



First Aid-AVPU & ABCDE For CHO/SN





OBJECTIVES

At the end of the session, the participants should be able to:

- Identify the need for first aid
- Describe and Demonstrate the general approaches to first aid



WHAT IS AN EMERGENCY?

- The group of conditions which need immediate medical care and intervention, are called as emergencies.
- Are non-discriminatory – can happen to anyone
- Time bound – ‘the golden hour’
- Commonly encountered Emergencies in the community may range from accidents and trauma to emergencies arising out of chronic diseases like NCDs.



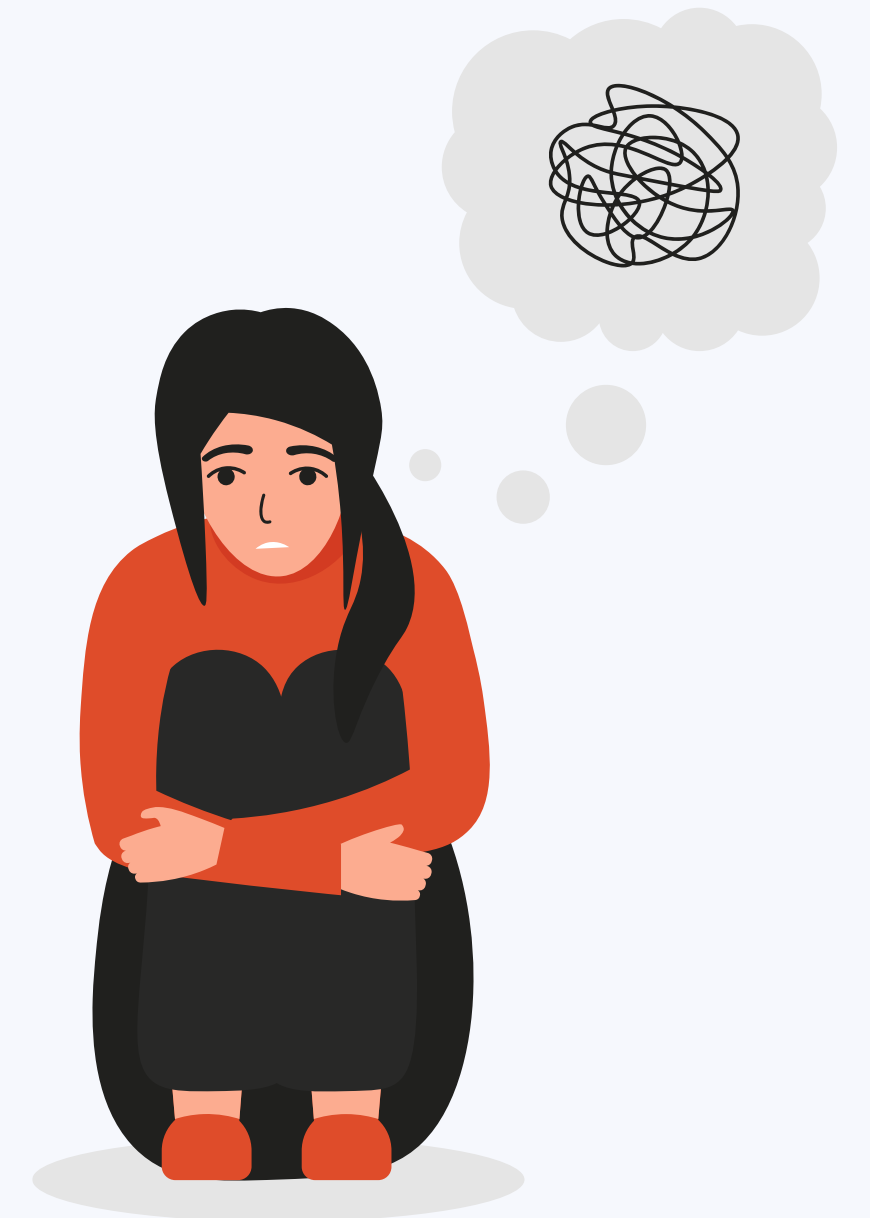
WHAT IS TRAUMA?

- Trauma is an injury to living tissue caused by an outside (extrinsic) agent.
- Injury is damage or harm caused to the structure or function of the body by an outside force or agent which may be physical, psychological or chemical.



