

HEALTH EDUCATION II

MODULE 5

THE EMERGENCY



- *What this Module is all about*

You and your friends are biking when suddenly you hear car tires screeching behind you. You turn around and see your friend hit by a car. He is lying unconscious in the street. Your friend's leg is bleeding severely. He is not breathing. What is the first step you need to take? What help can you give your friend who stops breathing? How would you control the bleeding from a wound? This Module will help you answer such questions.

In this Module you will learn how to provide emergency care for yourself as well as for others. If you know how to apply first aid, you can also promote safety awareness in the home, at work and play, on the road, in the farm, everywhere. As a result you will become more cautious in your actions, thus eliminate hazards of accidents.



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

After completing this Module you shall have:

- ⇒ applied first aid in different injuries of the bones, joints and muscles;
- ⇒ followed the correct procedures or steps in applying first aid treatment for common medical emergencies such as:
 - Child Convulsions
 - Epileptic Convulsions
 - Appendicitis
 - Shock
 - Cerebral Seizure or Stroke
 - Hypertension
 - Heart Attack
 - Severe Intoxication (from alcohol)
 - Internal Bleeding (hemorrhage)
 - Snake Bites



** How to learn from this Module*

Remember this slogan? “The Worst thing to do is to do nothing.” Every second is important to a victim of an accident or illness. In this Module are procedures to follow in giving first aid treatment and care to common medical emergencies.

Read them carefully. Learn from them by heart so that in times of emergency you will know what to do.

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.

Start answering the Pre-Test.

Are you ready? Good Luck and Happy Learning!



• **PRE-TEST**

Test I. Choose the best answer. Write the letter of the correct answer in your notebook.

1. Jeffrey suffered pain and swelling on his left arm due to a bad fall while playing basketball. What should you do to help him?
 - a. Apply direct pressure over the injured part.
 - b. Apply hot compress to reduce swelling.
 - c. Apply cold compress on the injured part to reduce pain.
2. What is the standard procedure in giving first aid for dislocation, sprain, strain, and fracture?
 - a. Don't move the victim, rest, apply ice compress and elevate.
 - b. Leave the victim, call for help, apply bandage.
 - c. Check for bleeding, breathing and pulse.
3. Ana suffered multiple wounds and dislocation when she slipped on a wet floor. It was so painful and she felt so weak and almost fainted. Please help Ana. She is in shock.
 - a. Cover her with blanket and elevate her legs above the heart.
 - b. Help her lie down and raise her legs 12 inches above the heart.
 - c. Give liquid to comfort her.
4. Chona's younger sister was ill with high fever. She was left with her sick sister. What should Chona do to treat her sister's high fever?
 - a. Give medication and comfort her in bed.
 - b. Call for help.
 - c. Apply cold compress and give cold massage to the skin with tap water.
5. Why did Benjie loosen his father's clothing on his neck, chest, and waist when he suffered a stroke?
 - a. To provide good circulation and breathing.
 - b. To check his airway
 - c. To give comfort.

II. Write Agree if the action taken is correct. Write Disagree if the treatment given is a mistake. Write your answers in your answer notebook.

6. If the victim of a stroke is conscious, put him/her on his/her side or recovery position.
7. Keep calm, don't panic and reassure the patient.
8. Apply cold compress to the patient with fever, dislocation, sprain or strain.
9. Snake bite victim should be sent to the hospital immediately.
10. Food or water should not be given if the victim is unconscious.

Compare your answers with the Key to Correction on page.

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

• **LET'S LEARN !!!**



Lesson 1

THE EMERGENCY

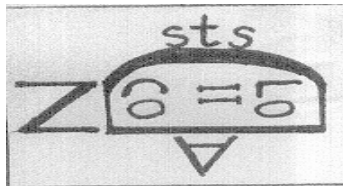
Injuries to bones, joints, and muscles are common to people your age. These include fractures, dislocations, sprains and strains. Therefore it is a must for everyone to be equipped with proper know how and skills about FIRST AID.



Activity 1 “Let’s Differentiate”

Identify the injuries to bones, muscles, and joints. Connect Column A with Column B.

Column A



1.

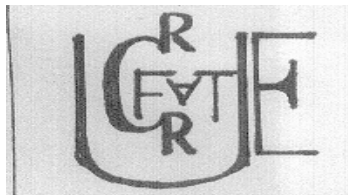
a. It’s a break or crack in the bone

Column B



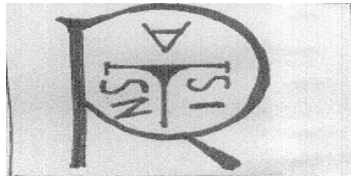
2.

b. It’s an injury to the ligaments, tendons, and soft tissue around a joint caused by stretching.



