



'FIRST AID FOR LITTLES'
Presented by Dr Naomi Craft

BURNS

1. MINOR BURNS AND SCALDS

Aim: To stop the burning
To relieve pain and swelling
To minimise risk of infection

Treatment:

Flood the injured part with cold water for about 10 minutes to stop the burning and relieve the pain. If water is unavailable, any cold, harmless liquid, such as milk or canned drinks, will do.

Gently remove any jewellery, watches or constricting clothing from the injured area before it begins to swell.

Cover it with a sterile dressing, or any clean non-fluffy material. A polythene bag or kitchen film makes a good temporary covering.

If it's an arm or a leg – raise it – to stop swelling.

Do not use sticky dressing or strapping, break any blisters or interfere with the injured area, apply lotions, ointments, creams or fats to the area.

2. SUNBURN

Sunburn can be caused by overexposure to the sun or even a sun lamp. At high altitudes sunburn can occur even on an overcast summer day. Most sunburn is superficial. In severe cases, the skin is lobster red in colour and blistered.

Aim: To move the casualty out of the sun
To relieve any discomfort and pain

Treatment:

If there is extensive blistering or any other skin damage you need to seek medical advice. With minor sunburn, cover the burned skin with light clothing or a towel.

Move them into the shade or preferably indoors. Cool the skin by sponging it with cool water or by soaking the affected area in a cold bath or a cool shower for ten minutes.

If the burns are mild, calamine lotion or an aftersun preparation may soothe them.

Encourage frequent sips of cold water.

BITES & STINGS

1. INSECTS

Aim: To relieve swelling and pain
To arrange removal to hospital if necessary

Treatment:

If the sting is still present, remove it with tweezers

Apply a cold compress (SEE BELOW)

Some people are allergic to stings and will need to go to hospital. Always go to hospital if the sting is in the mouth.

Medical Myths:

Wasp Stings: these produce venom that is alkaline, its effects can be neutralized with vinegar or acid which will reduce the pain.

Bee Stings: the venom in a bee sting is acidic and so its effects can be neutralized with bicarbonate of soda.

2. TICK BITES

Ticks are tiny spider-like insects found in grass or woodland. When they have not been fed they are very small and their bite is painless. As they feed, they increase in size and can swell to the size of a pea. They carry disease and so should be removed with tweezers using a lever-like movement with the tweezers as close to the skin as possible. Take the tick to hospital with the patient.

3. MARINE STINGS

Jellyfish, sea anemones and corals contain venom in stinging cells that stick to your skin and are released when the cell ruptures. Spiny creatures such as sea urchins or weever fish (found around Britain's coastline) cause problems if you tread on them. Their spines may puncture the skin and break off to become embedded in the skin.

In the UK, these creatures usually cause a sore reaction only, but around the world, sea creatures can cause fatal reactions.

Aim: To inactivate the stinging cells before they release their venom and neutralize any free venom
To relieve pain and discomfort

Treating stings:

Pour alcohol (any alcoholic drink) or household vinegar on for a few minutes to incapacitate stinging cells that have not yet fired.

Apply a paste of baking soda and water to the wound.

Dust powder over the skin around the injury to make remaining cells stick together

Treating puncture wounds:

Soak in very hot water for at least 30 mins.

Take the casualty to hospital.

4. ANIMAL BITES

Main risk is infection for any bite that breaks the skin. Human bites are particularly bad, and can also crush the tissues. Rabies is a risk in any bite overseas.

Aim: To control bleeding
 To minimize risk of infection for you and the casualty

Treatment:

Wash the wound with soap and water

Pat dry and cover with a dressing

Go to a doctor

CUTS AND BLEEDING

1. NOSEBLEEDS

Treatment:

Ensure the person is sitting down.

Tilt their head forwards to allow the blood to drain from the nostrils.

Pinch the end of their nose and continue to breathe through their mouth.

After ten minutes, release the pressure. If the bleeding has not stopped, reapply the pressure for up to two further periods of ten minutes.

If bleeding continues, seek medical advice.

2. CUTS AND BLEEDING

Aim: To control the flow of blood
 Reduce the risk of infection

Treatment:

Check whether there is an object embedded in the wound.

