

PROMOTING FIRST AID SELF-MANAGEMENT IN A COMMUNITY

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ABSTRACT

People of all ages, professions, and communities occasionally encounter circumstances that lead to health issues, wounds, and wounding. These circumstances could occur frequently in certain contexts, while they might occur infrequently in other scenarios. When workers do risky tasks and utilize machinery and instruments to carry out their professional responsibilities, they run the risk of suffering wounds and injuries. They must take safety precautions and procedures in order to avoid them. People store first aid kits in their homes, as well as at educational institutions, workplaces, enterprises, and factories. There are supplies to treat wounds and injuries in the first aid kit. One of the main advantages of first aid kits is that people may avoid going to hospitals and other medical facilities. Minor wounds and injuries are simple to cure, but larger wounds may require consultation with a doctor or trips to a hospital or other medical facility. The necessity of first aid, first aid principles, first aid application variables, and first aid legal considerations are the primary topics this research study considers.

Keywords: First Aid, Self-Management, Initial Management, health society

INTRODUCTION

First aid refers to the actions taken in response to someone who is injured or ill. A first aider is a person who takes this action while taking care to keep everyone involved safe and to cause no further harm while doing so. Using the guidelines set out in this course, you should take actions that most benefit the casualty. Always consider your own skills, knowledge, and experience. This course prepares you for the role of first aider by providing guidance on responding to a first aid situation and assessing the priorities for the casualty.

The risk of unintended injury in older individuals is increased by the physical and mental changes brought on by aging and frailty. The leading causes of mortality in older individuals are unintentional injuries and accidents, which include falls, road accidents, wounds, choking, burns, and choking. Injury from falls is a regular occurrence among older persons. Due to the high incidence of cardiovascular illness in this age range, older persons make up the majority of cardiac arrest victims. The increased need for emergency room care for older patients as a result of older people's sensitivity to accidental accidents also raises the financial burden on society and the healthcare system.

HISTORY

First aid has been recorded throughout history, especially in relation to warfare, where the care of both traumatic and medical cases is required in particularly large numbers. The bandaging of battle wounds is shown on Classical Greek pottery from c. 500 BC, whilst the parable of the Good Samaritan includes references to binding or dressing wounds. There are numerous references to first aid performed within the Roman army, with a system of first aid supported by surgeons, field ambulances, and hospitals. Roman legions had the specific role of *capsarii*, who were responsible for first aid such as bandaging, and were the forerunners of the modern combat medic. Further examples occur throughout history, still mostly related to battle, with examples such as the Knights Hospitaller in the 11th century AD, providing care to pilgrims and knights in the Holy Land.

FIRST AID & STATISTICS

The statistics clearly show that it is the need of the hour to know first aid. According to the Ministry of Road Transport and Highway 1,51,417 persons were killed and 469,418 injured in road traffic crashes in India. A total of 1860 poisoning cases were reported with 80 (4.30%) deaths in India. Also, we see that 10% of total mortality in India is due to cardiac arrest which

makes a big number. Next, In India around 7 million people suffer from burn injuries each year with 1.4 lakh deaths and 2.4 lakh people suffer with disability. All of this data clearly demonstrates that we as a community need to be equipped with first aid skills.

DEFINITION

First aid is the first and immediate assistance given to any person suffering from either a minor or serious illness or injury, with care provided to preserve life, prevent the condition from worsening, or to promote recovery.

First aid is the provision of immediate care to a victim with an injury or illness, usually effected by a lay person, and performed within a limited skill range.

First aid is an emergency aid or treatment given to someone injured, suddenly ill, etc. before regular medical services arrive or can be reached.

First aid is normally performed until the injury or illness is satisfactorily dealt with (such as in the case of small cuts, minor bruises, and blisters) or until the next level of care, such as a paramedic or doctor, arrives

The first aider is a skilled person who can able to provide immediate treatment to the victim and minimize the risk of deformity.

