

FIRST AID

VEIN BATCH

(Summary)

Lecture : 7

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Soft Tissue Injuries

1-burns

2-Chest & Abdominal wound

1- Burns

Recognition:

There are 3 degrees of burn::

1-first degree burns are characterized by redness and pain at the site.



2-second degree burns have blisters in the center and are surrounded by first degree burns.



3- third degree burns have black, grey charred flesh, and penetrate beyond the skin and are surrounded by first and second-degree burns.



Treatment

Thermal burns:

Burns should be immediately immersed in cold running water, or shower for large area (Do NOT use ice). This should be maintained for at least 10–15 minutes.

Blistered or open burn wounds should be cleaned and covered with non-adhesive gauze (preferably bactericidal) and cotton dressing.

Don't use

- butter, oils, creams, etc(**why?**)>> they can trap heat and increase risk of infection

-also ,don't use antiseptics that may aggravate sensitive skin

Chemical burns

"هazard النوع خطر"

1. Call EMS immediately.
2. If there is a dry chemical, brush it off the skin using paper, cloth, or with a gloved hand.
3. Once the bulk of the dry chemical is gone, flush with running water.
4. If the burn is caused by a wet chemical, flush with water

Don't Do This !!

- Apply ice or iced water except on small first degree burns.
- Touch a burn with anything other than a sterile covering.
- Remove adhered clothing.
- Try to clean a severe burn.
- Break blisters.
- Use any kind of ointment on a severe burn.

Electrocution (Electric shock) : is a related set of injuries caused by direct contact with live electrical connections. The effects can vary from very minor to causing cardiac arrest.



Caution

● طبعا ما ننسى زي ما درسنا قبل
انه لازم نتأكد من عدم وجود خطر
علي(كمسعف) في المكان

- Be aware of Danger - The clear danger in this situation is the electrical supply.
- If the victim is still touching a live electrical source, either turn off the power to the source, or break the victim's contact with it. Find a nonconductive object (wooden broom handles are commonly used) and break the contact between the victim and the source
- Call an ambulance immediately - all victims of electrocution, whether conscious or unconscious require assessment in hospital.

Note: لازم اتصل بالاسعاف سواء الشخص مغمى عليه او لا

Electrical burns

- Electrical burns look like third-degree burns
- They always come in pairs: and entry wound (smallest) and exit wound (larger).
- There is **no need to flush with water** , as there is neither heat nor chemicals causing further damage. Instead, cover the wounds with nonstick, sterile dressings.

The following burns require medical attention as soon as possible. They may be life-threatening, disabling, and disfiguring. Call the local emergency number if:

- 1- Burns that cover more than ten percent of the Body .
- 2- Burns larger than the victim's palm .
- 3- Burns on the head, neck , face or genitals .
- 4- Burns to a child younger than five years old or burns to an elderly person.
- 5- The patient is having difficulty breathing (burns to the airway.)
- 6- The burns are on more than one body part.
- 7- Any burns resulting from chemicals or electricity.

2- Chest & Abdominal Wounds

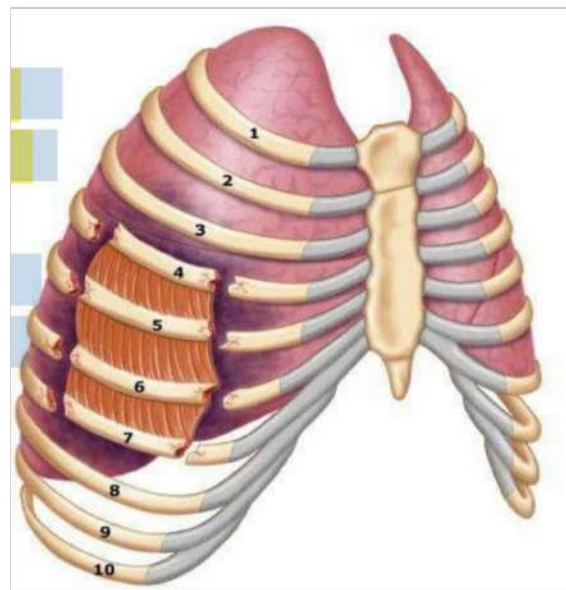
-Closed Chest Wounds

طبعا كل ال wound في منطقة ال chest خطيرة لانها منطقه مهمة

1. Chest wounds can be very serious as this area of the body protects the majority of the vital organs.
2. Most chest trauma should receive professional medical attention, so consider calling for an ambulance for any serious chest injury.
3. The most likely injuries that can be caused with a chest injury include broken ribs.
4. A single broken rib can be very painful for the patient
5. and a rib fracture carries with it the risk of causing internal injury, such as puncturing the lung, which can lead in turn to the lung collapsing

--There are also some specific, more complicated, **rib fracture pattern** , which include:

Flail chest :Typically occurs when three or more adjacent ribs are fractured in two or more places, allowing that segment of the thoracic wall to displace and move independently of the rest of the chest wall.



Stove chest : all ribs fractured

تتكسر الاضلاع بشكل كامل مما يؤدي الى فقدان صلابة القفص الصدري ويصبح التنفس صعب جدا.

Recognition

- Trouble breathing
- Shallow breathing
- Tenderness at site of injury
- Deformity & bruising of chest
- Pain upon movement/deep breathing/coughing
- Cyanosis
- May cough up blood
- Crackling sensation in skin if lung is punctured

TREATMENT

- Call for an ambulance
- Assess ABCs and intervene as necessary
- Assist the victim into a position of comfort
- Conduct a secondary survey
- Monitor vitals carefully

-Open Chest Wounds

An open pneumothorax or sucking chest wound - the chest wall has been penetrated (by knife, bullet, falling onto a sharp object...).

Recognition

- An open chest wound (Entrance wound)
- Trouble breathing
- Sucking sound as air passes through opening in chest wall

Treatment

- Call for an ambulance
- Assess ABCs and intervene as necessary
- Do not remove any embedded objects
- Flutter valve over wound, as described below
- Lateral positioning: victim's injured side down
 - Treat for shock
- Conduct a secondary survey
- Monitor vitals carefully

MAKING A FLUTTER VALVE

Get some sort of plastic that is bigger than the wound

Place an occlusive patch over the wound, covering it completely and extending 2 inches beyond the wound.

Abdominal Injuries

If a trauma injury has caused the victim's internal organs to protrude outside the abdominal wall, do not push them back in.

Instead, cover the organs with a moist, sterile dressing (not paper products - use gauze). **Don't** allow the victim to eat or drink, though they may complain of extreme thirst.

Call an ambulance and monitor ABCs until the emergency medical team arrives.



سبحان الله وبحمده، سبحان الله العظيم

الّلهم صلّ على سيدنا محمد ❤️

The End