

HEALTH EDUCATION II

MODULE 4

ACTION AT EMERGENCY



What this Module is all about

Have you ever been in a situation in which someone around you became injured or suddenly ill? Perhaps you were afraid and felt confused. You may have wondered whether or not you should take certain actions such as giving first aid.

Here are general directions for giving first aid. Having knowledge and skills in giving first aid will enable you to save yourself and others from possible permanent injury or death.

This Module will help you broaden your knowledge and understanding about first aid concerns. Remember, “the worst thing to do is to do nothing” in times of medical emergencies.



**What you are expected to learn from this Module*

After completing this Module you shall have:

- ⇒ followed the general rules or procedures in giving first aid;
- ⇒ identified the “three hurry cases” in which first aid is given right away;
- ⇒ illustrated the different methods of stopping bleeding;
- ⇒ identified and applied the correct procedures in giving artificial respiration.



• *How to learn from this Module*

You are encouraged to enjoy spending time in learning from this Module but before you proceed, remember to observe the following reminders:

1. Answer the pre-test before going over the materials. This is to find out what you already know.
2. Be honest in answering and checking your activity.
3. Follow closely the instructions in every activity.
4. Review the lessons that you think you failed to understand.
5. Seek assistance from your teachers if you need help.
6. Answer the post test at the end of this Module.
7. Record your answers and lessons taken in your notebook.

You may now answer the pre-test.

Are you ready? Good Luck and Happy Learning!



PRE-TEST

Test I. Write the word TRUE if the concept is correct, if False, change the underlined word/words to make the concept correct. Write the correct answer in your notebook.

1. Bleeding can be controlled by applying direct pressure.
2. The ABC's of Artificial Respiration are Airway, Bleeding, and Circulation.
3. Poison can enter the person's body through ingestion, inhalation, injection, or absorption through the skin or mucus membrane.
4. Learning first aid promotes safety awareness for yourself and others.
5. Don't give fluids to unconscious victims.

II. Multiple Choice. Write the letter of the best answer in your notebook.

6. What will you do to assess the condition of Johnny who lost consciousness, and breath due to drowning?
 - a. clear airway, check pulse rate, call for an ambulance
 - b. give mouth to mouth resuscitation right away
 - c. tilt the head, lift chin, check pulse, give 2 slow breaths.
7. The three hurry cases that should be given priorities in giving first aid are:
 - a. bleeding, fracture, poisoning
 - b. shock, bleeding, burns
 - c. stoppage of breathing, severe bleeding, poisoning
8. Tony met a car accident. He saw a man with severe bleeding on his left arm. How can Tony help the man?
 - a. he should apply direct pressure over the wound with a clean cloth
 - b. he should clean the wound immediately
 - c. he should readily call for a doctor
9. The best and safest method of controlling severe bleeding is by:
 - a. application of cold compress
 - b. apply elevation and direct pressure on the wound
 - c. apply pressure on the artery
10. Bert fainted and collapsed while playing basketball. He was unconscious and not breathing. How can you help Bert?
 - a. check his pulse
 - b. check his pulse and place him on his side in lateral recovery position
 - c. place him on his side in lateral recovery position

Compare your answer with the Key to Correction on page 16.

Did you answer the questions correctly? You may now proceed to Lesson 1.

* *LET'S LEARN !!!*



Lesson 1

ACTION AT AN EMERGENCY: “The Worst Thing to do is Nothing.”

The plan of action to be followed in giving first aid would depend on the circumstances surrounding the accident or illness. Whatever the incident, as a FIRST AIDER it is your responsibility to act quickly, calmly and correctly in order to preserve life, prevent further injury and promote recovery.

General Directions for Giving First Aid

As a first aider your responsibility is to:

- Know how to call for help in a first aid situation. You can call the emergency assistance by dialing the telephone number in your community. Some areas use 117 as hotline. Once an emergency call is made, give the following information:
 - ➔ identify the exact location at which you may be found;
 - ➔ give the telephone number at which you can be reached;
 - ➔ provide substantial information about the patient's illness or injury.
- Assess the situation. Check what's wrong.
 - ➔ Check response to “Shake and Shout.” Place the patient on his/her side. Reassure the patient and stay calm;
 - ➔ Check quickly if airway and breathing is clear and open, if not, begin mouth to mouth artificial respiration/ resuscitation;
 - ➔ Check the carotid pulse for circulation, if absent, begin mouth to mouth respiration/ resuscitation;
 - ➔ Check patient for any severe bleeding and control it promptly;
 - ➔ Check for signs of poisoning;
 - ➔ If the patient is in shock, keep him/her warm, quiet, and lying down until medical help arrives;
 - ➔ Treat injuries before moving a casualty. If you suspect spine injury, DO NOT move the patient.