AIMS OF FIRST AID

The primary goal of first aid is to prevent death or serious injury from worsening. The key aims of first aid can be summarized with the acronym of '**the three Ps**':

- **Preserve life:** The overriding aim of all medical care which includes first aid, is to save lives and minimize the threat of death. First aid done correctly should help reduce the patient's level of pain and calm them down during the evaluation and treatment process.
- **Prevent further harm:** Prevention of further harm includes addressing both external factors, such as moving a patient away from any cause of harm, and applying first aid techniques to prevent the worsening of the condition, such as applying pressure to stop a bleed from becoming dangerous.
- **Promote recovery:** First aid also involves trying to start the recovery process from the illness or injury, and in some cases might involve completing a treatment, such as in the case of applying a plaster to a small wound.

It is important to note that first aid is not medical treatment and cannot be compared with what a trained medical professional provides. First aid involves making common-sense decisions in the best interest of an injured person.

FIRST AID: ITS IMPORTANCE

First aid is crucial for a variety of reasons. It is probably conceivable for an accident or health issue to arise both at educational institutions and in workplace environments. Consequently, it is crucial to perform first aid in order to reduce the pain and suffering. People who have the fundamental academic credentials, competencies, and experience required to perform one's work obligations successfully are recruited for both educational institutions and employment contexts. These people offer assistance and first aid to people who have been injured or have health issues. This demonstrates the necessity for people to prioritize the significance of first aid in all sectors.

Cost reductions are another benefit of first aid. For instance, when a cut is treated with bandages, first aid can be obtained without going to the clinic. Basic cuts, scratches, and burns are among the problems that first aid kits are intended to treat. As a result, people may treat a variety of wounds and injuries in their homes without having to go to a hospital or other medical facility. They will be able to comprehend the significance of first aid as a result. At certain instances, workers at factories and other establishments make sure the first aid kit is replenished on a regular basis. It is well acknowledged that every organization has goals and objectives to accomplish. They teach the workforce to meet the objectives in order to accomplish their intended aims and strengthen the overall structure of the organization. It is probably conceivable for the workforce to face health issues and injuries when the job responsibilities are risky and call for the use of machinery and tools.

Therefore, help and assistance will be provided to the casualties to treat their wounds and injuries when there is a first aid box within the industries and factories. The workforce will be able to contribute successfully to meeting job objectives and their wounds and injuries will also be prevented from taking on a significant shape. This is regarded as one of the crucial elements that help people to understand the significance of first aid. By having a first aid kit, the casualty may treat their wounds and injuries right away and avoid waiting any longer. The severity of an injury might increase over time. Therefore, it is essential to maintain first aid both inside and outside of houses, including in workplaces and educational institutions.

The importance of first aid is hard to overestimate. Among the major benefits of first aid are the following:

- Providing quick medical treatment until professional assistance arrives.
- First aid helps ensure that the right methods of administering medical assistance are provided.
- Knowledge of first aid also benefits the individuals themselves.
- It affords people with the ability to provide help during various emergency situations.

CONCEPT OF EMERGENCY

An emergency is a situation that poses an immediate risk to health, life, property, or environment. Most emergencies require urgent intervention to prevent a worsening of the situation. While some emergencies are self-evident (such as a natural disaster that threatens many lives), many smaller incidents require that an observer (or affected party) decide whether it qualifies as an emergency. Emergency has been defined as a condition determined clinically or considered by the patient or his/her relatives as requiring urgent medical services, failing which, it could result in loss of life or limb (WHO). A medical emergency is a situation when the patient requires urgent and high-quality medical care to prevent loss of life or limb and/ or to initiate action for the restoration of a normal healthy life.

RULES/GENERAL PRINCIPLES FIRST AID

- Collect the detailed history of an accident either from the victim or from anyone who has witnessed the accident.
- The victim's injury should be examined thoroughly, taking note of every symptom, to know the correct diagnosis.
- With the help of the diagnosis, treat the victim until the doctor arrives or shift the victim to the hospital and aid the patient during transport.
- Call the **108 OR doctors** or shift the victim to the hospital as soon as possible, so that the patient can recover soon from the doctor's treatment instead of prolonging the first aid.

