

REPORT ON FIRST AID MODULE**OF****FIRST YEAR BSC NURSING****(SEMESTER-I, 2024-25)**

Date: 16/12/2024 to 18/12/2024.

Time: 09:00 am To 04:00 pm.

Venue: SMBT Institute of Nursing Lecture Hall-1, Multi-purpose Hall.

No of Beneficiaries: 98 Students.

Activities: Pre-test, Lamp Lighting and Inauguration, Sessions, Post-test, Feedback.

Introduction:

First Aid Module was conducted in SMBT Institute of Nursing on First Aid Module from 16/12/2024 to 18/12/2024. First Aid is the emergency care given to an injured or sick person before they can receive regular medical treatment.

Brief Report:**DAY-1****Session 1:**

Care of patient with Poisoning by Mr. Kunal Jejurkar (Associate Professor).

Poisoning:

It is the medical Emergency that occurs when toxic substance enters the body, disrupting its normal function. It can happen Accidentally or Intentionally. Methods of Poisoning Inhalation Ingestion, Contact Injection

Types of Poisoning

Accidental poisoning, Suicidal poisoning, Homicidal poisoning.

Signs and Symptoms

Nausea, Vomiting, Abdominal pain, Difficult in breathing, dizziness, unconsciousness confusion.

Ingested Poison: Burn in Mouth, Abdominal pain.

Inhaled Poison: Headache, bluish skin, difficulty in breath.

Contact Poison: Redness, irritation or blisters.

Injected Poison: Swelling, pain/systemic reaction like Shock.

Session 2

First Aid Kit: by Ms. Urvashi Rai (Assistant Professor).

Torch, Sterile hand gloves, Antiseptic liquid, Sterile latex, Crepe Bandage, Triangular bandage, Tourniquet, compressed roller's bandage, Surgical cotton, Sterile rolls, adhesive plasters/tape, Adhesive bandage, Sterile gauze, Eye pads, Sterilized paraffin gauze, Sulfa diazine ointment, Mouth to Mouth resuscitator, Scissors, ORS packets, glucose powder, forceps, Safety pins, Splints, Ibuprofen, Hydrogen peroxide, Tweezers. Injuries and First Aid Supplies to be Used

Gunshot wound, severed/crushed limb, 2nd & 3rd-degree burn, Broken bone scrapes, Minor burn, Minor eye irritation, Strains and sprain, Eye injuries.

Session 3

Burns and Scalds Management: by Ms. Pranali Thool (Associate Professor).

Burn: A burn is a type of injury to skin or other tissues, caused by heat, cold, electricity, chemicals, friction, or radiation.

Types of Burn: Friction burns, chemical burn, Thermal burn, Cold burn, Electrical burn, Radiation burn.

Classification of Burn: 1st degree (Superficial burn), 2nd degree (Partial thickness burn) 3rd degree (Full thickness burn) 4th degree burn.

Session 4

Care of Patients with Bites and Stings: by Mr. Kunal Jejurkar (Associate Professor).

Insects include venomous, honey bees, hornet, wasp, fire ant.

Signs and Symptoms: Localized pain (Itching, Swelling, Allergic reactions, Anaphylactic Shock, Numbness, Muscle cramping Insect Stings and Bites, Bees are the only stinging insects that leave their stingers and venom sacs behind.)

First Aid for bee and wasp stings: Clean the injury, Wash or rinse all bite areas, Raise the affected part if possible Cool the area.

Session 5

First Aid and Dressing: by Mr. Suraj Waghmare (Clinical Instructor).

Purpose of Dressing: Prevent infection, Prevent further injury, Promote healing, Provide comfort.

Types of Wounds: 1st Degree, 2nd Degree, 3rd Degree, 4th Degree

Severe Pain Layers of Skin: Epidermis, Dermis, Hypodermis

Types of Dressing: Adhesive Dressing, Non-Adhesive Dressing

Signs and Symptoms: Localized pain, Itching, Swelling, Allergic reactions, Atrophic Shock, Numbness, Muscle cramping.

DAY-2

Session 1:

First Aid transportation of patient: by Dr. Kavita Matere (Principal, SMBT, ION.)

Principles of Patient Movement: The importance of minimizing further injury during patient transportation. Types of Injuries and Conditions: Identifying when transportation is necessary, such as in cases of fractures, head injuries, or shock. Techniques for Safe Transportation: How to move a patient with minimal risk, using techniques like the stretcher carry, dragging, or lifting with assistance. Use of Stretchers and Spinal Boards: Training On how to use these devices effectively in different emergency scenarios.

