

SIMPLIFIED FIRST AID SKILLS

Turkmenistan Ashgabat 2023

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The choking adult

Symptoms of foreign body airways obstruction:

- Sudden onset of respiratory distress while eating.
- The victim clutching his/her neck.

Actions Call to ambulance service from landline 03/from mobile 003.

If victim able to respond to the question 'Are you choking?' 'Yes' then let the victim to dislodge the foreign body by coughing by own and monitor.

If not

In conscious patient:

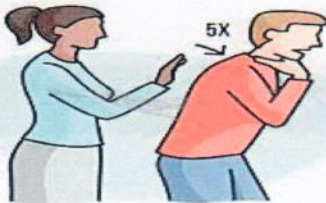
5 back blows



if not efficient



5 abdominal thrusts



Repeat this techniques untill victim dislodge the foreign body or becoming unconscious

For unconscious victims start CPR immediately.

The choking child

Sudden onset of respiratory distress in a previously well child with recent history of playing with or eating small objects.

Actions Call to ambulance service from landline 03 from mobile 003.

If child crying or verbal response to questions or loud cough and able to take a breath before coughing, then let the child to dislodge the foreign body by coughing by own and monitor.

If not

In conscious child:

5 back blows



if not efficient



5 chest enfant $\leq 1y$ /abdominal enfant $\geq 1y$ thrusts



Repeat this techniques untill child dislodge the foreign body or becoming unconscious

For unconscious child open air way, attempt 5 rescue breath. If a breath doesn't make the chest rise then start for paediatric CPR.

Adult basic life support (ABLS) and automated external defibrillator (AED)

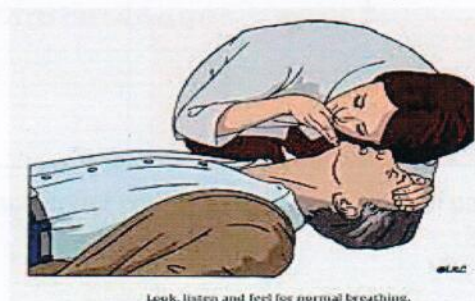
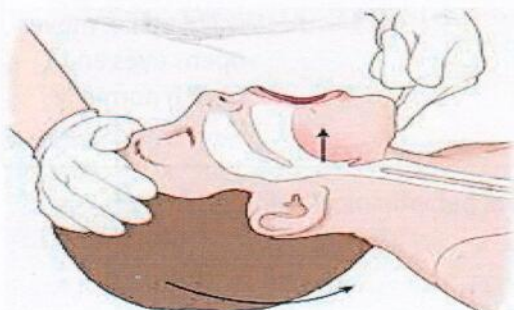
Actions Call to ambulance service from landline 03/from mobile 003.

1 Danger. Ensure safety of rescuer and victim.

2 Response. Check the victim for any response:

- Is the victim Alert? Yes/no
- Is the victim Confused or disoriented? Yes/No
- Does the victim respond to Vocal stimuli? Yes/No
- Does the victim respond to a Painful stimulus? Yes/No
- Is the victim unconscious? Yes/No

3 Airway. Open the airway -place one hand on the victim's forehead and tilt his/her head back. With fingertips under the point of the victim's chin, lift the chin to open the airway. Note: Try to avoid head tilt if trauma to the neck is suspected.



4 Breathing. With air open, look, listen, and feel for breathing.

5 Circulation. Check pulse on carotid/radial arteries.

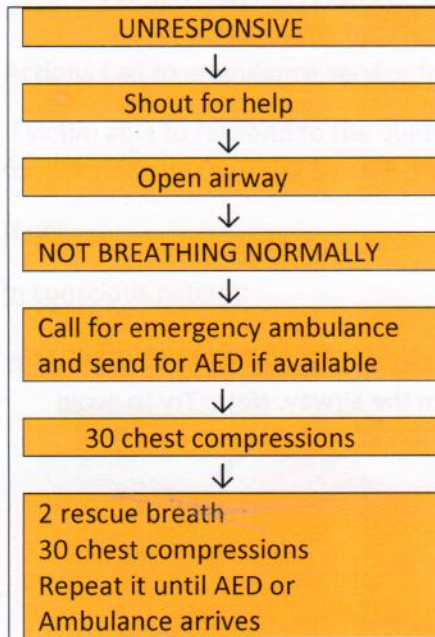


If breathing normally then turn the victim into recovery position.

