

# TRAUMA LIFE SUPPORT



*Dorcas Mwangi*

# Lecture 1:

## Introduction, Principles and Practice of Trauma Life Support



# Objectives

- By the end of the lecture students should be able to;
  - Define what is first Aid and Emergency medical care
  - List the qualifications of a first aider
  - List the responsibilities of a first aider
  - Outline the Principles of First Aid

# Definition of Trauma

- A term derived from the Greek for "WOUND"
- It refers to any bodily injury.
- It defined as tissue injury due to direct effects of externally applied energy. Energy may be mechanical, thermal, electrical, electromagnetic or nuclear.
- An **emotional** wound or shock that creates substantial, lasting damage to the psychological development of a person, often leading to neurosis.
- An event or situation that causes great distress and disruption.
- Included: burns, drowning, smoke, inhalation, slip & fall.
- Excluded: poisoning/toxic ingestion.

First aid has been as much a part of the culture in the daily life. And now both non-medical and medical personalities should have an idea about it as it is **LIFE SAVING**





# Help! Emergency!

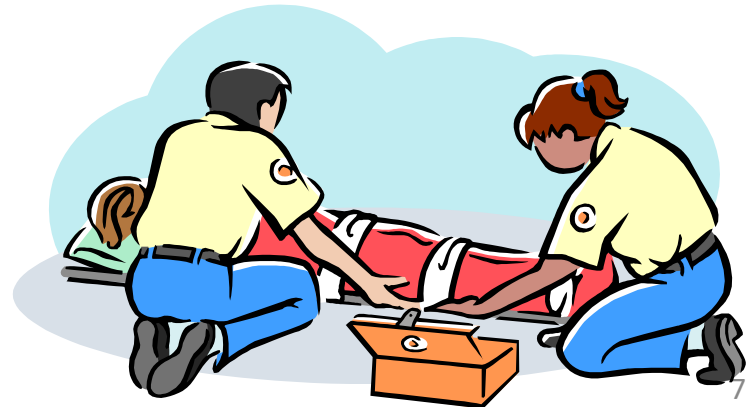
- **Minutes could make a difference**

**Proper first aid can mean the difference between life and death.**



# Definition of First Aid

- The initial assistance or treatment given to a casualty for any injury or sudden illness before the arrival of a qualified medical personnel.
- First aid is the initial care of a suddenly sick or injured person.
- It is this prompt care and attention prior to the arrival of the ambulance.



# Introduction to first aid

- First aid is the initial care given to the ill or injured while awaiting help
- Medical aid is the secondary care and treatment given by suitably trained health care professionals.
- These include paramedics, Clinicians, doctors and nurses



# Emergency Health Care

Emergency Health Care can be defined as the episodic and crisis oriented care provided to Victims with serious or potentially life threatening injuries or illness.



# Points to note

- First aid saves lives.
- First aid has limitations, not everybody is Physician,
- So Never do something you're not qualified to do.

# First Aider

A First Aider is someone who has

1. Undergone a training course in administering first aid, and first aid has a first aid certificate granted by an organization recognized by the law
2. Condition of necessity, First aider is the person who is put in a situation of responsibility of someone's life and he has to use his basic first aid knowledge to save him.

# Qualities of a first aider

- Calm
- Confident
- Patience
- Willing to offer assistance whenever necessary

# Aims of a first aider:

3 Ps:



# Principles of first aid: Preserve life

- Airway
- Breathing
- Circulation

# Principles of first aid: Prevent deterioration

- Stop bleeding
- Treat shock
- Treat other injuries



# Principles of first aid: Promote recovery

- Reassure
- Treat pain
- Handle with care
- Protect from harm

# Responsibilities as a first aider

- Assess the situation quickly, safely and summon appropriate help
- Protect casualties and others at the scene from possible danger
- To identify, as far as possible, the nature of illness or injury affecting casualty.
- To give each casualty early and appropriate first aid, treating the most serious condition first.

# Responsibilities of a first aider

- To arrange for the casualty's removal to hospital or into the care of a doctor.
- To remain with a casualty until appropriate care is available.
- To report your observations to those taking care of the casualty, and to give further assistance if required.

