerin tablets at home. Tell them to take the medicine, put it under his tongue, cover him with a blanket, and make him lie supine as far as possible. If there is difficulty in breathing and you feel that his heart has stopped, then you can start CPR before he loses consciousness. So, give nitroglycerin, make him comfortable, call an ambulance at 108, and then shift the patient.

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First aid kit list

- You never know when you might need to provide basic first aid. To prepare for the unpredictable, considering storing a well-stocked first aid kit in your home and car. It's also a good idea to have a first aid kit available at work.
- You can buy preassembled first aid kits from many first aid organizations, pharmacies, or outdoor recreation stores. Alternatively, you can create your own first aid kit using products purchased from a pharmacy.

First aid kit list: you never know when you might need to provide basic first aid, so prepare yourself by assembling a kit. As per your knowledge and expertise, you can prepare this kit, which can be kept in your vehicle or with you whenever you are traveling or out of the house; this kit can also be kept ready at home because many emergencies can occur, injuries may happen, and you might need your kit to help the victim. You can buy a pre-assembled first aid kit from many first aid organizations, which may include some medicine, some bandages, and many other things that we will come to know in the next slides.

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Standard First Aid Kit

- Adhesive Bandages Of Assorted Sizes
- Roller Bandages Of Assorted Sizes
- Absorbent Compress Dressings
- Sterile Gauze Pads
- Adhesive Cloth Tape
- Triangular Bandages
- Antiseptic Wipes
- Aspirin
- Acetaminophen Or Ibuprofen
- Antibiotic Ointment

So the kit should include an adhesive bandage of assorted sizes, various sizes of bandages, a roller bandage, absorbent compressed dressings, sterile gauze pads, adhesive cloth tape, triangular bandages, and antiseptic wipes, aspirin. Acetaminophen, which is paracetamol, Brufen, or antibiotic ointment, may be used.

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Standard First Aid Kit

- Hydrocortisone Cream
- Calamine Lotion
- Nitrile Or Vinyl Gloves
- Safety Pins
- Scissors
- Tweezers
- Thermometer
- Breathing Barrier
- Instant Cold Pack
- Blanket
- First Aid Manual
- It's also smart to include a list of your healthcare providers, emergency contact numbers, and prescribed medications in your first aid kits.

Sometimes, steroid cream, calamine lotion, nitrile or vinyl gloves, safety pins, scissors, tweezers, a thermometer, a breathing barrier, and an instant cold pack are provided for use in CPR to assist with breathing for the patient. Then, a blanket and a first-aid manual are needed. So, based on your expertise and knowledge, you can prepare your kit. First of

all, it is important to protect yourself. Suppose a patient comes to know that he has pneumonia, some infection, or even a skin infection; you should protect yourself by following universal precautions, such as wearing gloves, a mask, and, if possible, a gown.

Also, always avoid exposing yourself to any chemical hazards, injuries, or infections. Always avoid direct contact with blood, vomit, or any bodily fluids because you don't know the patient's status.

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OUTLOOK...

- It's important to protect yourself from contagious illnesses and other hazards when providing first aid. To help protect yourself:
- Always check for hazards that could put your safety at risk before approaching a sick or injured person.
- Avoid direct contact with blood, vomit, and other bodily fluids.
- Wear protective equipment, such as nitrile or vinyl gloves when treating someone with an open wound or a breathing barrier when performing rescue breathing.

Suppose a patient may have HIV; if your hands have cuts or injuries and you expose them to the blood and vomit of the patient, you are likely to get the infection. So wear protective equipment whenever possible. Secondly, after attending to the victim, wash your hands with soap and water immediately after providing first aid.

OUTLOOK

- Wash your hands with soap and water immediately after providing first aid care.
- In many cases, basic first aid can help stop a minor situation from getting worse. In the case of a medical emergency, first aid might even save a life. If someone has a serious injury or illness, they should receive follow-up care from a medical professional.



In many cases, basic first aid can help stop a minor situation from getting worse. In the case of a medical emergency, first aid might even save a life. Suppose you know CPR thoroughly; then you might save a life. Later on, after shifting the patient to a medical professional or to the hospital, you can follow up with them, and you will come to know how your first aid helped this patient survive or made them less vulnerable to further injury afterward.