- Don't give fluids to an unconscious patient.
- Protect the patient from extreme temperature such as heat, or cold, wind and/or rain.
- After help has been called, evaluate the situation further and administer first aid priorities that include:
 - ➔ checking for open airway;
 - ➔ controlling severe bleeding;
 - ➔ checking for signs of poisoning.

Then promptly rescue and transfer the patient to the nearest hospital if necessary.



Activity 1 "Help Save A Friend"

By rounding off the following numbers and matching them with words listed below, form the hidden message by writing the words in your notebook so you can help save a friend.

Example: $\frac{Act}{24.7}$ $\frac{fast}{21.3}$

- ⇒ $\frac{\quad}{27.9}$ $\frac{\quad}{32.7}$ $\frac{\quad}{28.8}$ $\frac{\quad}{27.2}$ $\frac{\quad}{29.9}$
- ⇒ $\frac{\quad}{25.2}$ $\frac{\quad}{20.9}$ $\frac{\quad}{22.9}$ $\frac{\quad}{25.8}$ $\frac{\quad}{9.9}$ $\frac{\quad}{41.2}$ $\frac{\quad}{26.8}$ $\frac{\quad}{55.8}$ $\frac{\quad}{17.7}$
 $\frac{\quad}{29.0}$
- ⇒ $\frac{\quad}{58.9}$ $\frac{\quad}{43.8}$ $\frac{\quad}{62.8}$ $\frac{\quad}{16.7}$ $\frac{\quad}{14.8}$ $\frac{\quad}{23.8}$ $\frac{\quad}{19.7}$ $\frac{\quad}{43.9}$ $\frac{\quad}{60.8}$
- ⇒ $\frac{\quad}{22.1}$ $\frac{\quad}{18.8}$ $\frac{\quad}{44.2}$ $\frac{\quad}{68.8}$ $\frac{\quad}{42.7}$ $\frac{\quad}{59.8}$ $\frac{\quad}{10.9}$
- ⇒ $\frac{\quad}{65.7}$ $\frac{\quad}{44.3}$ $\frac{\quad}{69.2}$ $\frac{\quad}{27.2}$ $\frac{\quad}{38.3}$ $\frac{\quad}{64.7}$
- ⇒ $\frac{\quad}{32.3}$ $\frac{\quad}{43.6}$ $\frac{\quad}{67.4}$ $\frac{\quad}{68.8}$ $\frac{\quad}{64.4}$ $\frac{\quad}{35.6}$ $\frac{\quad}{65.2}$

⇒ 31.3 43.9 69.1 36.6

- | | | | |
|--------------|--------------|--------------|-------------|
| 10 bleeding | 24 are | 36 warm | 63 doctor |
| 11 injuries | 25 act | 37 gently | 64 lying |
| 15 you | 26 severe | 38 stay | 65 calm |
| 17 while | 27 and | 41 poisoning | 66 reassure |
| 18 of | 28 check | 43 with | 67 shock |
| 19 move | 29 breathing | 44 the | 68 down |
| 20 assessing | 30 pulse | 56 stoppage | 69 patient |
| 21 fast | 31 examine | 59 call | |
| 22 do not | 32 keep | 60 serious | |
| 23 during | 33 airway | 61 situation | |

You may compare your answers with the Key to Correction on page 16.

Finding Out What's Wrong

Do not panic in times of emergency situation. You can not help if you do not know what is wrong with the patient. Analyze and study the procedure that should be followed in case of emergency when the patient collapses.