3.

c. It’s the movement of the bone from it’s joint. It is also often accompanied by stretched ligaments.



4. d. It's an over stretching of muscles or tendons.

(You may compare your answers with the Key to Correction on page 14.)



Lesson 2

First Aid for Fractures, Dislocations, Sprains, and Strains

Here is a table to present what first aid treatment is to be given in case of fractures, dislocations, sprains, and strains. This will serve as your guide in giving first aid treatment. Remember, for most minor sprains or strains, you can probably treat the injury yourself.

	Signs and Symptoms	First Aid/ Emergency
<u>Fractures</u>	Pain, swelling, loss of movement, deformity. Fracture of the skull may be sensed through bleeding from the head or ears, drowsiness, headache.	<ul style="list-style-type: none"> * Treat for bleeding and shock. * Immobilize injured part. * For head injury, keep victim still * Apply ice to prevent swelling. * Get medical help immediately.
<u>Dislocations</u>	Pain, swelling upon movement, loss of movement, obvious deformity of injured part.	<ul style="list-style-type: none"> * Apply cold compress. * Keep injured part still. * Do not pull a dislocated finger, it may be fractured.
<u>Sprains</u>	Pain that increases with every	* Apply cold compress and elevate.



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movement, bearing, tenderness, swelling, discoloration of the skin.

* Get medical help if a fracture is suspected.

Strains

Pain, swelling, stiffness, and firmness.

* Apply moist heat if injury is in lower back; apply cold compress

In giving first aid treatment to strain, sprain, dislocation, and fracture, always remember the “P R I C E” procedure. This refers to the following:

- **P**rotection Immobilize the affected area to protect it from further injury. Use slings, bandages, splints, crutches, wheel chair if necessary.
- **R**est..... Avoid activities that may cause pain and swelling. Rest will promote tissue healing.
- **I**ce..... Apply ice or cold compress to control swelling, pain, and muscle spasm.
- **C**ompression..... Compress the injury.
- **E**levation Elevate the injured part.



Activity 2 “To the Rescue”

Analyze the following situations and answer the questions that follow. Write your answers in your notebook.

1. Mang Bert carried 2 sacks of rice. He felt a sudden and sharp pain in his right shoulder. His wife, Aling Marta, assisted him to sit on a comfortable chair and applied an ice compress on the painful area for 20 minutes.

* Identify the first aid treatment Aling Marta did.
2. Marlon is a school athlete. He suffered a sprained ankle when his foot twisted over unexpectedly while sprinting. He felt the pain and swelling around his foot. His coach readily put ice massage and elevated the injured foot. He also put some bandage firmly but not tightly to his foot.

* What are the immediate treatments given to Marlon during the emergency?
3. Abigail suffered fracture on her right arm when she fell on a slippery floor. She cannot move her arm. There is swelling and bruise on the injured part.

* What are the signs and symptoms Abigail experienced which should be given treatment?

Common Treatment During Emergency

In an emergency situation you must use the treatment that is most likely to be of benefit to the casualty. Do not use a treatment that you are not sure about just for the sake of doing something.

You can provide help to others in an emergency situation by creating an air of confidence and assurance. You can do it by:

- being in control of your own reactions and of the problem;
- acting calmly and logically;
- being gentle but firm;
- speaking to the casualty kindly but in a clear and purposeful manner.

It is very important to use your common sense in giving the appropriate treatment/ care to a victim of an accident/ common illness.



Activity 3 “Are You Someone....”

Write YES or NO in your notebook if during emergencies you are someone who will do the following:

1. Keep calm and act logically.
2. Reassure the casualty.
3. Assess the extent of injury before moving the casualty.
4. Raise the legs of the person in shock 8-12 inches high to allow blood to circulate back to the heart.
5. Prevent body heat loss by wrapping blankets around the person in shock.
6. Loosen tight clothing of the patient especially around the neck and chest.
7. Cool the patient’s body in case of convulsion due to fever.
8. Restrict or hold convulsive movement of the body.
9. Hold the injured gently but firmly.
10. Call for help when in doubt.



Lesson 3

Common Medical Emergencies

There are emergency situations that need medical attention, although giving first aid will still help prevent further injury and will save the victim’s life. Common medical emergencies are convulsion, stroke, heart attack, and internal bleeding.

What to do with common medical emergencies. Let's find out!