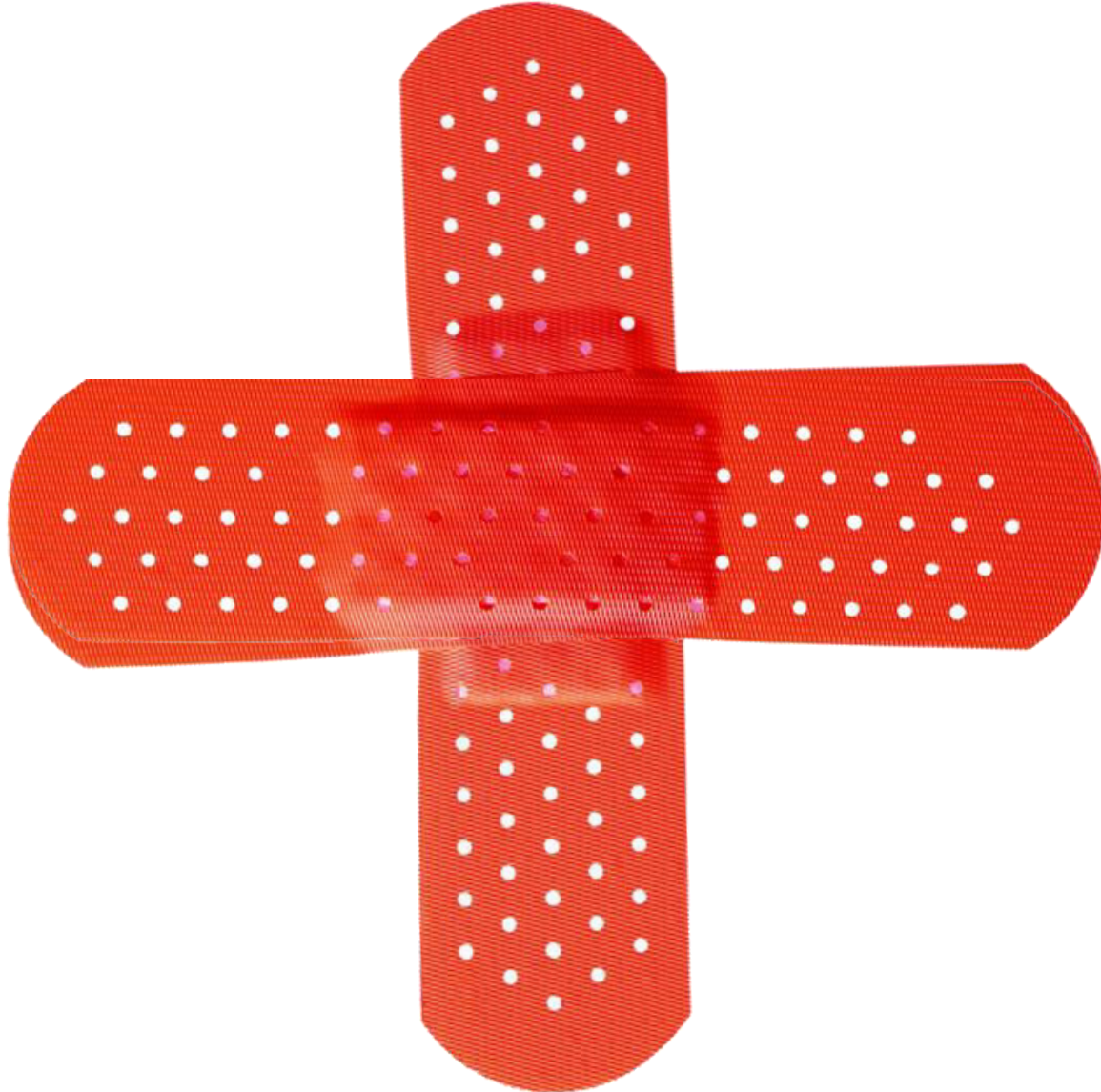
# Priority of casualties

- Save the conscious casualties before the unconscious ones as they have a higher chance of recovery.
- Save the young before the old.
- Casualties should always be treated in the order of priority, usually given by the “3 Bs”:
  - Breathing
  - Bleeding
  - Bones

# Protecting yourself as a first aider

- Remember: One of your aims is to preserve life: so do not endanger your own in the process of rendering First Aid.
- It is essential to protect yourself from injury and Infection
- In the event of immediate danger, get out of site immediately.

# Four Basic Rules



## Key points to note

- Medical emergencies can happen anytime
- Act quickly, calmly, and correctly.
- Consider being certified in first aid and CPR.



# Questions?

# Further reading

- First Aid 2016 guidelines by AMREF
- Johnson E. (2001) *First-aid text book*. New York Association Press.

# Assignment

Case scenario.

A 15year old man came to your office bleeding profusely having sustained a motorbike accident.

1. Describe the importance of first Aid measures? 10mks
2. How would manage this patient? 10mks