

‘YOU CAN SAVE A LIFE’!!

**FIRST-AID AND BASIC LIFE SUPPORT(BLS)
FAMILIARISATION & TRAINING PROGRAM**

DATE & TIME

26th FEBRUARY,2020,9:30- 11.30AM

VENUE

DR.MCR HRD INSTITUTE,HYDERABAD



ABOUT SIMS HEALTHCARE

SIMS HEALTHCARE PRIVATE LTD is established with an objective to meet the healthcare demands in various streams right from skill training & placements to delivery of health services globally using niche digital platforms having offices at Hyderabad , INDIA & London, UK.

SIMS is founded on the principle of

"Healthcare to all - through innovative and affordable solutions".

ORGANISATIONAL STRUCTURE

BOARD OF DIRECTORS

LEADERSHIP TEAM

MedEd

MEDICAL SKILLS
DEVELOPMENT &
PLACEMENTS

Med 360

HOME HEALTH CARE
SERVICES & SMART CLINICS

TELE-MEDICINE
&
DIAGNOSTICS

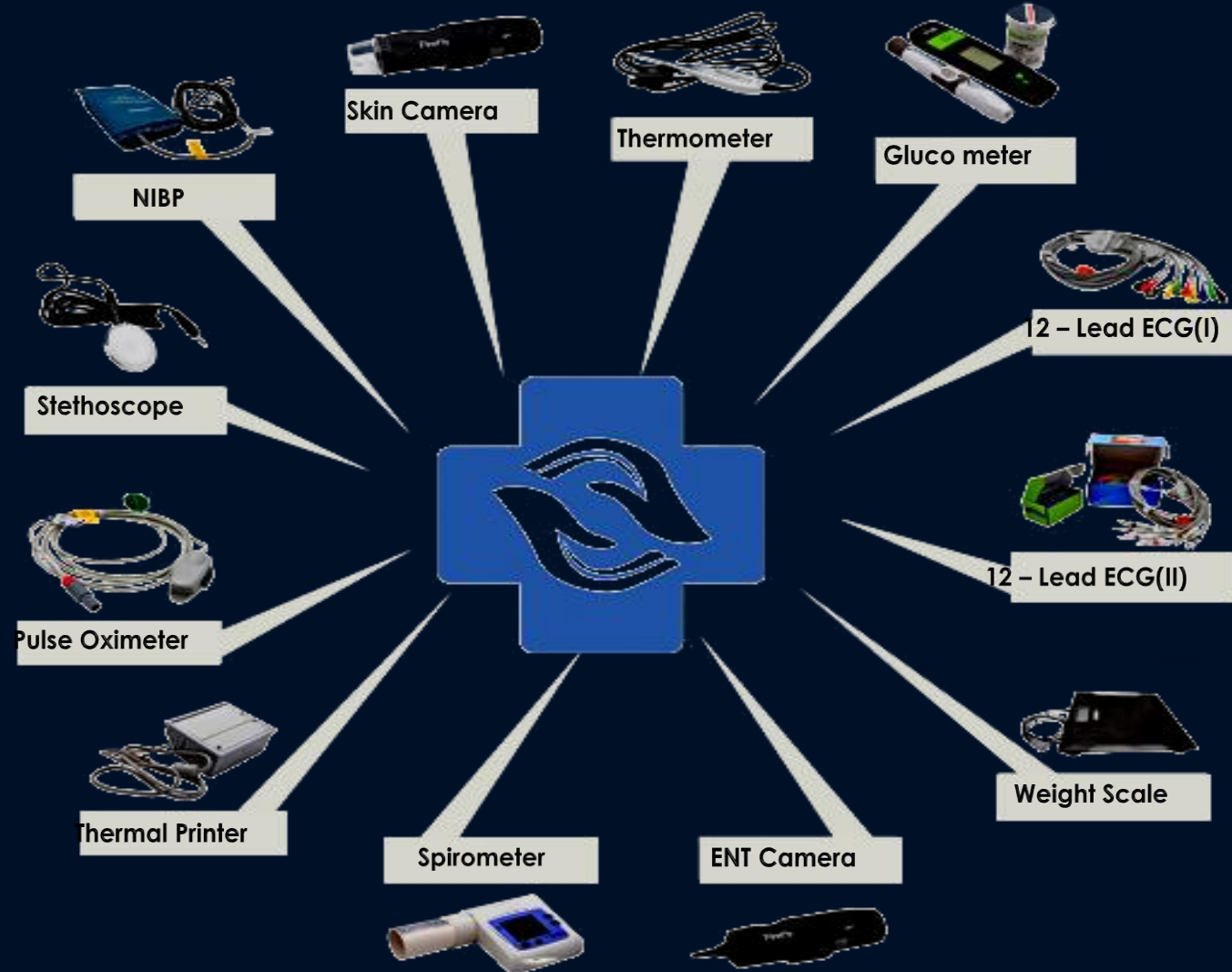
REITS &
PROJECTS

OZONE
HOSPITALS

Health IT
Solutions &
E-commerce

IT Backbone

TELEMEDICINE SERVICES



FIRST RESPONDER TRAINING SESSIONS BY **SIMS MEDED** IN 2017-2018-2019

SINCE INCEPTION, SIMS MEDED HAS TRAINED AROUND 3000 PEOPLE ACROSS THE LENGTH AND BREADTH OF THE COUNTRY.

PARTICIPANTS INCULDED EVERYONE FROM MEDICAL AND NON MEDICAL BACKGROUNDS

- COMMUNITY PARTICIPATION
- ASHA WORKERS
- HEALTHCARE PROFESSIONALS
- POLICE OFFICERS
- SCHOOLS
- IT PROFESSIONALS
- LOGISTICS INDUSTRY
- HOSPITALITY ORGANISATIONS &
- CIVIL SERVICES OFFICER TRAINEES





FIRST RESPONDER TRAINING
@
MCR HRD

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MBBS MD ANAESTHESIOLOGY AND CRITICAL CARE

- MEDICAL SUPERINTENDENT, NEELIMA HOSPITAL
- Chief & HOD Anaesthesia and critical care , NEELIMA HOSPITAL
- Joint secretary ..ITC HYDERABAD
- AMERICAN HEART ASSOCIATION INSTRUCTOR FOR BLS AND ACLS.
- NATIONAL FACULTY INDIAN RESUCITATION COUNCIL.
- NATIONAL FACULTY FOR HIGH TECHNOLOGY SIMMULATION.
- ATLS CERTIFIED.
- EXECUTIVE MEMBER ISA HYDERABAD.