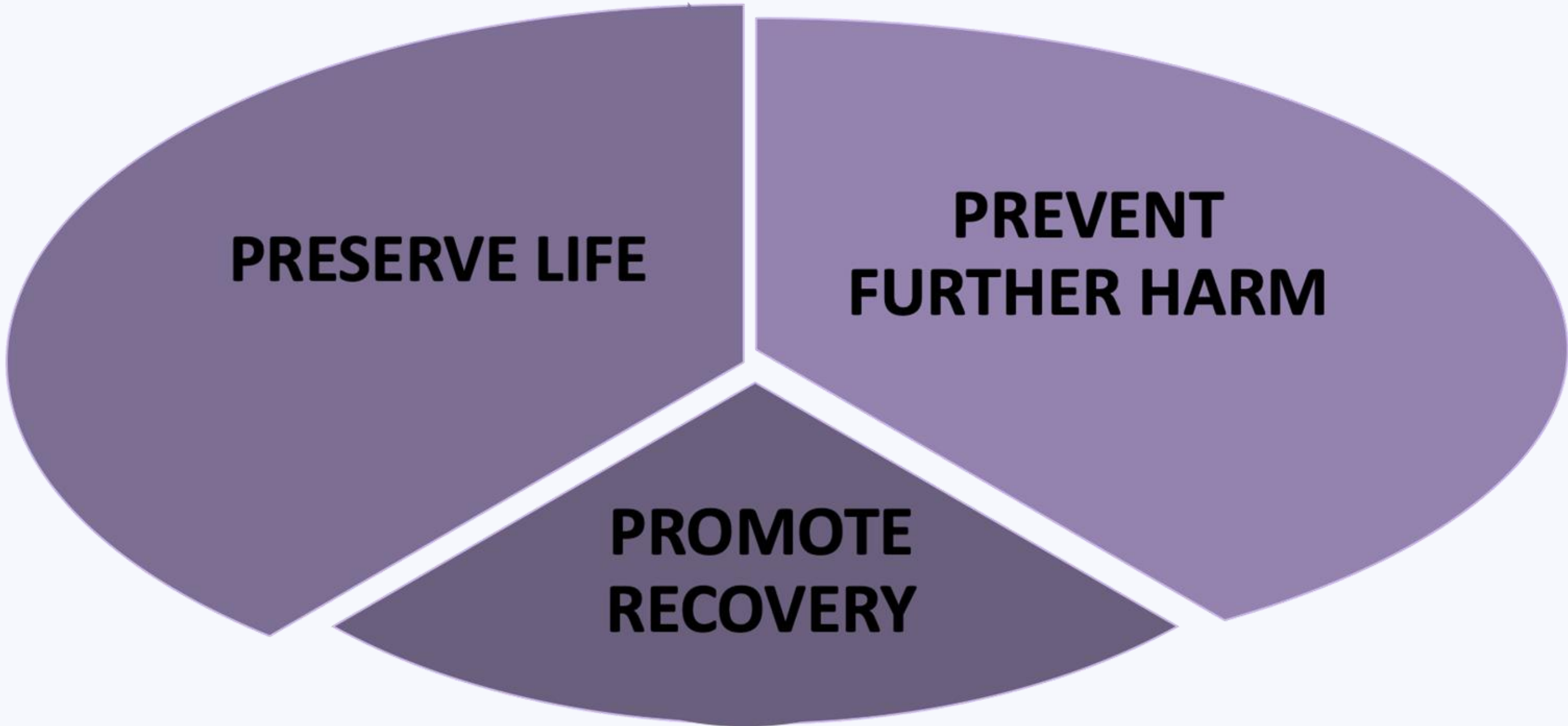
WHAT IS TRAUMA?

- Trauma is an injury to living tissue caused by an outside (extrinsic) agent.
- Injury is damage or harm caused to the structure or function of the body by an outside force or agent which may be physical, psychological or chemical.





WHY FIRST AID?