CONVULSION or Seizures

As you know that our brain cells produce various coordinated electrical discharges. When they become disorganized, convulsion occurs. These are the kinds of convulsions:

- ➔ Epileptic Convulsion - it is an involuntary episode of muscular contractions and relaxation with loss of consciousness.
- ➔ Child Convulsion - it is characterized by high temperature among children under four years old. It is caused by the onset of an infectious disease or an ear or throat infection.

Treatment for Convulsions:

- Protect the patient from any danger
- Loosen any tight clothing around the neck and chest.
- Do not restrict the convulsive movements of the body to avoid further injury.
- If the convulsion is due to fever, use cold compress and cool the skin by sponging. Always begin at the head and work down using tap water.
- Do not give patient anything to eat or drink until recovery is complete.

STROKE. Also called Brain Attack

A blockage of blood flow or bleeding (hemorrhage) in the brain can result to a stroke.

Signs and Symptoms

- ➔ numbness, weakness, or paralysis of the face, arm, or leg
- ➔ loss of speech or trouble talking or understanding speech
- ➔ sudden blurred or decreased vision in one eye
- ➔ dizziness, loss of balance
- ➔ headache without apparent cause



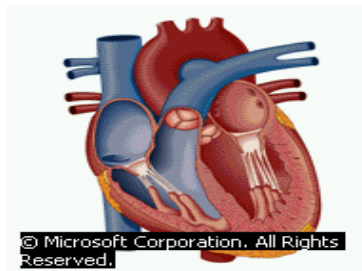
Monitoring of blood pressure with the use of a sphygmomanometer is a must to determine if you are suffering from a stroke.

Immediate Treatment

- Keep the patient comfortable. Call for help.
- Reassure the patient that help is on the way.
- Loosen any constricting clothing around the neck, chest, and waist to assist circulation and breathing.
- Do not give patient anything by mouth.
- If conscious, turn him/her on his/her side, and give care of Airway, Breathing and Circulation.
- Arrange for medical help to the hospital.

HEART ATTACK

This occurs when a blood clot blocks the flow in one or more of our coronary arteries. When the clot blocks the blood supply to a heart muscle region, the oxygen supply to the cells in that area is cut off.



The human heart dissected, showing a clogged blood vessel.

Signs and Symptoms

- ➔ Intense, prolonged chest pain as in a feeling of heavy pressure.
- ➔ Pain extends beyond the chest to the left shoulder and arm, back and even teeth and jaw.
- ➔ Prolonged pain in upper abdomen.
- ➔ Shortness of breath.
- ➔ Nausea, vomiting, intense sweating may occur.

First Aid Treatment for Heart Attack

- Make the patient comfortable to ease the strain on his/her heart. A half-sitting position with the head and shoulders well supported and the knees bent, is often the best.
- Ask somebody to call for help and bring the patient to the hospital.
- Loosen tight clothing around the neck, chest, and waist.
- If the patient collapses, turn him/her on his/her side and give care of airways, breathing, and circulation.

- If the patient is fully conscious, give him/her a full-dose (300 mg) aspirin tablet and advise the patient to chew it slowly.
- If the patient has medicine for angina such as tablets or a pump-action or aerosol spray, help him/her take it. Encourage patient to rest.
- Treat for shock
- Monitor the vital signs and record it as to level of response, pulse, and breathing.

Sudden loss of consciousness is among the most alarming of medical emergencies. Remember these commonsense medicines in giving immediate and appropriate care.



Activity 4 “Meet the Match”

Match Column A with Column B. Identify the correct treatment and immediate care to be given the patient. Read the following actions in an Emergency Care. Put (>) if the action is correct, and (<) if the immediate care is a mistake. Put all answers in your notebook.

A **S T R O K E**

1. Keep the patient comfortable and reassured.
2. Give patient water or food to take.
3. Check airway, breathing, blood circulation.
4. Give cold compress, cool sponge massage from head down.

B **CHILD CONVULSION**

5. Leave the patient alone.

6. Restrict or calm down convulsive movements.

7. Loosen any constricting clothing around neck, chest and waist.

C **HEART ATTACK**

8. Keep the patient lying down.

9. Call for a doctor or ambulance immediately.

INTERNAL BLEEDING

Internal bleeding occurs when the skin is unbroken, and blood is not seen. This may occur following an injury such as a fracture or crush injury or because of a medical condition such as bleeding stomach ulcer.

Always suspect internal bleeding after a violent injury, and if there are symptoms and signs of shock without any visible blood loss.

