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PASIÓN POR EDUCAR

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“Ciencia y Conocimiento”

WHAT TO DO IN CASE OF EMERGENCY?

7 BASIC NURSING STEPS:



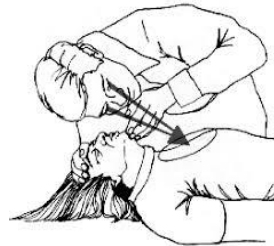
1- **CONTROL YOURSELF:** Keep calm to be able to act quickly, on this depends the magnitude of the damage, survival prognosis and sequelae.



5- **IN CASE OF SUFFOCATION:** it can occur due to food or a foreign object, as well as due to aspiration or allergies.



2- **PERSONAL SAFETY:** Evaluate the scene where the accident occurred to guarantee your own physical safety and that of others.



6- **RESCUE BREATHING:** Insufflation must be performed every 5 seconds, 12 times for one minute. A rhythm must be found, for example, count 1, 2, 3, 1 (in this number insufflation must be applied). 1. 2. 3. 2 insufflation. etc.



3- **EVALUATE THE INJURED:** Verify the general condition of the patient, such as:

- ✓ State of consciousness
- ✓ Respiratory condition
- ✓ Circulation

Then he takes the patient by the shoulders, shakes slightly and asks if he is well.



7- **CARDIOPULMONARY RESUSCITATION (CPR):** consists of a combination of breaths and chest compressions that give an external cardiac massage.

- ✓ You must stand perpendicular to the patient.
- ✓ Place your hands near the rib flange, hug them and press hard with your arms straight.
- ✓ You should do 30 compressions for 2 ventilations until signs of breathing appear



4- **VITAL SIGNS:** Count the beats, the pulsations and the breaths in 30 or 20 seconds and multiply by three, this way you get the total number of responses per minute.