Confidence in basic first aid and life support are things which you can take with you and don't add any size or weight to your pack



WHAT IS FIRST AID AND THE GOALS OF FIRST AID

First Aid is simple medical treatment given as soon as possible to a person who is injured or who suddenly becomes ill.

Preserve life – stop the person from dying

Prevent further injury – stop the person from being injured even more. If possible, an injured person should not be moved. First aid can include how to safely move injured people -- or move them anyway with less harm if there is no choice.

Promote recovery – try to help the person heal their injuries

GOLDEN RULES OF FIRST AID

1. Reach the site of accident as early as possible.
2. Do not waste time asking unnecessary questions.
3. Find out the cause of injury.
4. Separate the causative agent from the patient or the patient from the agent e.g. Falling machinery, fire, electrical wire, poisonous insects etc.
5. Find out whether the patient is dead or alive conscious or unconscious.
6. Determine the priority of first aid measures to be adopted e.g. Restoration of cardiac function, restoration of breathing, stop bleeding from the site of injury etc, in that order.
7. Arrange for medical aid.
8. Keep a record of the patient and the details of the event.
9. Keep the patient warm and comfortable as far as possible.
10. Improvise rather than wait for specific equipment.
11. If the patient is conscious, reassure him.

DRSCABD FORMULA – EMERGENCY ACTION PLAN

D – Danger

To yourself first, then others, then the casualty

R – Response

Talk and Touch - ask them to open their eyes and/or squeeze your hands

S- Send for Help

Call for an Ambulance (108 or any other Ambulance)

C – CPR

With no visible signs of life, commence CPR at 30 chest compressions followed by two breaths

A Airway

Check that the airway is clear

B - Breathing

Look, Listen and Feel for 10 seconds to check the breathing.