GOLDEN RULES OF FIRST AID

- Do first things first quickly, quietly and without fuss or panic.
- Give artificial respiration if breathing has stopped second counts.

- Stop any bleeding.
- Guard against or treat for shock by moving the casualty as little as possible and handling him gently.
- Do not attempt too much the minimum that is essential to save life and prevent the condition from worsening.
- Reassure the casualty and those around and so help to lessen anxiety.
- Do not allow people to crowd around as fresh air is essential.
- Do not remove clothes unnecessarily.
- Arrange for the removal of the casualty to the care of a Doctor or hospital as soon as possible.

LEGAL CONSIDERATIONS WHEN GIVING FIRST AID

There are several legal considerations that need to be made when first aid is administered. Being cautious is one of these, especially while one is doing one's tasks at work. The work must be done honestly and without regard for compensation. Additionally, one should not do employment activities that are beyond their degree of competence (Basic First Aid, 2008). Non-governmental organizations have been established in India, all around the nation. Most often, the main goal of these organizations is to provide support and aid to those who are members of the underprivileged, marginalized, and poorer portions of society.

They also offer free first aid and medical care services when people are injured or suffer from health issues. In other words, the goal of these non-governmental organizations is to foster a sense of community. Non-governmental organization employees do their responsibilities in a professional manner and without expectation of compensation. Additionally, they effectively employ their skills and abilities. It is obvious that the individuals would face mental distress following an event that leaves them with significant injuries. Emotional stress brought on by mishaps, diseases, and injuries impairs people's capacity to think clearly and communicate as well as their ability to do their work obligations effectively. First aid workers, on the other hand, could experience emotional stress as well, especially when they see the victim's pain and despair.

However, it is the responsibility of the first aid professionals to make sure that the casualty receives competent first aid as well as support and assistance to aid in their recovery. In other words, individuals shouldn't allow psychological issues like emotional tension to create

obstacles in the way of completing their jobs and activities. Additionally, in order to perform their tasks effectively and provide the necessary results, first aid professionals in the healthcare industry need to undertake research on cutting-edge and creative ways. The victim will gain from the use of cutting-edge techniques.

Both the victim and the first aid givers have a variety of duties. The victim comes from a variety of backgrounds and professions. They might be housewives, businesspeople, employees in a variety of occupations, or students. First aid professionals, on the other hand, also have a variety of obligations at home and to their families. The inability of the casualty to perform their job duties effectively due to their health issues and injuries is obvious, but first aid providers must make sure that their obligations to their families and homes do not get in the way of performing their job duties and responsibilities. Concentration and focus are regarded as aspects, which need to be put into operation by the first aid providers in order to carry out their job duties well. Therefore, it can be stated, that when the first aid providers will augment their knowledge and understanding in terms of the legal aspects of providing first aid, they will be able to perform well in their job duties and augment the feeling of contentment among casualties.

CONCLUSION

People of all ages, backgrounds, and classifications do sustain wounds and injuries throughout their lives, and they must take the necessary steps to heal. There are several reasons why wounds and injuries arise. These may occur when engaging in various sports and recreational activities, carrying out home tasks, performing responsibilities in the kitchen, working in dangerous situations, and so on. Individuals may significantly contribute to the promotion of health and well-being by applying first aid products.

First aid's guiding principles include avoiding minor injuries and wounds from developing into serious ones, guaranteeing a rapid recovery, supporting people's involvement in various occupations and activities, taking safety precautions for the future, and encouraging health and wellbeing. First aid may be used in a variety of ways, including preparing oneself, maintaining control, protecting against infection, fostering diversity and communication, treating the victim, requesting support from others, administering medicine, and responding afterward. Finally, it can be said that when people seek medical attention and first aid for their illnesses and wounds, they will be able to recover, foster excellent health and well-being, and lead satisfying lives.

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