Session 2:

Foreign body removal: by Mr. Vikrant Kulthe (Associate Professor)

Identification of Foreign Bodies: Recognizing when an object (such as a splinter, insect, or food) is lodged in a person's body, including the airway or their openings.

Safe Removal of Foreign Bodies: Techniques for removing foreign bodies from the mouth, eyes, ears, or nose.

Choking and Airway Obstruction: How to handle foreign bodies causing choking, including the Heimlich maneuver (abdominal thrusts) and back blows.

Precautions and Limitations: When not to attempt removal, such as with certain deeper embedded objects, and when to seek professional help.

Session 3:

Care of unconscious patient: by Ms. Kanchan Londhe (Associate Professor)

Assessment of Consciousness: How to assess whether a person is unconscious and the difference between fainting and more serious conditions like a stroke or heart attack.

The Recovery Position: How to place an unconscious patient in the recovery position to maintain an open airway and prevent choking.

Monitoring and Basic Life Support (BLS): How to perform CPR if necessary and monitor vital signs.

Dealing with Head and Neck Injuries: Special considerations for unconscious patients with potential spinal injuries, including not moving the patient unless absolutely necessary.

When to Seek Help: Knowing when and how to contact emergency medical services (EMS) for immediate support.

Session 4:

Bandaging Techniques: Ms. Kajal Ghegadmal (Assistant Professor)

Types of Bandages: Different types of bandages (e.g., triangular, roller, gauze) and their specific uses.

Basic Dressing and Bandaging: Techniques for applying a bandage to a wound, ensuring it is tight enough to prevent infection or further injury but not so tight as to restrict blood flow.

Special Bandaging Techniques: How to deal with specific injuries such as sprains, fractures, Or burns.

Using Pressure to Control Bleeding: The importance of applying pressure with bandages to control bleeding from cuts, abrasions, other wounds.

Dressing for Burns and Large Wounds: Special considerations for burns and large injuries, including the application of sterile dressings and wrapping technique

DAY-3

Session 1: by Dr. Melisa Fernandes (Professor)

Adult (CPR)Cardiopulmonary resuscitation

Approach safety: Ensure the scene is safe for both the rescuer and the victim.

Check Response: Shake shoulder gently and Talk “Are you all right”

Shout for help: To help neighboring person.

Open Airways: Head Tilt & chin lift + jaw Thrust

-Lay rescuers

-Non health care Rescues

Check for breathing: Look, listen, and feel for breathing (no more than 10 seconds).

If the victim is not breathing or is gasping, start CPR.

Call 108: To call neighboring Hospital and provide Ambulance

Chest Compressions: Place your hands on the center of the chest (just below the nipple line).

Keep your arms straight and shoulders directly over your hands. Compress the chest at least 2 inches deep (about 5 cm), at a rate of 100-120 compressions per minute.

Rescue Breaths: After 30 chest compressions, give 2 rescue breaths. To give a rescue breath, tilt the victim's head back to open the airway, pinch the nose shut, and provide a breath that lasts about 1 second, Ensure the chest rises, continue cycles of 30 chest compressions followed by 2 breaths.

Session 2: by Mr. Sagar Borkar (Associate Professor)

Pediatrics basic life support:

Child CPR (Ages 1 to Puberty)

The technique for child CPR is similar to adult CPR, with key differences: Chest Compressions:

Use one hand for chest compressions, and compress the chest about 2 inches (5 cm) deep.

Rescue Breaths: Provide a breath that lasts about 1 second, ensuring the chest rises.

Compression-to-Breath Ratio: If you are alone, perform 30 chest compressions followed by 2 breaths. If there are two rescuers, perform 15 compressions and 2 breaths.

Infant CPR (Under Age 1)

Chest Compressions: Use two fingers to perform compressions just below the nipple line, compressing the chest about 1.5 inches (4 cm).

Rescue Breaths: Cover the infant's nose and mouth with your mouth and provide gentle breaths, each lasting about 1 second.

Compression-to-Breath Ratio: Perform 30 chest compressions followed by 2 breaths.

SUMMARY:

The First Aid Module was a highly successful and engaging training session. It equipped participants with essential skills for managing medical emergencies involving patient transportation, foreign body removal, unconsciousness, and wound care. The combination of theoretical learning and practical exercises ensured that participants were well-prepared to respond confidently and competently in emergency situations. Further training and refresher courses are recommended to continue enhancing the participants' first aid capabilities, ensuring they are well-prepared to save lives when necessary.

IMAGES:





GPS Map Camera

Ghoti Kh, Maharashtra, India
Qq59+93f, Ghoti Kh, Maharashtra 422403, India
Lat 19.757668° Long 73.766761°
18/12/24 10:41 AM GMT +05:30



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