In case of an emergency in which the patient collapsed, it is important to follow the general procedure in giving First Aid. Remember, you cannot help if you lose composure. So **do not panic! Be calm.**

- **PULSE ABSENT. Give Artificial Respiration.** Check breathing and pulse after 1 minute then at 2 minutes.
- **NOT BREATHING.** Turn patient on his/her back. Give 2 slow breath in 2 seconds. Check Pulse.
- **UNCONSCIOUS.** Turn patient on his/her side. **Clear airway, tilt head.** Check breathing.
- **PULSE PRESENT.** Continue giving Artificial Respiration. Check pulse and breathing after 1 minute and then every 2 minutes.
- **PATIENT COLLAPSED.** Check response to **Shake and Shout.**

- BREATHING. Leave on side in Lateral Recovery Position. Observe: Airway, Breathing, Circulation, Bleeding.
- CONSCIOUS. Make the patient comfortable. Check: Airway, Breathing, Circulation by feeling pulse on the carotid.



Lesson 2

FIRST THINGS FIRST (Three Hurry Cases)

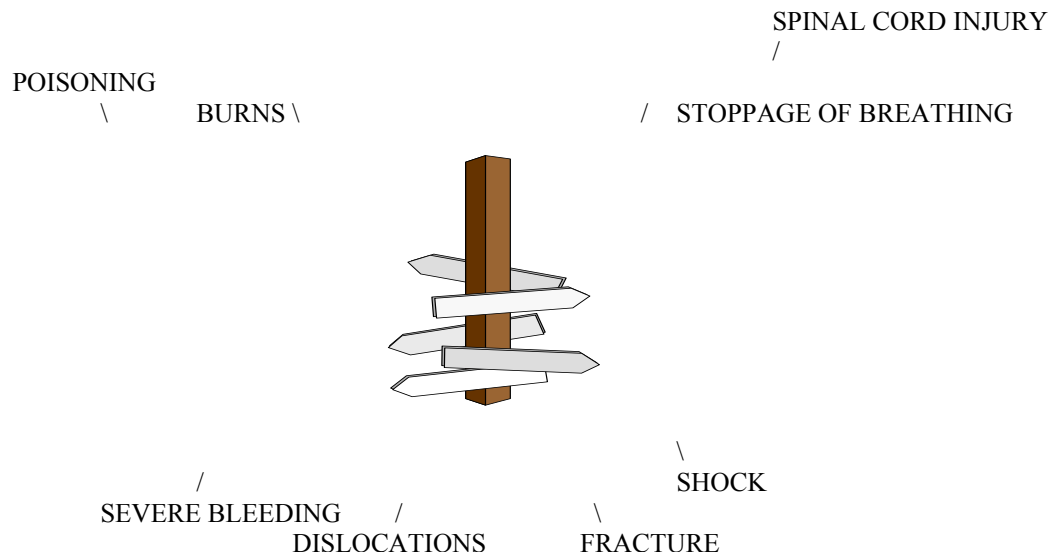
In line with emergency cases, what does “threatening condition” mean? What are the possible threatening conditions of the patient in case of burns, drowning, poisoning, etc.

A first aider like you should know how to identify life threatening conditions. Emergency cases should be given immediate care and attention. Thorough and quick assessment of the situation, specially in life threatening conditions can save the life of a patient.



Activity 2 “Which Way ?”

Below are common examples of emergency cases. Can you identify the “hurry cases” that need immediate priority care? Write them in your notebook.



You may check your answers with the Key to Correction on page 16.

The priorities in the case of unconscious patients can be remembered by using the acronym ABCHS to check for the following:

- AIRWAY ABSTRUCTION
- BREATHING
- CIRCULATION
- HEMORRHAGE
- SPINAL CORD INJURY



Activity 3 “Jimmy’s Paralysis”

Let’s find out. First things first. How will you give immediate care to the following situation. Choose your action from Column B. In your notebook, write the letters only.

- ⇒ Jimmy was playing basketball in the school playground. He accidentally fell on the ground hitting his forearm and head. He lay unconscious on the ground. Assess Jimmy’s condition.

FIRST THINGS FIRST

A

1. Check the airway
2. Check Jimmy’s breathing
3. Check Jimmy’s circulation
4. Check for bleeding
5. Jimmy collapsed

B

- a. Tilt the head/ lift the chin
- b. Feel the heartbeat or pulse at the side of the neck
- c. Look, listen, and feel, watch for chest to rise and fall, listen for breathing, feel for air coming from the nose and mouth
- d. Apply direct pressure over the affected area. Wait for Response for “Shake and Shout” Are you alright?