Signs and Symptoms

- ➔ Bruise or contusion of the skin.
- ➔ Painful, tender, rigid, tensed abdomen.
- ➔ Fractured ribs or bruises on chest.
- ➔ Weakness, dizziness, and fainting.
- ➔ Rapid pulse.
- ➔ Vomiting or coughing up blood.
- ➔ Stools that are black or contain bright red blood.

What to Do

For Severe Internal Bleeding

- Check ABCCH
- Expect vomiting. Keep the patient lying on his/her side to prevent vomiting and choking.
- Treat for shock by raising the patient's legs 8 to 12 inches high and cover the patient with blanket to keep warm.

For Bruises

- Apply an ice pack for 20 minutes.
- Elevate if it is not broken on the arm or leg.
- Do not give the patient anything to eat or drink.



Activity 5 “Help Save A Friend”

Have you ever experienced being bitten by an animal? Seen and bitten by a snake? A snake bit Joel in their mountain climbing activity. He experienced headache, and sweating with some pain in his abdomen. Upon examination, he has difficulty in breathing.

What will you do to help in giving care to Joel? Put a check (/) to the items you must do and (X) to the ones you must not do. Write the answers in your notebook.

1. Clean the bitten area with soap and water.
2. Don't remove the victim and keep him/her lying down.
3. Apply firm pressure over the bitten area with a broad bandage.
4. Call for help.

After a drinking session, Mr. Ramirez had a feeling of headache, vomiting, and frequent urination. His face was flushed and was breathing heavily. His friend Mr. Ramos accompanied him home. Is it proper for his wife to do the following?

1. Give him a quick hot massage.
2. Don't give him water or milk to drink.
3. Turn him on his side and give care for airway, breathing, and circulation.

Diagnose Myra. She is experiencing pain on her upper abdomen and on the lower side of the abdomen. She is also experiencing nausea, loss of appetite, and vomiting. What may be Myra's illness?

Answer: Appendicitis

Action: Call for medical help. Delay may worsen the situation.



* *LET'S SUMMARIZE*

A first aider can save lives and protect the health of others. Knowing how to give first aid treatment will eliminate hazards to accidents.

Remember our slogan "the worst thing to do is to do nothing." Most of the actions needed in giving first aid require presence of mind and common sense. Be alert and keep calm.



* *LET'S SEE WHAT YOU HAVE LEARNED*

POST TEST

Answer the following questions briefly in your answer notebook.

1. What is the standard commonsense treatment for a victim with sprain, strain, dislocation, and fracture?
2. What will you do if the patient is in shock? What should be his/her position?

3. Put an asterisk (*) for the following items that give the best treatment for sudden illness like heart attack, stroke, hypertension, snake bite, and internal bleeding, and (X) if it is a mistake.

- Wash the bitten area by the snake with soap and water.
- Apply ice pack for 20 minutes in case of internal bleeding.
- Check airway, breathing and circulation.
- Elevate the legs above the heart and cover the patient with blanket if the patient is in shock.
- Loosen tight clothing around the neck, chest and waist.



• *Key to Correction*

PRE-TEST

- | | |
|------|---|
| 1. a | 6. Agree |
| 2. a | 7. Agree |
| 3. a | 8. Agree |
| 4. c | 9. Disagree, clean the snake bite, immobilize and apply bandage to snake bite |
| 5. a | 10. Agree |

Activity 1 "Let's Differentiate"

1. Dislocation - c
2. Sprain - d
3. Fracture - a
4. Strain - b

Activity 3 "Are You Some Who..."

- | | |
|--------|---------|
| 1. Yes | 6. Yes |
| 2. Yes | 7. Yes |
| 3. Yes | 8. Yes |
| 4. Yes | 9. No |
| 5. Yes | 10. Yes |

Activity 4 “Meet the Match”

- | | | | | | | | | |
|---|----|---|---|----|---|---|----|---|
| A | 1. | > | B | 4. | > | C | 7. | > |
| | 2. | < | | 5. | < | | 8. | > |
| | 3. | > | | 6. | < | | 9. | > |

Activity 5 “Help Save A Friend”

- | | | | | | |
|---|----|---|---|----|-----|
| A | 1. | / | B | 1. | Yes |
| | 2. | / | | 2. | No |
| | 3. | / | | 3. | Yes |
| | 4. | X | | | |
| | 5. | / | | | |

POST TEST

- Position
 - Rest
 - Ice
 - Compress
 - Elevate
- Elevate the legs 8-12 inches above the level of the heart. Cover with blanket.
- *
 - *
 - *
 - *
 - *



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.