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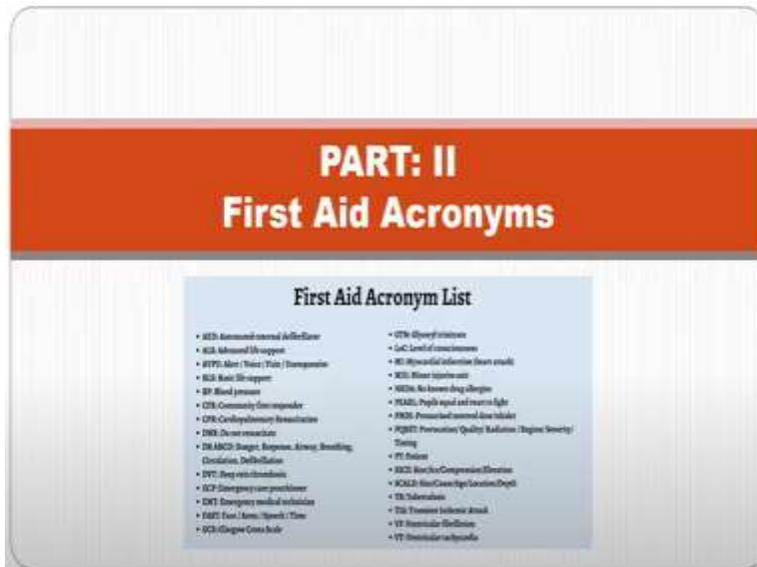
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Medically
reviewed by Deborah
Weatherspoon, Ph.D.,
MSN — Written by Linda
Hepler, RN on
November 5, 2018

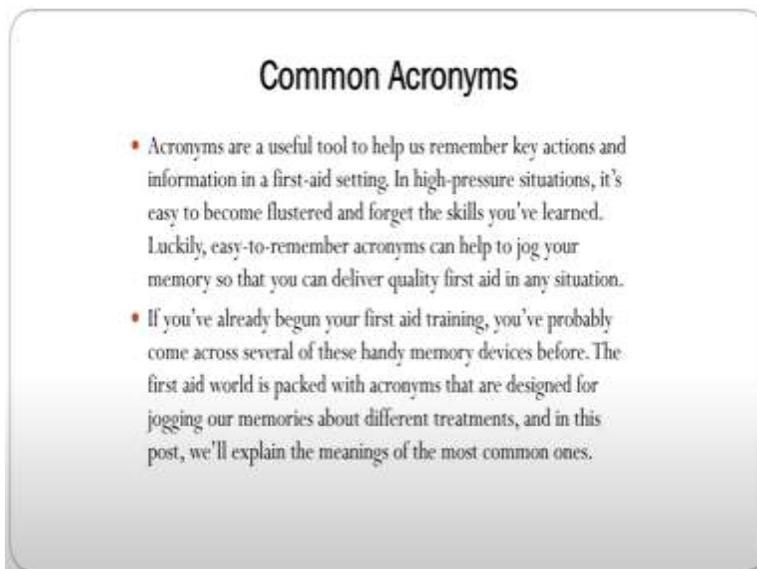
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Coming to part two, you will have to learn about the first aid acronym and a few words you need to learn in detail to gain proper knowledge. First, like CPR, it is important to remember what CPR stands for, as it will help you remember key actions and information in a first aid setting.

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If you have already begun your first aid training, you have probably come across several of these, and if you read them repeatedly, you will memorize them and be able to practice them better.

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These are the common acronyms.

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Starting with AED, which stands for automated external defibrillator, it is commonly used for advanced CPR and resuscitation.

ALS means advanced life support. AVPU means alert, voice, pain, and unresponsive, indicating whether the patient is alert, able to talk, in pain, or not responding to verbal commands.

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- **BLS: Basic Life Support:** This is the standard level of care provided by trained first aiders in a life-threatening situation before full medical care arrives.
- **BP: Blood Pressure:** Blood pressure is one of the vital signs used in first aid to evaluate and monitor a patient's health. Other vital signs include heart rate, respiratory rate, and body temperature.
- **CFR: Community First Responder:** A community first responder is a trained volunteer who can provide basic life-saving treatment in the event of an emergency until paramedics arrive. They are usually assigned to a particular locality or workplace.

