



A REVIEW ARTICLE ON: EFFECTIVE FIRST AID RESPONSE TO ACCIDENTS – A GUIDE FOR IMMEDIATE CARE.

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ABSTRACT:

Until medical assistance arrives, a road accident victim can be kept alive with prompt action. This includes performing CPR, monitoring the victim's pulse, halting the bleeding, and other crucial actions. Always keep in mind that DRSABCD is a first aid assessment standardization strategy. The next strategy is to stop the victim's health from getting worse. Since it is not considered medical treatment, it cannot take the place of interventions from a qualified medical practitioner.

Keywords: Accident, First aid , DRABCD .

GOALS OF FIRST AID:

- To preserve life
- To prevent further harm.
- To promote recovery.

FIRST AID PROCESS:

THE GOLDEN RULES:

1. Assess the situation quickly without panicking .
2. Remove the victim from the cause of injury or remove the cause from the victim .
3. Loosen all the tight clothing or materials around the victim's neck , waist, wrist etc.,
4. Arrest bleeding .
5. Transport the victim properly.

****The basic steps to be taken in case of road traffic accidents (RTA) are :**

- Check if they are conscious
- Call an ambulance
- Don't try to move the victim
- Clear the airway
- Assist breathing
- Provide CPR
- Stop the bleeding

DANGER: Look for any threats to the injured party. If danger exists, is it possible to remove it or relocate the person to a safer location? If there's nothing you can do, take a step back and get expert assistance.

REACTION: Ask inquiries, see if you receive a response, and make sure the patient is conscious and alert once it is evident that all danger has passed. Finding out if they react to your touch and are conscious of their discomfort is also crucial.

RESPONSE: Check to see whether the patient is conscious and alert, ask questions, and see if you receive a response once it is evident that all danger has passed. Finding out if they react to your touch and are conscious of their discomfort is also crucial.

AIRWAY: Verify that the airway is open. Choking, which happens when airways are blocked, can be lethal. Place one hand on the victim's forehead and two fingers from the other hand on their chin while they are on their back. Raise the chin slightly upwards and tilt the head back gently. Only insert fingers into the mouth of the injured individual if an obstruction is present.

BREATHING: Start by looking for movement in the chest and indications of breathing in the mouth. Next, approach the subject to check if they are breathing and have air on their cheek.

CIRCULATION: The first responder should immediately administer rescue breathing and chest compressions if the victim of the emergency is not breathing. Circulation will be improved by the chest compressions. When the first responder needs to check the pulse in a non-life-threatening emergency, this saves crucial time.

DEADLY BLEEDING/DEFIBRILLATION: While some organizations include this as a phase in circulation, others view treating serious wounds or administering defibrillation to the heart as a distinct fourth stage.

Recovering position (for unconscious but breathing individuals) :

1. Remove glasses
2. Position arm and legs as described to roll the person on to their side
3. Tilt the head back to keep the airway open

CPR (Cardio pulmonary resuscitation) :

When to perform CPR :

If the person is not breathing or has no pulse

CPR STEPS:

1. Chest compressions
 - Place one hand on the centre of the chest, interlock fingers, and push down 1.5- 2 inches (5cm) deep .
 - Perform 30 compressions at 100bpm .
 2. Rescue breathes
 - Tilt the head back , pinch the nose , and give two breaths (observe chest rise)
 - Alternate 30 compressions with two breaths
- Continue CPR until help arrives or the person starts breathing. Chest compressions alone can save lifes if breathing is not possible.
- NOTE : Cracking sounds during compressions are normal;do not stop .

CONCLUSION:

In an emergency, administering first aid is crucial to stabilizing the wounded and halting their decline until expert assistance can be summoned. Preserving life, preventing additional harm, and fostering recovery are its main goals. An organized and efficient approach to care is ensured by using the airway, breathing, and circulation (ABC) strategy.

While CPR keeps oxygen flowing during cardiac arrest, placing a person who is unconscious but still breathing in the recovery position aids in maintaining a clean airway. Even in the presence of cracking sounds, prompt and appropriate chest compressions are essential.

People can potentially save lives by acting confidently in critical situations if they understand and practice these basic strategies.

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