If breathing, roll them into the recovery position and call 108 or any other Ambulance.

D - Defibrillator

Attach defibrillator (AED) as soon as possible and follow the prompts

Continue CPR until qualified personnel arrive or signs of life return.

FIRST AID ESSENTIALS KIT TO CARRY

- A tiny pot of vaseline stops chafing before it causes problems and is ideal to prevent blisters from worsening after they have been dressed.
- Small scissors, safety pins & tweezers is useful for pulling out thorns and insect stings
- Medical exam gloves
- Dressing tape , Bandages & Crepe bandages for Sprains
- Betadine ointment, Cotton & Dettol
- Anti-diarrheal medication
- Antihistamine tablets such as cetirizine can be useful for itchy insect bites or minor allergic reactions.
- Painkiller tablets such as paracetamol and/or ibuprofen will help you deal with any aches or minor sprains before they become a major problem.

BITES

FROST BITE

Frostbite is an injury caused by freezing of the skin and underlying tissues.



SNAKE BITE

Snakebite is an injury caused by the bite of a snake, especially a venomous snake. a common symptom of a bite from a venomous snake is the presence of two puncture wounds from the animal's fangs



For immediate first aid treatment, do the following:

FROST BITE

- Seek shelter from the cold.
- Warm your hands by tucking them under your arms.
- If possible, go indoors and remove wet clothing and jewelry.
- Once inside, place your hands and feet in warm water, and cover the rest of your body with a blanket.
- Avoid sources of heat such as lamps, fire, or heating pads. These can burn frostbitten skin.
- If you think you're dehydrated, drink warm drinks.
- See a doctor as soon as possible.

SNAKE BITE

- Call Ambulance immediately.
- Note the time of the bite.
- Keep calm and still as movement can cause the venom to travel more quickly through the body.
- Remove constricting clothing or jewelry because the area surrounding the bite will likely swell.
- Don't allow the victim to walk. Carry or transport them by vehicle.
- Do not kill or handle the snake. Take a picture if you can but don't waste time hunting it down.

BITES (Insect Bite and Other Animals)

SCORPION

Scorpion stings are painful but rarely life-threatening.

The Victim should be taken to hospital where he/she can be treated.



SPIDER

If you are bitten by a spider, you may see a reaction similar to that of a bee sting, including redness, pain and swelling at the site.



BITES (Insect Bite and Other Animals)

CENTIPEDES

- The centipede's venom causes pain and swelling in the area of the bite, and may cause other reactions throughout the body. The majority of bites are not life-threatening to humans.



TICKS

- They are flat bodied and round with a small biting head that eats into a wound. Do not pull off. Use heat, petrol or hot water to make it drop off.



BURNS



- Burns are injuries to tissues caused by heat, friction, electricity, radiation, or chemicals.
- Burn depth is generally categorized as first, second, or third degree
- 1st degree: Redness and pain
- 2nd degree: Blisters are formed
- 3rd degree: Pale white or charred black and little pain or no pain seen

For immediate first aid treatment, do the following (Burns)

- 1st & 2nd degree burns: Use running tap water for cooling the affected part for 10-15 minutes or till the pain subsides.
- Apply clean dry cloth/pads to cover the part
- Seek medical assistance immediately
- 3rd degree burns: Activate EMS (Emergency Medical Services) immediately
- Remove jewelry from the effected part if any
- Cover with clean and dry cloth/padding
- Remove burnt clothing which is not attached to the burnt skin
- If the person is conscious and able to drink water, give water to drink

CHEMICAL BURNS



- A chemical burn occurs when your skin or eyes come into contact with an irritant, such as an acid or a base. Bases are described as alkaline. Chemical burns are also known as caustic burns. They may cause a reaction on your skin or within your body. These burns can affect your internal organs if chemicals are swallowed.