Basic life support, or BLS, is essentially CPR, while ALS refers to advanced life support. So, you remember that BLS is basic life support, BP is blood pressure, and a community first responder is a CFR. If you are one from the community, then you are called a community first responder. So, maybe in your locality, you know the name of this community first responder; if any emergency occurs, you can call a CFR and take their help.

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- **CPR: Cardiopulmonary Resuscitation:** CPR is a lifesaving method of keeping blood circulating around the body and delivering oxygen to the organs during cardiac arrest. It involves a combination of chest compressions and rescue breaths.
- **DNR: Do Not Resuscitate:** A DNR order is a legal document that is issued to some patients who are in end-of-life care. This document informs first aiders and emergency responders to avoid the use of CPR if the patient goes into cardiac arrest.
- **DR ABCD: Danger, Response, Airway, Breathing, Circulation, Defibrillation:** The acronym 'DR ABCD' is one of the most important acronyms for a first aider to learn. It is designed to walk responders through a primary survey to assess a casualty and decide on the next steps of treatment.

CPR stands for cardiopulmonary resuscitation. DNRs do not resuscitate. Certain patients who are in an advanced stage of the disease are highly infectious and have too many problems may not require resuscitation and may be shifted to a professional institution immediately. DR-ABCD, this is a word you will learn during CPR training. DR is danger. What is it? Is there any danger? What is the response? And then come the airway, breathing, circulation, and defibrillation.

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- **DVT: Deep Vein Thrombosis**
- Deep vein thrombosis is the technical term to describe a blood clot found inside a vein. It usually occurs in the leg and is a life-threatening condition that needs urgent professional medical attention.
- **ECP: Emergency Care Practitioner**
- Emergency Care Practitioners (ECP) are individuals with medical skills and training above that of a standard paramedic or nurse. They usually have a background in para medicine.
- **EMT: Emergency Medical Technician**
- An emergency medical technician is someone who is trained in BLS (basic life support) and can provide care in an emergency medical situation. Different levels of EMT training can be undertaken depending on a person's role in the community.

DVT is deep vein thrombosis, a condition in which the blood vessels of the lower or upper limbs become thrombosed and blocked because of a blood clot. ECP is an emergency care practitioner. An EMT is an emergency medical technician.

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- **FAST: Face / Arms / Speech / Time**
- F.A.S.T is a series of tests to determine if someone is having a stroke. Each letter identifies one of the major symptoms of stroke so that medical attention can be sought immediately. The sooner a stroke patient receives medical care, the better their outcome will be.
- **GCS: Glasgow Coma Scale**
- The Glasgow Coma Scale is a clinical scale that was originally developed by neurosurgeons in Glasgow, Scotland. It measures the level of consciousness in brain injury victims by assessing eye movements, speech, and physical movement.
- **GTN: Glyceryl Trinitrate**
- Glyceryl trinitrate is a prescription medication that is commonly used to prevent and treat chest pain, known as angina. It is also used in some medical settings to improve the visibility of a patient's veins.

FAST: Face, arms, speech, and time. The GCS, or Glasgow Coma Scale, is a very advanced concept to learn.

But if you are very experienced, you can learn about the type of coma the patient is in and what the grade of that coma is, which can be determined using the Glasgow Coma Scale. Glyceryl trinitrate is a medication used for chest pain, while sorbitrate is known for treating angina, and many cardiac patients keep a strip of sorbitrate at home. The level of consciousness must be defined, so this terminology will be useful when you talk to your professionals. So before professional help arrives, you give first aid, but when professional help arrives, you have to give a summary of what has been done, and if you know this terminology, it will be very, very useful to describe what you have done to the victim.

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- **LoC: Level of Consciousness**
- Level of consciousness is used to describe how alert, awake, and aware a patient is following an illness, accident, injury, or overdose.
- **MI: Myocardial Infarction (Heart Attack)**
- Myocardial infarction is the technical term for a heart attack, a life-threatening condition that occurs when there is a blockage in the blood supply to the heart. Heart attacks with no external symptoms are sometimes referred to as 'silent MI's.'
- **MIU: Minor Injuries Unit**
- Minor Injuries Units are walk-in centers designed to treat non-life threatening injuries such as cuts, broken bones, eye injuries, sprains, minor burns, and minor head injuries.

Then myocardial infarction (MI) is a minor injury unit.