Were you able to assess Jimmy’s case correctly? Don’t forget! Promptly call for help and rescue, if the need arises.

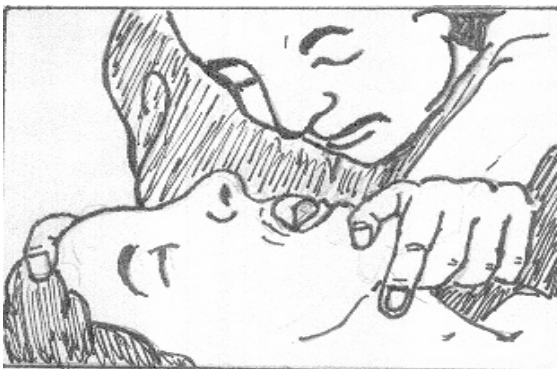


→ Hurry Case # 1. **STOPPAGE of breathing.**

There are many emergency situations in which breathing may stop. Among these are drowning, heart failure, electric shock, drug overdose, and poisoning. This stoppage or limit of breathing is called asphyxiation. It is important that breathing be restored quickly through **ARTIFICIAL RESPIRATION/ RESUSCITATION**. This includes many techniques used by one person to another to restore breathing. The examples are mouth-to-mouth and mouth to nose respiration. Through these techniques, the rescuer is able to inflate the patient's lungs, thereby forcing air into them.

Study the following steps:

Mouth-to-Mouth Breathing; Mouth-to-Nose Breathing



A. Open Airway by head tilt/ chin lift maneuver.



B. If the patient is not breathing, pinch the hollow nose. Seal the patient's mouth with yours and give two full breaths.



C. Check the patient's pulse on the side of the neck or carotid artery. Check for breathing. If you find the pulse beating but there's no breathing, give one blow or breath every five seconds (for an older child.)



Activity 4 “Restore!”

Put an asterisk (*) if the action is correct and a cross (X) if not. Write answers in your notebook.

1. Tilt the head to open airway.
2. Pinch the nostril and seal the patient’s mouth with yours then give 2 full breaths.
3. Give mouth-to-nose breathing to infant only.
4. For older children, give one blow/ breath every 5 seconds.
5. Give mouth-to-mouth to an adult who is not breathing.



➔ Hurry Case # 2: **SEVERE Bleeding**

Do you know that

- there are approximately 6 liters of blood in the normal adult’s circulatory system?
- blood carries oxygen and other nutrients to the tissue and carbon dioxide and other waste products away from them?
- blood flows through a network of flexible tubes called blood vessels?
- our bodies strongest blood vessel called arteries can carry the blood away from the heart?
- capillaries though very small are our blood vessels through which the exchange of fluids and gases to and from the tissue cells are made?
- veins carry blood to the heart?

The Dangers of Blood Loss

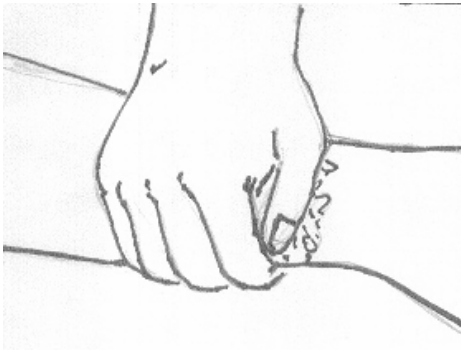
When you cut yourself, you bleed because the pressure inside the blood vessels forces blood out. There are different kinds of bleeding such as:

- Arterial bleeding. Blood spurts faster leading to blood loss.
- Venous bleeding.
- Capillary bleeding. Blood oozes. This is the most common type and is easily controlled.

An open wound can cause the possibility of infection and loss of blood. The first priority in any wound is to stop bleeding and prevent germs from entering the wound. A person with an open wound may bleed to death in a matter of minutes.

STOP THE BLOOD FLOW !!!