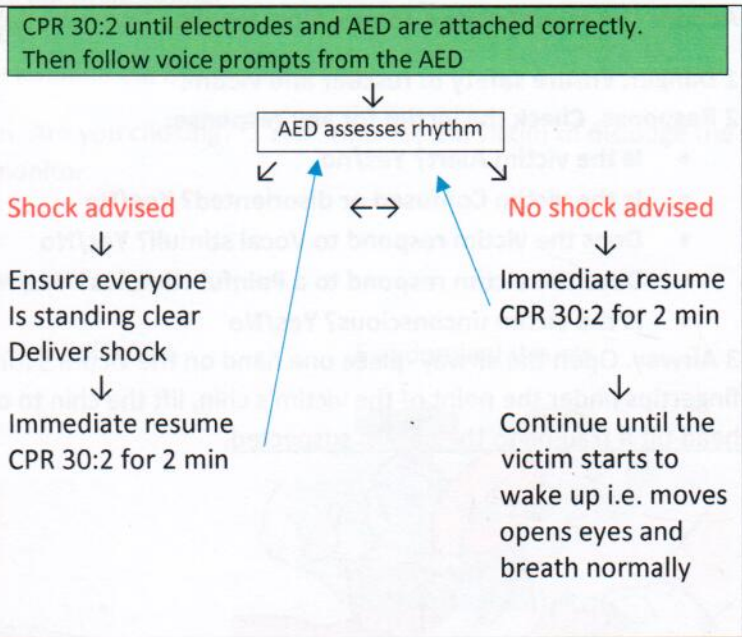
If those vital signs are absent **Call to ambulance service from landline 03 from mobile 003** and start CPR.