EMERGENCY



- CHEST PAIN
- BREATHING ISSUES
- CHANGE IN MENTAL STATUS
- BLEEDING that will not stop
- CHOKING
- SUDDEN SEVERE PAIN, SUDDEN CHANGES
- COUGHING/VOMITTING BLOOD
- INJURY TO HEAD OR ORGANS, FRACTURES
- ABDOMINAL PAIN/PRESSURE
- FITS / CONVULSIONS



108
100



SITUATION

- Karun was happy to get a job in the nearby city. He bought a motorbike on installments with his first salary. One day he was late for work. Riding fast, he did not notice a dog crossing the road. He hit the dog and lost his balance. His head hit hard on the road. Karun was unconscious. He is bleeding from one ear profusely. The passers-by saw this, panicked and called you. You run to the scene.
- Describe what you would do.



DANGER

Assess for Danger



Fire & Smoke



Vehicles



Electricity



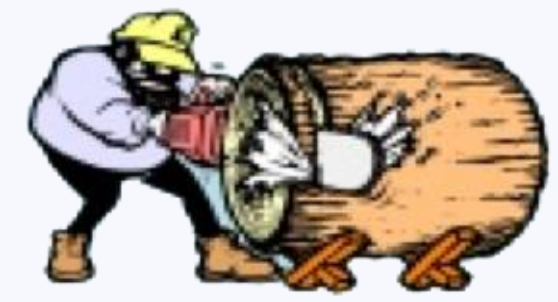
Water



Chemicals



People



Falling objects & machinery





AVPU SCALE



- Check the person's level of consciousness using the AVPU method.
- **A:Alert:** The person is aware and is responding to the surrounding on their own. The person will also be able to follow your instructions, open eyes spontaneously, and track objects.
- **V:Verbally Responsive:** The person's eyes do not open spontaneously. The victim's eyes will open only in response to voice/calling out his/her name.
- **P:Responsive to Pain:** The person's eyes do not open on their own and will only respond if a painful stimulus is given, ex-Pressure to the chest. The victim may move, moan, or cry out directly in response to the painful stimuli.
- **U:Unresponsive/unconscious:** The victim does not respond spontaneously and does not respond to verbal or painful stimuli.



QUICKLY ASSESS TIME SAVES LIVES

- **H: Haemorrhage (bleeding) control**
- **A: Airway**
- **B: Breathing**
- **C: Circulation**
- **D: Disability**
- **E: Exposure**