For immediate first aid treatment, do the following

- Make sure that any contaminated clothing or jewelry is no longer in contact with your skin.
- Rinse the burn area with plain water if you think some of the chemical is still on your skin.
- Loosely apply a bandage or gauze.
- See a doctor immediately

ELECTROCUTION



- Electrical injuries, although relatively uncommon, are inevitably encountered by most emergency physicians. Adult electrical injuries usually occur in occupational settings, whereas children are primarily injured in the household setting. The spectrum of electrical injury is broad, ranging from minimal injury to severe multiorgan involvement to death.

For immediate first aid treatment, do the following (Electric Shock)

- Turn off the source of electricity, if possible. If not, move the source away from you and the person, using a dry, non conducting object made of cardboard, plastic or wood.
- Begin CPR if the person shows no signs of circulation, such as breathing, coughing or movement.
- Try to prevent the injured person from becoming chilled.
- Apply a bandage. Cover any burned areas with a sterile gauze bandage, if available, or a clean cloth. Don't use a blanket or towel, because loose fibers can stick to the burns.

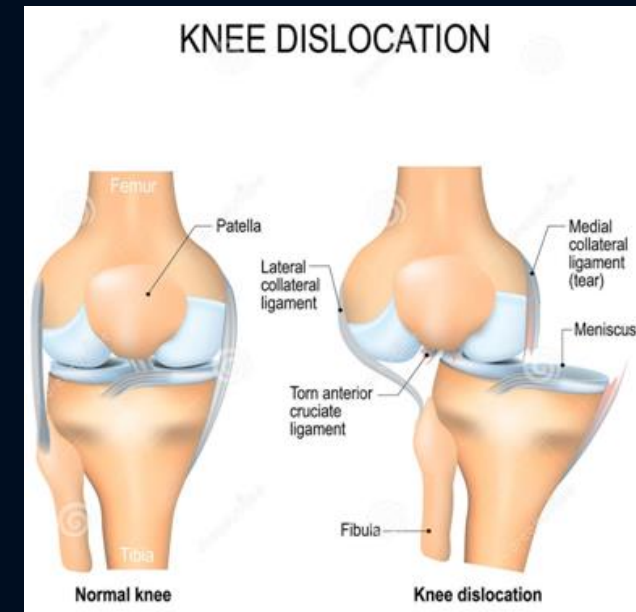
FRACTURE



- A **fracture** is a broken bone. It can range from a thin crack to a complete break.
- Bone can fracture crosswise, lengthwise, in several places, or into many pieces. Most fractures happen when a bone is impacted by more force or pressure than it can support.

DISLOCATION

- A **Dislocation** is when the bone becomes separated from the joint it meets, or it pops out of its socket. This sometimes happens when the bone and joint are overstressed.



SPRAIN

- A **sprain** is a common type of injury that involves a stretching or tearing of ligaments, the structures that connect bones together within a joint.



For immediate first aid treatment, do the following (Fractures, Dislocations, Sprains)

- Immediately immobilize the effected part by using splints
- In case of road traffic accident the injury is severe then first hold the head for stabilization. Do not move the person by yourself
- Always look out for help and assistance
- Call Ambulance

SPINE INJURIES



- Your backbone, or spine, is made up of 26 bone discs called vertebrae. The vertebrae protect your spinal cord and allow you to stand and bend. A number of problems can change the structure of the spine or damage the vertebrae and surrounding tissue.
- **Get help:** Call Ambulance or emergency medical help.
- **Keep the person still:** Place heavy towels on both sides of the neck or hold the head and neck to prevent movement.
- **Modify CPR technique:** If the person shows no signs of circulation (breathing, coughing or movement), begin CPR, but do not tilt the head back to open the airway. Use your fingers to gently grasp the jaw and lift it forward. If the person has no pulse, begin chest compressions.
- **Keep helmet on:** If the person is wearing a helmet, don't remove it.
- **Don't roll alone:** If you must roll the person because he or she is vomiting, choking on blood or in danger of further injury, you need at least one other person. With one of you at the head and another along the side of the injured person, work together to keep the person's head, neck and back aligned while rolling the person onto one side.