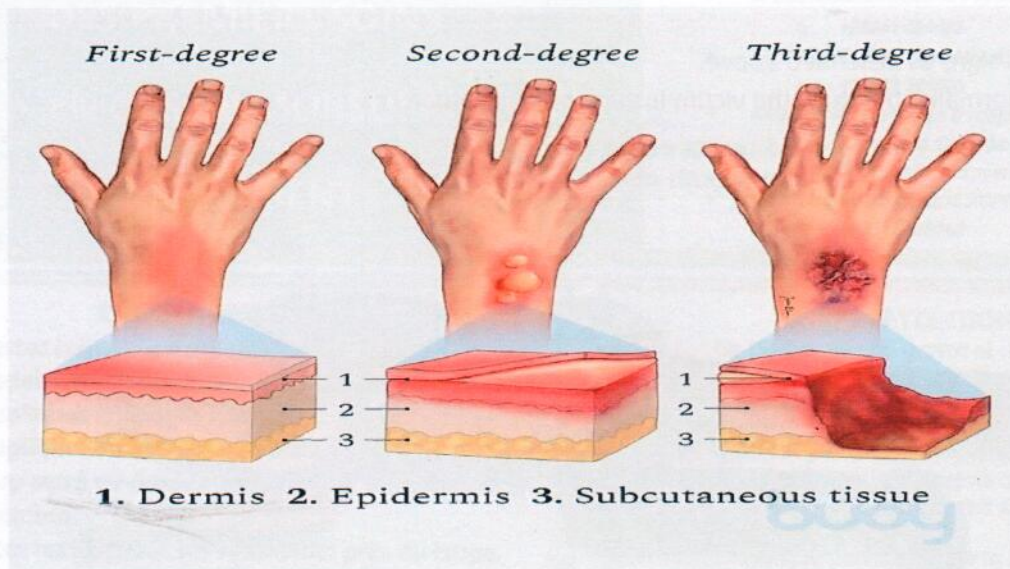
Algorithm of CPR



Algorithm of AED



Scalds and burns



Actions

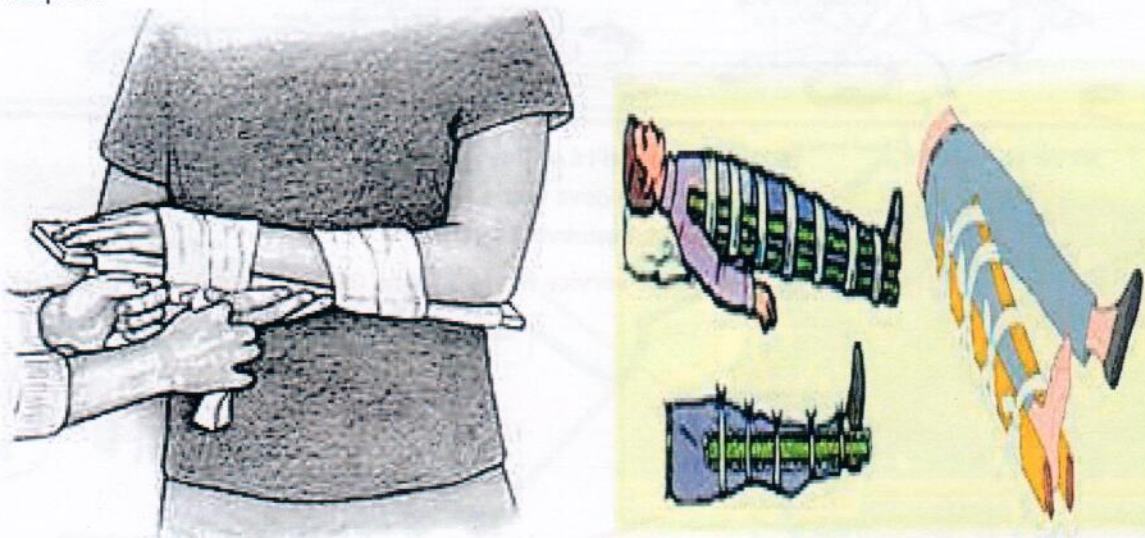
- Remove clothing from affected area and place under cold water ≥ 10 min or until pain is relieved.
- Do not burst blisters.
- Apply Flammazin/Dermazin cream if available and close the wound with clean tissue.

Note that you must visit your doctor for future treatment plan even burn looks small.

Fractures

Visual looks: Bruising/swelling, deformity, local tenderness, impaired function/crepitus/abnormal mobility, pain.

Actions: Fix the affected place with planch if available and call to ambulance or transport to nearest hospital.

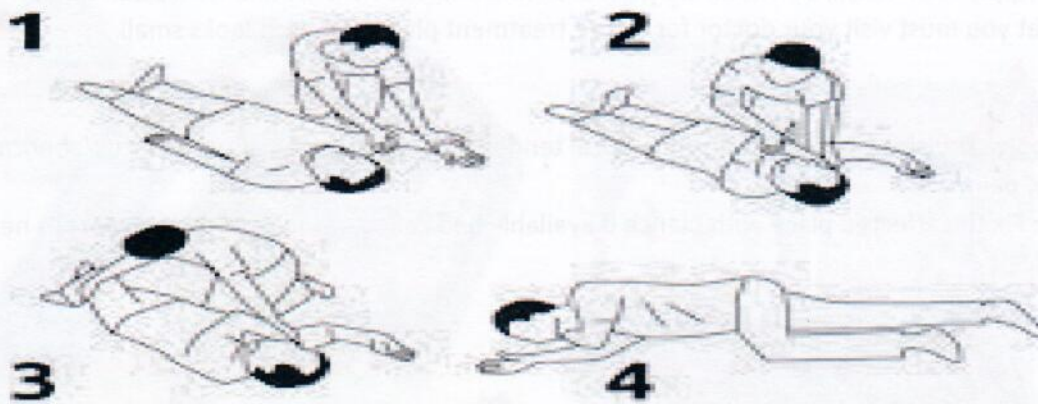
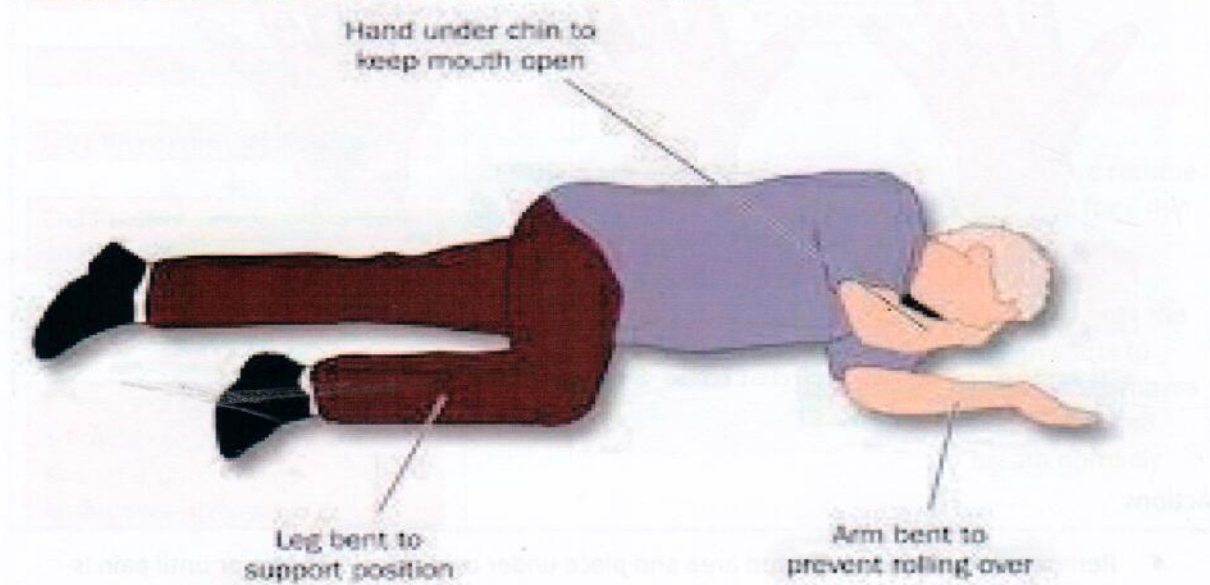