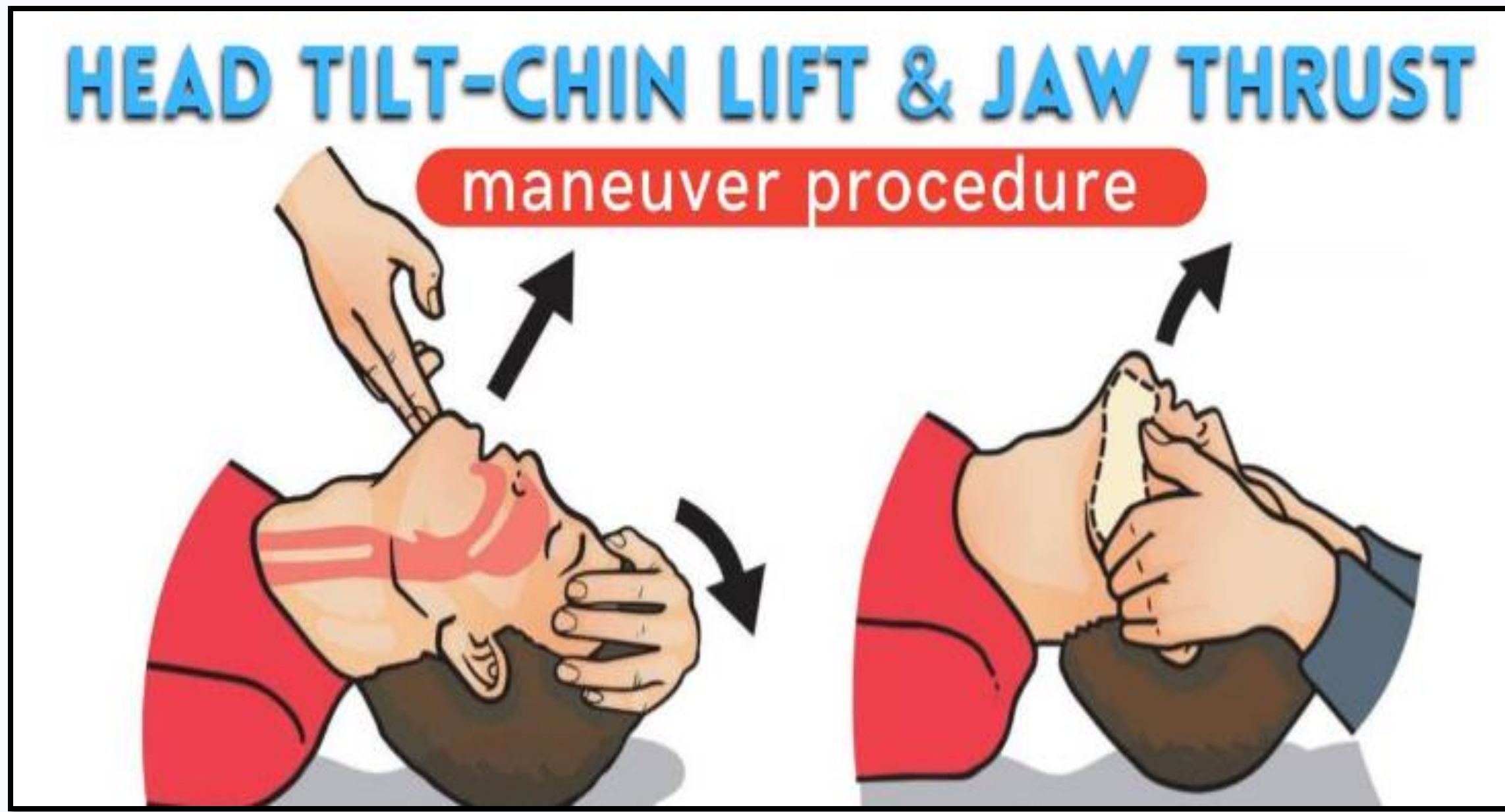
COMPRESS AND CONTROL

- Take gauze or quick clot bandages and cover wound
- If wound is large and deep: Stuff gauze and quick clot bandages into the wound.
- Apply continuous pressure with both hands directly on top of bleeding wound.
- Push down as hard as you can.
- Hold pressure to stop bleeding. When bleeding is controlled, wrap wound and gauze tightly with elastic bandage. Continue pressure until relieved by medical responders.
- For severe or life threatening bleeding from arm or leg: Use a tourniquet if available.