POISONING



- Poisoning is injury or death due to swallowing, inhaling, touching or injecting various drugs, chemicals, venoms or gases. Many substances — such as drugs and carbon monoxide — are poisonous only in higher concentrations or dosages. And others — such as cleaners — are dangerous only if ingested. Children are particularly sensitive to even small amounts of certain drugs and chemicals.
- **Swallowed poison.** Remove anything remaining in the person's mouth. If the suspected poison is a household cleaner or other chemical, read the container's label and follow instructions for accidental poisoning.
- **Poison on the skin.** Remove any contaminated clothing using gloves. Rinse the skin for 15 to 20 minutes in a shower or with a hose.
- **Poison in the eye.** Gently flush the eye with cool or lukewarm water for 20 minutes or until help arrives.
- **Inhaled poison.** Get the person into fresh air as soon as possible.

For immediate first aid treatment, do the following (POISONING)

- If the person vomits, turn his or her head to the side to prevent choking.
- Begin CPR if the person shows no signs of life, circulation, moving, breathing or coughing.
- Call Ambulance
- Have somebody gather pill bottles, packages or containers with labels, and any other information about the poison to send along with the ambulance team.

BLEEDING



- Bleeding, or hemorrhage, is the name used to describe blood loss. It can refer to blood loss inside the body, called internal bleeding. Or it can refer to blood loss outside of the body, called external bleeding.
- Apply direct pressure on the wound with clean cloth/padding for about 5-10 minutes
- If the cloth/padding is soaked with blood put another cloth/padding without removing the previous one
- If the bleeding is stopped then tie a bandage to keep the cloth/padding in place, after tying the bandage your little finger should pass through the bandage

EAR BLOCKAGES



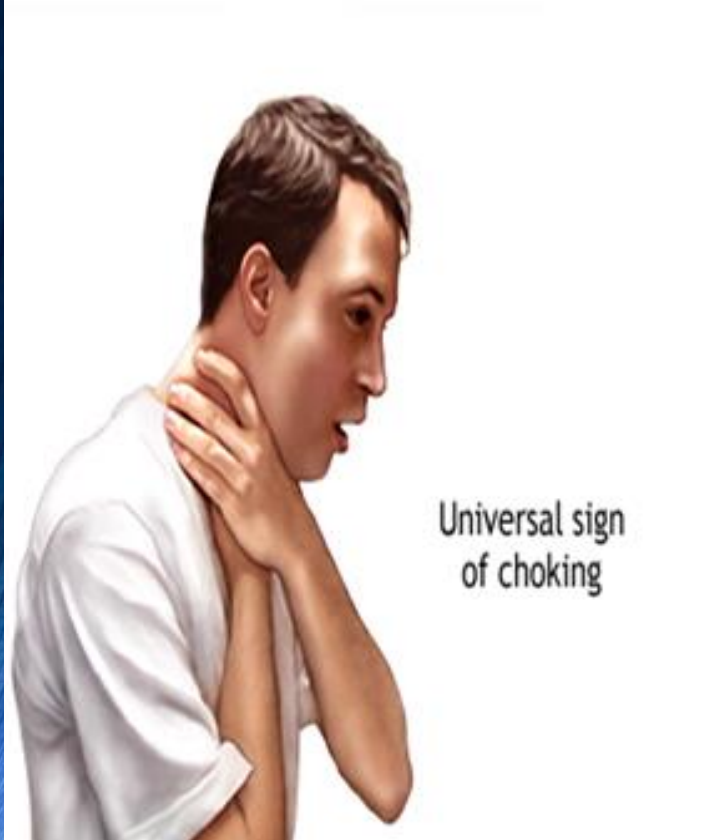
- The ear canal may be blocked by earwax , scar tissue, a foreign object, or an insect.
- **For immediate first aid treatment, do the following**
- Never put anything in the ear canal without first talking to a provider.
- Have the person lie down on the side with the affected ear down so that it can drain. However, DO NOT move the person if a neck or back injury is suspected.
- Get medical help right away.