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- **NKDA: No Known Drug Allergies**
- NKDA is an acronym used by medical professionals on a patient's records. NKDA refers only to medication allergies and should not be confused with NKA, which means no known allergies of any kind.
- **PEARL: Pupils Equal And React To Light**
- PEARL is a memory device used to assess a patient after a head injury. It helps to establish a patient's brain function by shining a light into the eye and seeing how the pupils respond. In healthy individuals, the pupils will shrink. If the brain is not functioning correctly, it may stay the same size.
- **PMDI: Pressurised Metered Dose Inhaler**
- A pressurized metered dose inhaler is sometimes referred to as a 'puffer.' The inhaler delivers a precise dose of aerosolized medication into the lungs. It's usually self-administered and is commonly used as part of a treatment plan for asthma and various other respiratory diseases.

No known drug allergies (NKDA). This history is taken from the victim if they are conscious, or if the victim is accompanied by a friend or family member, they can provide the history. Pupils are equal and reactive to light (PEARL), which is a sign of the patient's consciousness. A pressurized metered-dose inhaler is usually used by asthma patients, and if a patient is choking or experiencing breathing difficulties and is an asthma patient, they might be carrying this inhaler, which you can use immediately. So you should know how to use this inhaler, which is also a part of first aid.

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- **PQRST: Provocation/ Quality/ Radiation / Region/ Severity/ Timing**
- PQRST is a memory device used by first aiders and medics to determine a casualty's level of pain. It also helps in assessing the cause and treatment plan of pain.
- **PT: Patient**
- PT simply stands for the patient. It is an acronym often found on medical notes, but it can be used by first-aiders when noting down important information to pass on to emergency services.
- **RICE: Rest/Ice/Compression/Elevation**
- The RICE acronym is a memory device that helps first aiders remember the steps to take to treat an injury, relieve pain, and reduce swelling.

Provocation, quality, radiation, region, severity, and timing—this PQRST is usually used for pain assessments. Where is the pain? How is it provoked? What is the quality of the pain? Where is it radiating? Is it radiating to other parts of the body or to any other region? And what is the severity, and what is the timing of the pain? This is how it is used.

PT is for the patients. R.I.C.E.: Rest, Ice, Compression, Elevation.

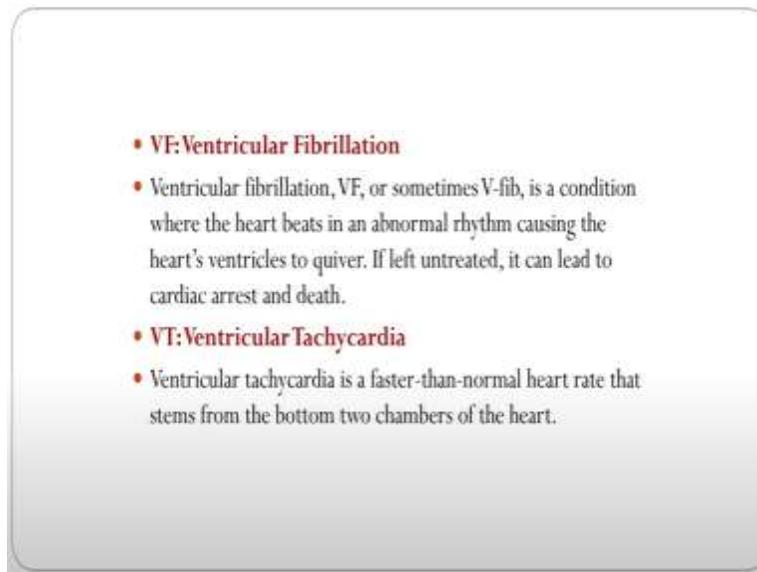
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- **SCALD: Size/Cause/Age/Location/Depth**
- The acronym SCALD is used to assess the severity of a burn and evaluate the need for professional medical attention.
- **TB: Tuberculosis**
- Tuberculosis, often referred to as TB, is a serious infectious disease that predominantly affects the lungs. If left untreated, TB can be a life-threatening illness.
- **TIA: Transient Ischemic Attack**
- A transient ischemic attack (TIA) is the technical term for a mini-stroke. Unlike a major stroke, symptoms of a TIA usually resolve themselves in under 60 minutes. However, the telltale signs, such as weakness, numbness, slurred speech, and confusion, are the same.