The unconscious patient

Actions

Check all vital signs as described above.

If breathing normally then turn the victim into recovery position.



If those vital signs are absent **Call to ambulance service from landline 03 from mobile 003** and start CPR as described above.

GUIDE DES PREMIERS SOINS EN CAS DE MORSURE DE SERPENT

Numéros de téléphone à appeler en cas d'urgence

- **Dr .MUHAMMETBERDIYEV AHMED**
 - +99365 054082
- **AMBULANCE Chor Garadamak**
 - +99312 744003
- **AMBULANCE CENTRALE D'ASHGABAT**
 - Composez 003 à partir d'un téléphone portable / et 03 à partir d'un poste fixe
- **SERVICE TOXICOLOGIQUE HOPITAL DE LA CROIX ROUGE**
 - +99312 368289

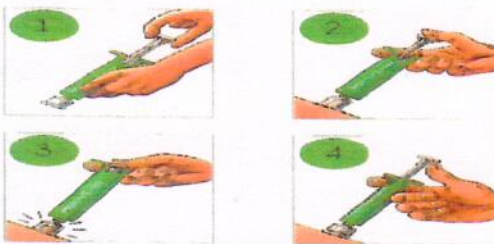
ETAPES A RESPECTER

1. Restez calme.
2. Appelez Medecin ou service médical.
3. Appliquez la pompe Aspivenin.
4. Appliquez un bandage en tissu ou élastique pas trop serré au-dessus de la plaie et immobilisez le membre.
5. Otez les bijoux et les vêtements près du corps.
6. Nettoyez la plaie avec du savon ou désinfecter. Couvrez la plaie avec un tissu sec et propre.
7. Organisez la transportation de la victime au Service Toxicologique de l'hôpital de Croix Rouge

ATTENTION

1. Ne mettez pas de garrot et n'appliquez pas de glace.
2. Ne coupez pas la blessure pour agrandir la plaie et éliminer le venin.
3. Ne buvez ni mangez quoi que ce soit, si ce n'est pas autorisé par des prescriptions médicales
4. Ne buvez pas de boissons contenant de la caféine ou l'alcool, ce qui pourrait accélérer l'absorption du venin par votre corps.
5. N'essayez pas d'attraper le serpent. Essayez de retenir sa couleur et sa forme afin de pouvoir le décrire, ce qui facilitera votre traitement.

Comment utiliser la pompe Aspivenin ?



Animal	Temps d'aspiration indicatifs
Guêpe, abeille, frelon...	1 à 3 minutes
Moustique, mouche...	20 à 30 secondes
Vive, méduse, poisson pierre...	2 à 3 minutes
Serpent	3 minutes
Araignée, scorpion...	1 à 2 minutes