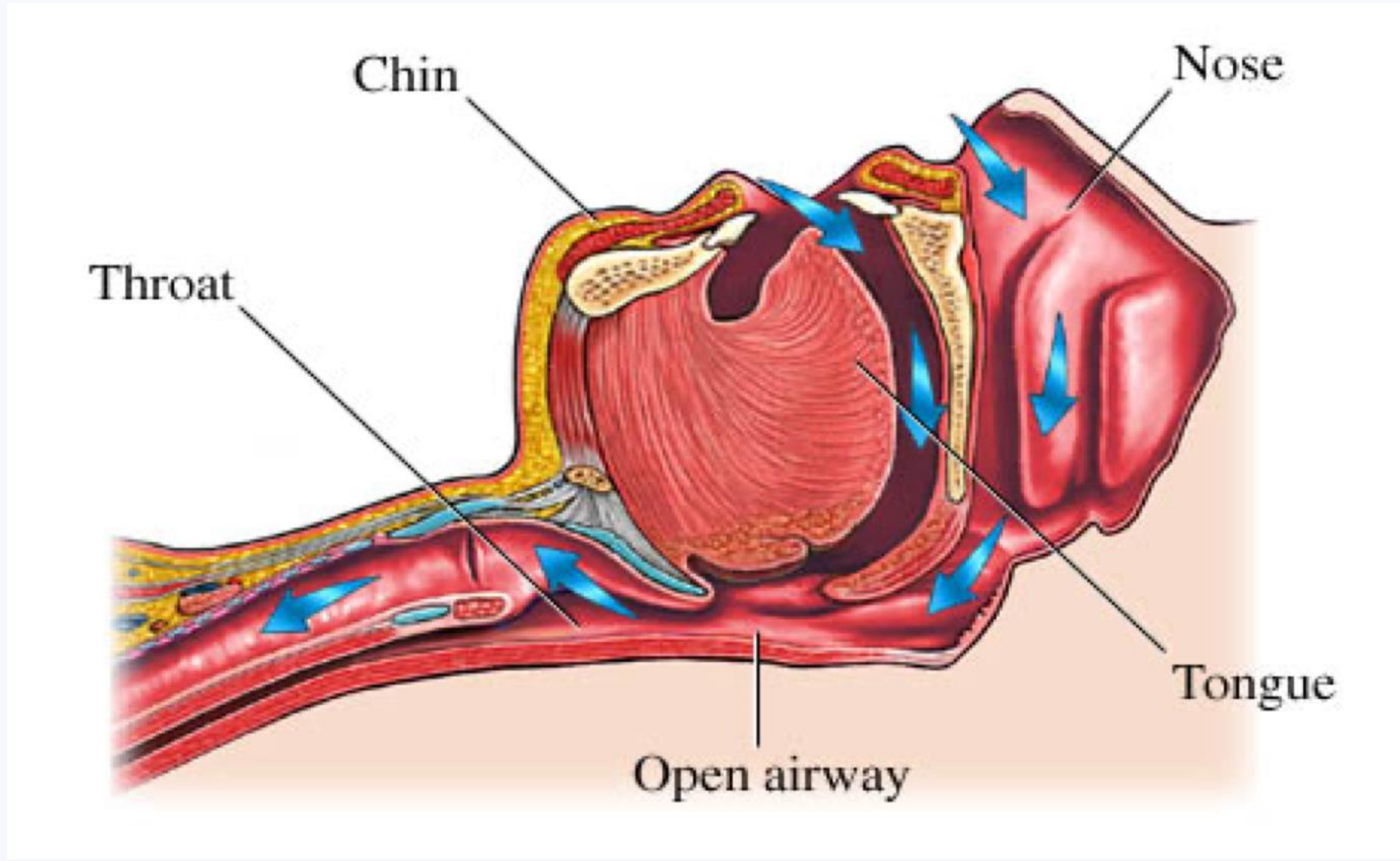




CLEAR AIRWAY



A



A



CLEAR AIRWAY

D - DANGER

- To Yourself
- To Others
- To Casualty

A - AIRWAY

- Is the airway open or close?
- Is there noisy in breathing?
- Are there Potential obstruction such as blood etc?

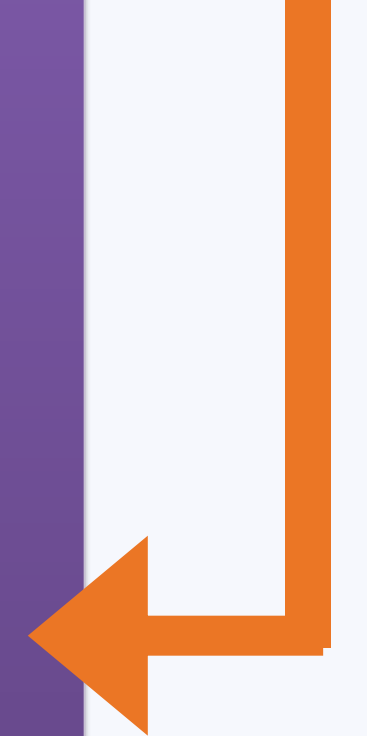
R -RESPONSE

- Gently "Shake and Shout" at the casualty
- Is the casualty is conscious?
- Is the casualty drowsy or confused?
- Is the casualty unconscious, but reacting?
- Is the casualty unconscious with no reaction?

B - BREATHING

- Look for chest movements
- Listen for sounds for breathing
- Feel for breathes on you cheek
- It not breathing give 2 rescue breathes

B



RESPIRATORY ARREST

- **Signs:** A definite pulse present but not breathing
- **Management:**
 - Start chest compressions immediately
 - Continue giving chest compressions at the rate of 100-120 compressions/minute until:
 - The patient begins to breathe on his or her own.
 - Another trained rescuer takes over.
 - The patient has no pulse. In that case one should begin CPR or use an AED (defibrillator), if it is available and ready to use.