EYE INJURIES



- Eye injuries can range from the very minor, such as getting soap in one's eye, to the catastrophic, resulting in permanent loss of vision or loss of the eye.
- **For immediate first aid treatment, do the following**
- Don't rub eyes.
- Immediately wash out the eye with lots of cold water. Use whatever is closest -- water fountain, shower, garden hose.
- If the object is embedded in the eye ball or cannot be seen, cover the eye with a gauze pad held lightly in place with a plaster and seek medical aid
- Don't bandage the eye
- Get medical help as soon as possible if acid or corrosive substance is present in the eye

CHOKING



- Choking occurs when an object obstructs our 'airway' – the pipe that takes air from our mouth/nose to our lungs. Babies & children are the highest risk group for accidental choking, often on small household objects or food
- **For immediate first aid treatment, do the following**
- First confirm whether the person is choking by "Asking are you choking"
- Immediately perform abdominal thrusts, place your fist just above the naval region of the person and grasp the fist with other hand and give forceful inward and upward thrust till the object expelled or the person becomes unresponsive
- Call Ambulance

FITS/SEIZURES



- Uncontrolled electrical activity in the brain, which may produce a physical convulsion, minor physical signs, thought disturbances, or a combination of symptoms.
- Person with the history would know that it is coming and if you can try to prevent the fall
- Reassure bystanders
- Remove any objects nearby person, which may cause injury
- Protect the person head by placing soft clothing underneath the head
- Loosen clothing around the neck
- After the person is calm put the person in recovery position
- Activate the EMS (Emergency Medical Services) if the fits/seizures do not stop in 2 minutes

DROWNING



- Drowning is when someone is unable to breathe because their nose and mouth are submerged in water, or in another liquid.
- **For immediate first aid treatment, do the following (DROWNING)**
- Call Ambulance
- Loosen the clothing around the neck
- Clear bystanders so that the person can have fresh air
- If the person is unresponsive and not breathing
- Start DRSCABD

HYPOGLYCEMIA



- Hypoglycemia, also known as low blood sugar, is when blood sugar decreases to below normal levels. This may result in a variety of symptoms including clumsiness, trouble talking, confusion, loss of consciousness, seizures, or death. A feeling of hunger, sweating, shakiness, and weakness may also be present.
- **For immediate first aid treatment, do the following**
- Immediately activate EMS (Emergency Medical Services)
- Give the person sugary drink/food if the person is conscious provided they can drink/eat

HEAT STROKE



- Heatstroke occurs when your body temperature rises rapidly and you're unable to cool down. It can be life-threatening by causing damage to your brain and other vital organs. It may be caused by strenuous activity in the heat or by being in a hot place for too long.
- **For immediate first aid treatment, do the following**
- Put the person in a cool tub of water or a cool shower.
- Spray with a garden hose.
- Sponge with cool water.
- Fan while misting with cool water.
- Place ice packs or cool wet towels on the neck, armpits and groin.
- Cover with cool damp sheets.
- Let the person drink cool water or other nonalcoholic beverage without caffeine, if he or she is able.
- Begin CPR if the person loses consciousness and shows no signs of circulation, breathing, coughing or movement.

STROKE



- A stroke occurs when part of the brain loses its blood supply and stops working. This causes the part of the body that the injured brain controls to stop working. A stroke also is called a cerebrovascular accident, CVA, or "brain
- **For immediate first aid treatment, do the following**
- Call Ambulance
- Reassure the person
- Make the person comfortable either sitting or lying
- Ensure that the person is transported to neurology center
- Provide oxygen if available
- Check blood glucose levels if available

CHEST PAIN



- Pain in the chest that can be a result of many things, including angina, heart attack (coronary occlusion), and other important diseases. Chest pain is a warning to seek medical attention.
- **For immediate first aid treatment, do the following**
- Call Ambulance
- Reassure the person
- Make the person sit in a comfortable position, provide oxygen if available
- Loosen any tight clothing, provide adequate ventilation
- If already prescribed medicine assist the person to take with minimum water (Aspirin, Sorbitrate)
- Check blood glucose levels if available

CPR

A STEP UP ON LADDER SAFETY



THANK YOU