If there is nothing embedded, press on the wound with your hand, ideally over a clean pad, and secure with a bandage.

If the wound is on an arm or a leg, raise the injured limb above the level of the heart.

*If you suspect there is something embedded, take care not to press on the object. Instead press firmly on either side of the object and build up padding around it before bandaging to avoid putting pressure on the object itself.

SPRAINS

A sprain occurs at a joint and involves ligaments – most commonly a sprained ankle. It is an injury to muscle or tendons and tends to occur when the muscle is stretched – for instance when playing sport.

Luckily the initial treatment for both injuries is the same – the RICE procedure:

Raise the injured part

Ice – apply ice or a cold pad to the injured area

Comfortably support using a bandage or soft padding

Elevate the injured part

COLD COMPRESS

Cooling an injury such as a bruise or sprain can help reduce swelling and pain.

Place the injured part directly under cold running water or in a bowl of cold water.

When injuries are on an awkward part of the body such as head or chest or need prolonged cooling, use a cold compress. This can be an ice bag wrapped in a cloth. A bag of frozen vegetables, particularly peas, is an excellent alternative to ice cubes.

Fill a plastic bag with ice – crushed is ideal, or small ice cubes. Knot the top of the bag and wrap in a piece of cloth, such as a tea towel. Put it over the injury. Hold in place with a bandage. Cool the injury for 20 mins.

Or, soak a flannel or towel in very cold water and wring it out. Place it on the injury. Re-soak it every 5 mins to keep it cool, and continue for at least 20 mins.

MINOR HEAD INJURY

The brain is free to move a little within the skull, and can thus be 'shaken' by a blow to the head. This shaking is called concussion.

Concussion produces widespread but temporary disturbance of normal brain activity. However, it is not usually associated with any lasting damage to the brain.

Treatment:

Unconscious – go to hospital

Not unconscious – monitor headache, blurred vision, confusion, nausea or vomiting

Warning: if the casualty does not recover fully, or if there is a deteriorating level of response after an initial recovery dial 999 for an ambulance.

CHOKING

DO NOT USE YOUR FINGERS TO FEEL BLINDLY DOWN THE THROAT.

Child over one year:

Treatment:

Lay the child on your lap or over your arm, and give 5 sharp slaps between the shoulders **use less force than for adults**

If that doesn't work, give up to 5 abdominal thrusts. Place a clenched fist between the navel and the bottom of the breastbone and pull inwards and upwards. Check the mouth quickly after each one.

If the obstruction does not clear after three cycles of back blows and abdominal thrusts, dial 999.

Any casualty who has been given abdominal thrusts must seek medical advice.

Child under one year:

Treatment:

Are they able to breathe, cry or cough? If so, this is a mild case and the obstruction will probably clear on its own. Keep an eye on the baby and make sure their condition doesn't deteriorate.

If not, lay the baby face down along your forearm, with their head low.

Give up to 5 back blows between the shoulder blades with the heel of your hand. Check their mouth quickly after each one and remove any obvious obstruction. If the obstruction is still present:

Turn the baby onto their back and give up to 5 chest thrusts, with 2 fingers in the middle of the chest pushing inwards and upwards. Check the mouth quickly after each one.

If the obstruction does not clear after three cycles of back blows and chest thrusts, dial 999

Seek medical advice for any baby who has been given chest thrusts.

FEBRILE CONVULSIONS

Any illness that causes a fever (high temperature) can cause a febrile seizure. Most occur with common illnesses such as ear infections, coughs, colds, flu, and other virus infections.

About 3 in 100 children have a febrile seizure sometime before their 6th birthday. They most commonly occur between the ages of 18 months and three years. They are rare in children under six months and over the age of six years.

Treatment:

Lay the child on their side with their head in line with their body

Cool them down

When they have recovered, give paracetamol and a drink of cool water

Go to hospital - The child may need treatment for the seizure and the infection

Full recovery is normal with no after effects and no link with epilepsy.

USEFUL FIRST AID KIT: Gloves, Sterile dry dressing, Thermometer, Calamine/aftersun, Paracetamol