C = CIRCULATION

- Check for Pulse (in the wrist- radial pulse, or neck- carotid pulse)



CARDIO-RESPIRATORY ARREST



- If there is no breathing, no pulse and the patient is unresponsive, the patient is in **cardio-respiratory arrest**.
- **Chest Compressions:** Follow the steps as given below:
 - Position the patient in supine, on a firm, flat surface
 - Expose the chest to ensure proper hand placement and ability to visualize chest recoil
 - Rescuer position: kneeling on one side of patient's chest
 - Locate the area 2 inches above from the lower tip of the xiphoid sternum, now place the heel/ palm of one hand on the lower end of the sternum (i.e. at located area) and the other hand is placed on the top of first one. Rescuer interlaces the fingers of both the hands and locks the elbows in position



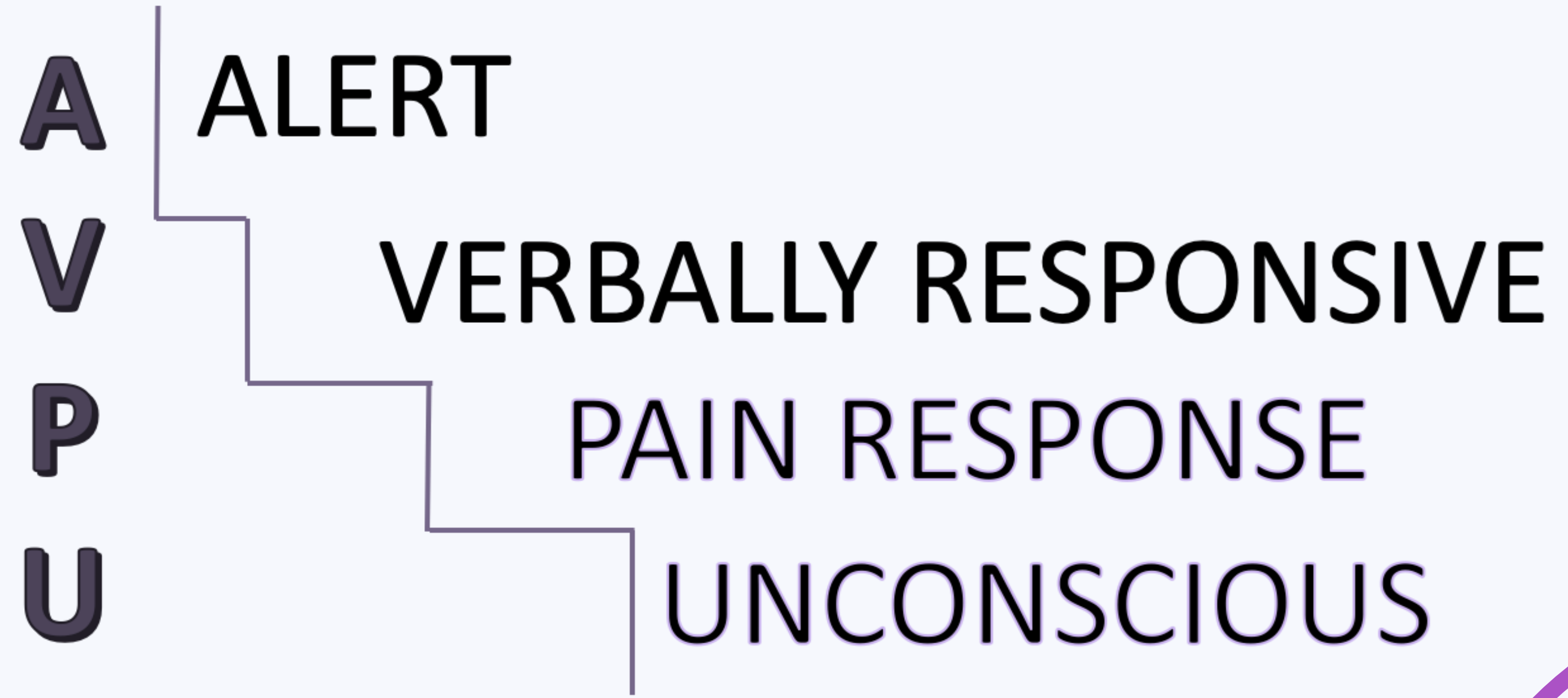


- Push Hard & Push Fast” on the center of chest while delivering compressions until the return of patient’s pulses. Give about
- Arms as straight as possible, with the shoulders placed directly over the hands in a straight line to promote effective compressions.
- Compression depth for adults should be 2 inches (about 5 cm) and rate should be at least 100-120/minute.
- The chest must be allowed to fully recoil between each compression to allow blood to flow back into the heart following the compressions.