- ⇒ Direct Pressure on the wound with thumb and/ or fingers.
 - ➔ With the use of clean dressing or clean piece of cloth, compress the blood vessels in the affected area to slow down the flow of blood and to form blood clot. Maintain pressure 5 to 15 minutes.
 - ➔ Do not remove the dressing or piece of clean cloth if blood soaks. Add more layers of dressing to the affected area.
 - ➔ Squeeze gently but firmly the sides of wound. Maintain pressure if the wound is large

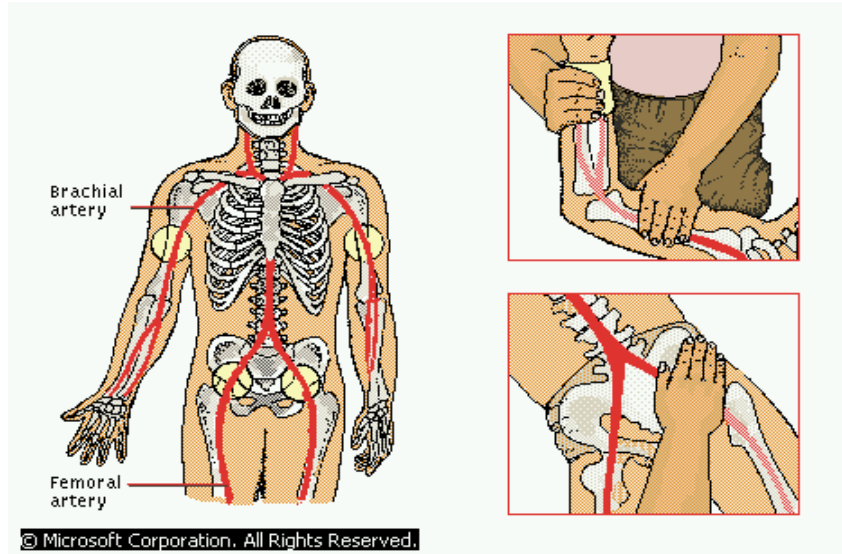


Direct Pressure



Direct Pressure with Dressing

- ⇒ Direct Pressure With Elevation
 - ➔ If the wound is on the limb, raise or elevate the wounded body part above the level of the heart to reduce blood flow to the area.
 - ➔ If a foreign object is lodged deep in the tissue of the wound, do not remove it.
 - ➔ Build up a dressing and padding around the wound, to prevent pressure on the object.
 - ➔ Elevation of the affected part can be done if there is no fracture.



⇒ Arterial Pressure Points

- ➔ Remember, direct pressure must always be used first. If it fails, the pressure point technique may be required. Using pressure points to stop bleeding is not a substitute for direct pressure and elevation.
- ➔ The pressure points involve two main arteries -
 - brachial artery, located just below the armpit;
 - femoral artery, located inside the groin area.



Activity 5 “Assess Yourself”

Help another friend. Do the best you can. Analyze the following situations and give the best treatment. Write your answer in your notebook.

1. Manuel cut his palm while cutting wood with a sharp bladed knife.
2. Aling Nelia’s hand was punctured by a large barbecue stick.
3. While fishing, Mang Antonio injured his arm when he threw a dynamite that instantly exploded



→ Hurry Case # 3: **POISONING**

Poison is any substance which when taken into the body in sufficient quantity can cause temporary or permanent damage.

⇒ How Poison Enters the Body

- Orally by eating or drinking poisonous substances.
- Through the lungs by inhaling industrial gases, chemical vapors, or automobile engine exhausts.
- By injection into the skin as a result of bites of animals and insects.
- By absorption through the skin brought about by pesticides and insecticides.

⇒ How Poisons Act

- Once in the bloodstream, some poisons work in the central nervous system preventing breathing, heart action and other vital processes.
- Swallowed poisons react directly on the food passages resulting from vomiting, pain, diarrhea.
- Corrosive poisons may severely burn the lips, mouth gullet and stomach causing intense pain.



Activity 6 “*Case to Case*”

Read the following situations of a patient/victim of poisoning. Which of the first aid cabinet below is the best for each situation? Write the letter only in your notebook.

1. Terry swallowed accidentally kerosene when he mistook it for water.
2. Jaime’s skin got burned due to corrosive chemical.
3. Susan unknowingly contacted a poisonous plant that caused itching and skin rash.



Which first aid (FA) is the best for the situations above?

F A Cabinet A

- * Flush the burn with water for at least 20 minutes.
- * Remove any contaminated clothing gently while flooding the injury.
- * Seek medical help. Make sure that the airway is open Monitor pulse, breathing and give details to the doctor,

F A Cabinet B


- * Give the victim frequent sips of cold milk or water while waiting for medical help.
- * Never attempt to induce vomiting.
- * Resuscitate if necessary but use face shield or pocket mask if there are any chemicals in the victim's mouth.