SCALD: size, cause, age, location, and depth. Acronyms are used to assess the severity of burns. And TB is for tuberculosis; everyone knows that. TIA is a transient ischemic attack that occurs when a patient falls unconscious, develops convulsions, or experiences weakness in an arm or leg.

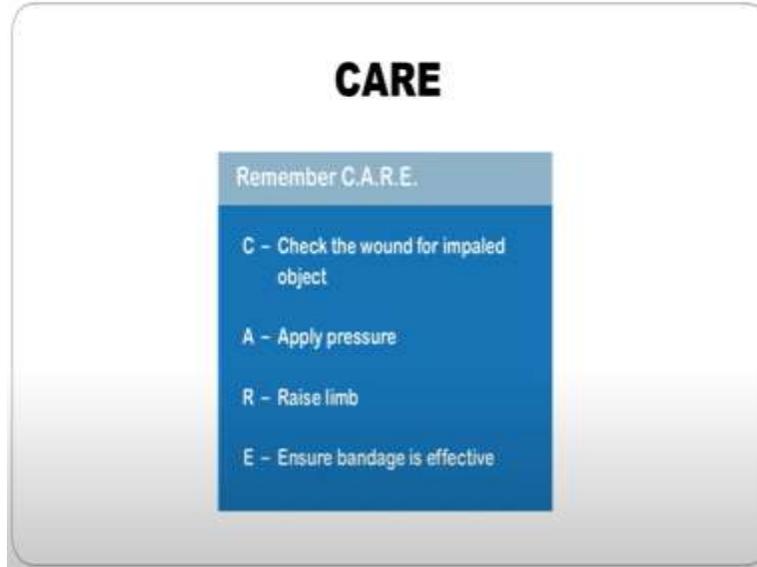
It is called a transient ischemic attack in the brain, where circulation stops, and the patient experiences this type of attack.

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Ventricular fibrillation during the resuscitation of a CPR victim. If you see the ECG and there is so many fibrillatory waves with very fast movement of the heart, it is called ventricular fibrillation or ventricular tachycardia.

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So always remember, whenever you are giving care to a wounded person, check the wound for impaled objects whether wound has got any impaled objects inside. Sometimes it is you should not remove that object, like a sharp injury with a stab or knife in the neck; if you remove the knife, the whole vessel will get torn, and the patient could bleed to death.

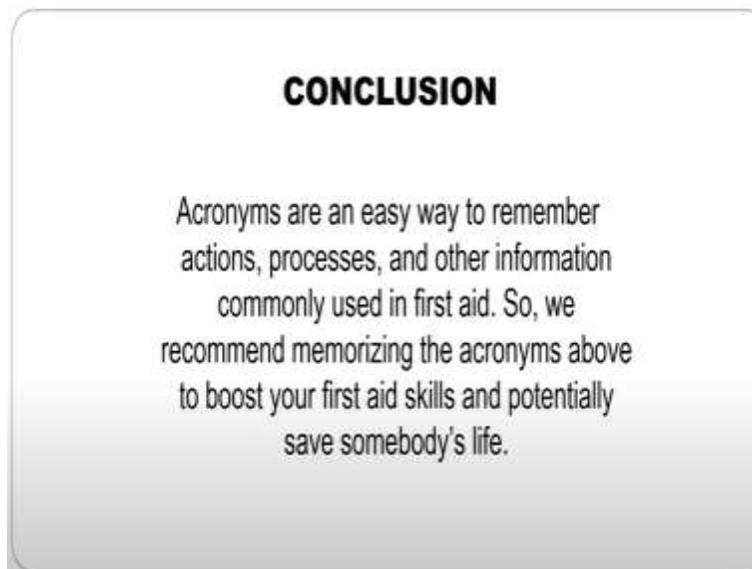
In such cases, you don't remove the object, but if it is a minor object in the wound, like a small stone or something, you can remove it and then apply pressure, raise the limb, and ensure that the bandage is effective.

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The effective bandage after raising the limb it is gone. DRSABCD will help you learn more about CPR.

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So acronyms are an easy way to remember actions, processes, and other information commonly used in first aid. We recommend memorizing the acronyms to boost your first aid skills; this will help you express your procedure and things you have done better to the medical professional and potential it will help you save the life of the patient. Thank you very much.