D=DISABILITY

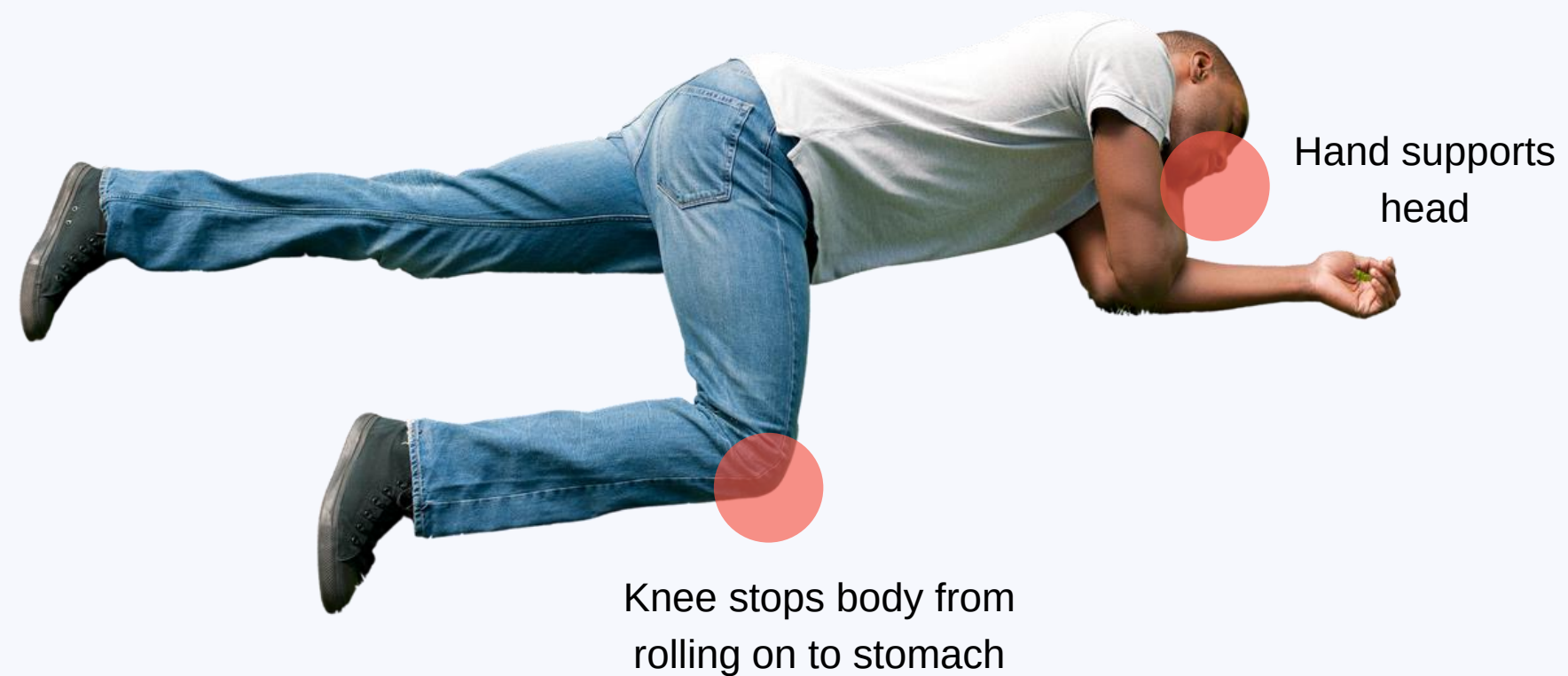




E=EXPOSURE

- Full exposure of the body
- Respect the victim's dignity
- Minimize heat loss

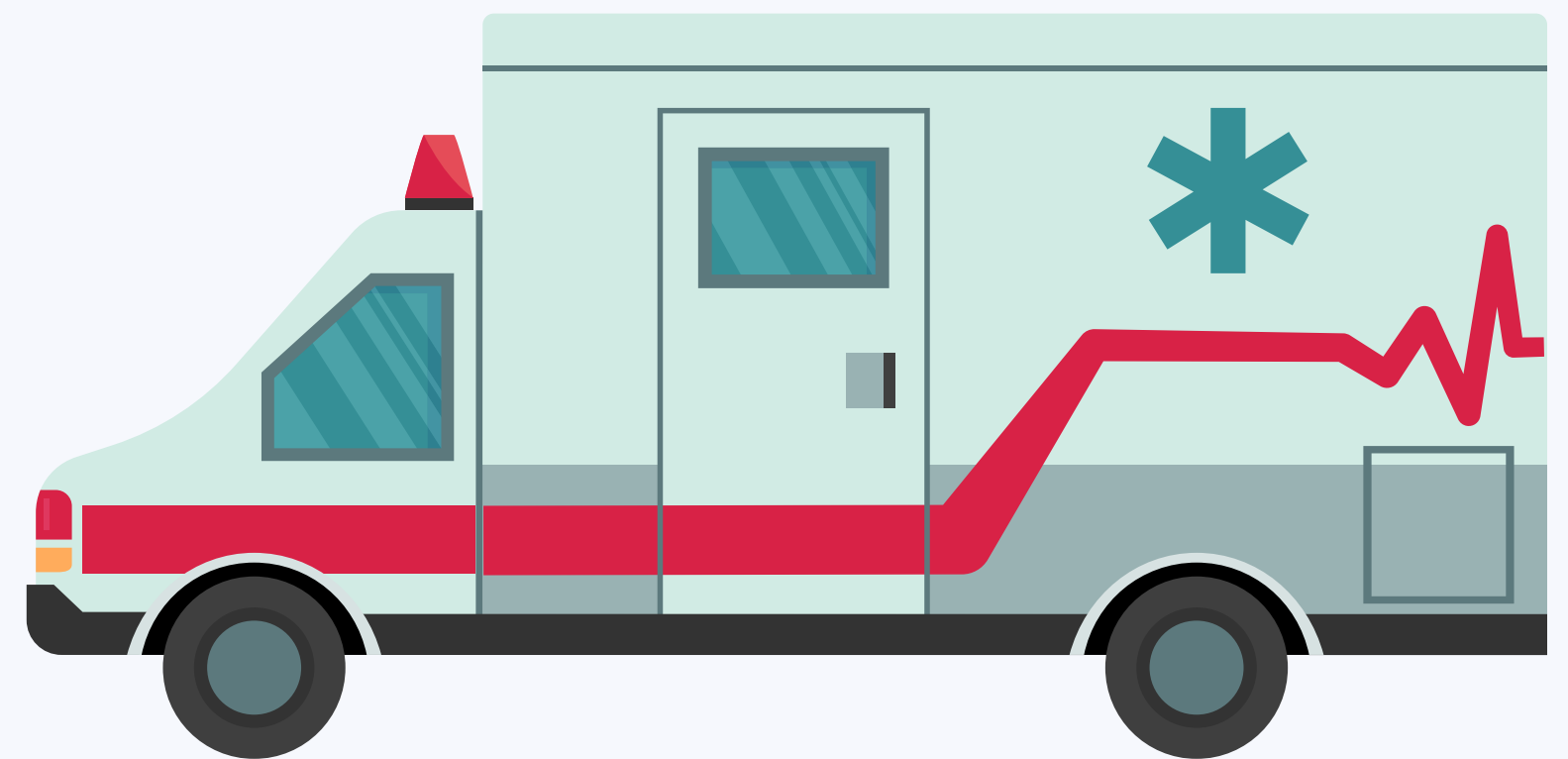
Recovery Position





THE FOUR 'P' OF FIRST AID

- To **Preserve** life and emergency care and treatment to people who are sick or injured.
- To **Protect** unresponsive/ unconscious people.
- To **Prevent** the further worsening of victim's condition.
- To **Promote** the victim's recovery.





THE FOUR P's OF FIRST AID

- **FULL FORM OF**
 - (H)ABCDE
- **DEMONSTRATE CHECKING BREATHING**
- **DEMONSTRATE CHEST COMPRESSIONS**





Thank You