F A Cabinet C

- * Remove contaminated clothing.
- * Wash area for at least 10 minutes.
- * Seek medical help.
- * Resuscitate if necessary.



Activity 7 "Terrible Mistakes"

In your notebook, draw the icon  if the action in giving first aid for the "three

hurry cases" is wrong, and the icon  if the action is the best treatment.

1. Induce the victim to vomit if he has swallowed kerosene substance.
2. Wash the wound with cold water.
3. Cover the wound tightly with bandage to stop bleeding.
4. Give milk or water to drink to poisoned victim.
5. Touch the unconscious victim.
6. Always check airway, breathing and pulse rate.
7. Remove foreign objects from the wound to avoid infection.
8. Use direct pressure on an eye injury, wound with an embedded object, skull fracture or open wound.
9. Remove a blood-soaked dressing and just apply another dressing.
10. Place the patient in a comfortable position.

Compare your answers with the Key to Correction on page 17.

Wow! You are a winner! You were able to finish this Module.

Now, Let's find out what you have learned from the previous topics.

Game ka na ba ?

* *Let's See What You Have Learned*



POST TEST

Write TRUE if the concept is correct, if False, change the underlined word or group of words. Write the answers in your notebook.

1. Learning first aid promotes safety awareness for you and others.
2. As first aider you should not panic.
3. Learn to prioritize what action should be taken first.
4. The three hurry cases are stoppage of breathing, bleeding, and poisoning.
5. The ABC of Artificial Respiration is to check Airway, Breathing, and Circulation.
6. To open airway, tilt the head and lift the chin.
7. To check circulation feel the pulse rate in the carotid artery or neck.
8. To check breathing, Look, Listen, and Feel for the movement of air in the chest.
9. Apply direct pressure on the artery to stop bleeding.
10. Induce vomiting in poisoned patient.

Compare your answers with the Key to Correction on page 17.



Key to Correction

PRE-TEST

- | | |
|--------------|-------|
| 1. True | 6. b |
| 2. breathing | 7. b |
| 3. True | 8. a |
| 4. True | 9. b |
| 5. True | 10. d |

Activity 1 “Hidden Message: Help Save A Friend”

1. Check airway, breathing and pulse.
2. Act fast during severe bleeding, poisoning, and stoppage of breathing.
3. Call the doctor while you are assessing the patient’s condition.
4. Don’t move the patient with serious injuries.
5. Reassure the patient and stay calm.
6. Keep the shock patient lying warm and calm.
7. Examine the patient gently.

Activity 2 “Three Hurry Cases”

- Severe bleeding
- Stoppage of breathing
- Poisoning

Activity 3 “Jimmy’s Paralysis”

1. a
2. c
3. b
4. d
5. c

Activity 4 “Restore”

1. * 2. * 3. * 4. * 5. *

Activity 5 “Assess Yourself: Help Another Friend”

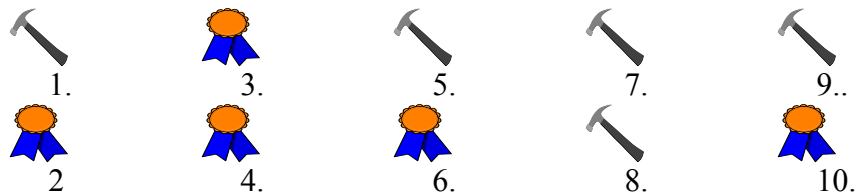
- 1 .
- a. Control bleeding. Apply direct pressure with clean gauze or cloth.
 - b. Clean the wound.

2.
 - a. Control bleeding. Apply direct pressure.
 - b. Don't remove foreign bodies. Let the doctor do it.
3.
 - a. Control bleeding. Direct pressure and elevation.

Activity 6 "Case to Case"

1. c
2. b
3. a

Activity 7 "Terrible Mistakes"



POST TEST

- | | |
|---------|-----------|
| 1. True | 6. True |
| 2. True | 7. True |
| 3. True | 8. True |
| 4. True | 9. False |
| 5. True | 10. False |



What is your score? If you got 10 correct answers in the post test,

Congratulations !

If your score is 6 or below, you need to go over this Module again.

