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# Diploma in Pharmacy 1<sup>st</sup> Year

## Social Pharmacy

### Experiment

To study about first aid theory, basics, demonstration, and hands on training.

#### Aim:

To study about first aid theory, basics, demonstration, and hands on training.

#### Reference :

Dr. Gupta G.D , Dr. Sharma Shailesh , Dr. Sharma Anshu , “ Practical Manual of Social Pharmacy ” Published by Nirali Prakashan , Pg.No 33 - 35

#### Theory :

First aid can be defined as immediate or emergency care that must be provided to the injured or sick person till a complete medical treatment is available. For less severe conditions, providing only the first aid care may be sufficient, but for more severe conditions, first aid care must be continuously provided till more advanced care becomes available.

#### First Aid : Theory, Basics, Demonstration and Hands on Training

- 1.) The first and primary step in any emergency situation is to recognise the problem and provide help.
- 2.) The emergency response system should always be activated by calling the emergency number or Emergency Medical Services (EMS) number of the person's locality if someone is injured seriously medically unwell.
- 3.) First aid procedures in emergency situation include the following :
  - Assessing the situation and rescue the victim from danger,
  - Secure the breathing,
  - Secure the circulation,
  - Stop the bleeding and treat the shock.

- 4.) After the situation gets stabilised, the possible transportation and actual treatment of the patient can then be started.
- 5.) However, until additional help arrives the emergency system dispatchers can provide guidance to the people for delivering basic care or performing cardiopulmonary resuscitation (CPR), by the help an automated external defibrillator (AED).
- 6.) The next step after determining the problem is to help in determining the responsiveness of the injured or sick person by loudly talking and tapping the person and talking loudly to them: "Are you okay?"?
- 7.) Therefore, the first aid training is of value both in treating and preventing accidental injury or unexpected illness and in caring for huge number of individuals affected in natural disaster.

### **Scene Safety**

After reaching any scene it is important to assess the safety of the surroundings. The person must be removed from any dangers, like the presence of water at the site. Danger from automobile traffic must be especially avoided.

### **Handwashing and Personal Protective Gear**

Washing the hands is one of important steps in preventing the disease and sickness. However, hands must be washed post each episode of care and after the gloves have been taken off. In case the sink is not available, hand sanitisers must be used. Mostly the hand sanitisers are alcohol-based and are considered as a substitute for washing the hand when required.

Steps involved in proper handwashing include :

- Wet the hands completely and apply soap generously.
- Vigorously rub both the hands for minimum of 20 seconds.
- Rinse the hands with sufficient amount of tap water.
- Finally, dry the hands with air dryer or a towel.

Using personal protective gear is an important strategy to minimise the risk of blood and bodily fluid exposure. If the person is bleeding, always wear gloves and protective eyewear when giving first aid care.

The universal precaution is to use personal protective equipment whenever there is possible exposure to blood or bodily fluids ; it reduces the risk for both the rescuer and the injured/ill person to be exposed to a blood-borne disease. Gloves protect

the hands from exposure to blood and other bodily fluids, while eye protection prevents accidental exposure from splashing fluids.

A pocket mask can be considered as part of the personal protective gear as it provides safety during rescue breathing. Be sure to dispose of all equipment that has touched bodily fluids in a biohazard bag when available.

## First Aid Kit

A first aid kit must be always available at home, car, and at work place so that the person remains prepared for any sudden emergency.

Common items in a first aid kit include :

1. Antiseptic wipes and swabs
2. Sterile gauze
3. Antibiotic cream
4. Bandages, roller bandages, and tape
5. Absorbent compresses
6. Eyeshield and eyewash
7. Mask for breathing (rescue breathing/ cardiopulmonary resuscitation (CPR))
8. Burn ointment
9. Chemical cold pack
10. First aid reference guide including local phone numbers

**Result :** First aid theory, basics, demonstration, and hands on training was studied.

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