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Ensayo del tema:

“Primeros auxilios”

INTRODUCTION:

The realization of this work is work, it is done in order that the reader understands the importance of knowing first aid.

We will also see about how important it is to know the basic steps in case any case comes up.

We know that it is important to keep in mind that this topic is one of the most important for the health area. later beremis also the main cases that first aid is required

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DESARROLLO:

First aid consists of the immediate attention that we will give to a sick, injured, or injured person at the scene of the events, before being transferred to a hospital therefore these are urgent therapeutic measures that are applied to people who have an accident or sudden illnesses.

That is why the purpose of first aid is to alleviate the pain, anxiety of the wounded person or patient and avoid the deterioration of their state of health. therefore in The main cases that require first aid assistance are suffocation, fracture, burn, trauma and hemorrhage, to mention some below that you should do in an emergency.

1. Control yourself: first of all you must stay calm in this way, but act quickly and effectively to help injured people. The magnitude of the damage, the survival prognosis and the sequelae depend on this.
2. Personal security to provide good help is essential is risk free. Therefore, it is important that you evaluate the scene where the accident occurred. In this way, you guarantee your own physical security and that of others.
3. Evaluate the injured. You should check the general condition patient's state of consciousness, condition, respiratory and circulatory. Subsequently, he takes the patient by shoulders now slightly and ask if you are well with this first evaluation you identify if the injuries they put the patient's life at risk.
4. Vital signs these signs that indicate the presence of life. It counts the beats, the pulsations and the breaths in 30 to 20 seconds and multiply by three des This is the way to obtain the total response per world.
5. In case of suffocation it can occur by ingestion of food or a foreign object, as well as bronco aspiration or allergies. If you are near someone unable to breathe due to the above causes, previously.
6. Breathing faith salvage. It applies in case of absence of unobstructed airway respiration. Have as a purpose to restore the normal respiratory pattern. Insufflation should be performed every 5 seconds, 12 times

for a minute. A rhythm must be found. For example count 123 in this number should apply insufflation, 1,2,3, insufflation etc.

7 cardio pulmonary resuscitation (CPR) in this case of arrest Cardiorespiratory CPR should be applied, consisting of a combination of breaths and chest compressions who give an extreme cardiac massage. You must put yourself but particularly to the patient. Place the size close of the rebel costal, hug them and press hard with the straight arms, you must make 30 impressions for 2 ventilations until signs of breathing appear.

With these simple steps you can save some life person. However do not forget that the most important is to immediately call the medical services to avoid any kind of complication.

You can also learn to manage common injuries and wounds. Cuts and scratches, for example, should be rinsed with cold water. To stop bleeding, press firmly but gently with gauze. If blood soaks through the gauze, place another on it without removing the first one you placed. Keep pressure on the area.

It is important to have a first aid kit available. Have one at home and one in your car. The kit should include a first aid guide first aid is also made up of basic steps

10 basic first aid steps

First aid is the set of actions and techniques that allow the immediate attention of an injured person until professional medical assistance arrives. This first assistance makes it easier for the injuries suffered not to worsen and the evolution of the injured person will depend on this action. In the event of a possible emergency, a sequence known as basic life support must be followed. The goal of first aid care is to:

Keep the injured person alive.

Avoid new injuries or complications.

Put the injured person in the hands of medical services as soon as possible.

Avoid infections or secondary injuries.

Knowing the essentials in relation to first aid can help save a life and that we are not taking risks while assisting a person.

There is an important difference between trying to help and helping with basic knowledge. Having training in first aid allows us to recognize an emergency and help without danger until a professional arrives. Our intention to help may be good, but if we are going to take a risk or there is a possibility of putting the person we want to help at risk, it is better not to act.

10 general tips in the first aid action protocol

Act quickly but remain calm.

Avoid crowds.

Know how to prevail.

Do not move the injured person unless it is essential.

Adequate transfer (as a general rule, do not immobilize the injured person and, if necessary, move them in a block).

- Do not give the injured person to drink, eat or medicate.
- Reassure the injured.
- Keep the casualty warm.
- Do only what is essential.
- If not known, abstain.

Analyze the dangers and apply the knowledge

When it comes to assisting an injured person, before rushing to help on impulse, it is important that we take a minute to analyze the risks around us. We must verify which or how many people are close to the accident and the risks that exist around the individual, that is, if simply put, our actions should be aimed at carrying out simple maneuvers to avoid injuries, since we are not doctors. However, sometimes, for various reasons, a person's breathing and circulation are interrupted abruptly, unexpectedly, and potentially reversible. This interruption is known as cardiorespiratory arrest (PCR). If this situation lasts for a few minutes, the person suffering from it dies because their cells stop receiving oxygen and food. The brain does not resist this situation more than 4 or 5 minutes and for this reason it is important to act immediately. The basic CPR maneuver tries to replace the lack of breathing by executing artificial ventilation, using the technique known as "mouth-to-mouth ventilation", the lack of heartbeat by executing chest compressions, that is, by "heart massage".and he is in the middle of the street, in a room with dangerous objects, etc.

Conclusion:

the work done is done in order to know more about first aid as it is important for us health students.

This topic is important since we can know what to do if a case is presented to us, and thus know how to act to be able to pay attention to the person.

The important thing about learning about first aid is that it helps us so that the person can endure until they reach a hospital. I hope that with the work I have done, the most important thing for some case of first aid will be understood