

**Reading Material for
Basic Medical Sciences – II
(First Aid & Public Health)**



Compiled By:
Punjab Medical Faculty
Specialized Healthcare & Medical Education Department
Government of the Punjab

PREFACE

This book is prepared for the two years post matric teaching program for the students of Allied Health Sciences. The purpose of this reading material is to provide basic education to the paramedics about first aid. This reading material attempts to cover almost all the basic theoretical knowledge required by students about first aid, so that they can perform their work better in hospital as well as field conditions.

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FIRST AID

1. INTRODUCTION TO FIRST AID

LEARNING OBJECTIVES:

At the end of the chapter the students will get following concepts:

- Understand and define First AID.
- Students will be able familiarize with Principles of First AID and what type of cases required First Aid.
- What are the actions that should be taken in case of emergency situation.

1.1. Definition:

First aid is the immediate and initial assistance or care provided to someone who has been injured or suddenly become ill. It aims to stabilize the person's health state and prevent further harm until professional medical help arrives.

1.2. Principles of First Aid:

The principles of first aid include:

Preserve Life: The primary objective is to save lives and prevent the condition from worsening.

Prevent further Injury: Take actions to prevent additional harm or injury to the injured persons and those around them.

Promote Recovery: Provide aid that supports the person's recovery and minimizes complications.

Ensure scene safety: Before providing assistance, assess the environment to ensure it is safe for both the first aider and the injured person.

Assess the Situation: Quickly evaluate the situation, the injured person's condition, and any potential hazards.

Summon Professional Help: Call for emergency medical assistance as soon as possible.

Provide Appropriate Care: Administer basic first aid techniques that are appropriate for the specific injury or illness until professional help arrives.

Remembering these principles will guide first aid provider to apply these interventions effectively and timely.

Cases that Need First Aid



Cuts and scrapes



Burns



Choking



Fractures



Allergies



Bleeding



Heart Attack



Seizures

1.3. Actions at Emergency:

Basic Life Support Chart

D **DANGER**
Ensure the area is safe for your self, others and the patient.

R **RESPONSE**
Check the response-ask name-Squeeze shoulders
No response
Response

- Make comfortable
- Monitor response

S **SEND FOR HELP**
Call for an ambulance or ask another person to make the call.

A **AIRWAY**
Open mouth-if foreign material present, place in Recovery position, Clear airway with fingers.

B **BREATHING**
Check for breathing-look, listen, feel
Not Normal breathing
Start CPR
Normal breathing

- Place in recovery position
- Monitor breathing

C **CPR**
Start CPR-30 chest compressions:2 breaths, continue CPR until help arrives or patient recovers.

D **DEFIBRILLATION**
Apply defibrillator if available and follow voice prompts.

ESSEWCHELL.COM

In an emergency, follow these first aid actions:

Assess the Scene: Ensure safety for yourself and the victim. Identify potential hazards.

Check Responsiveness: Gently tap or shout to check if the person is responsive.

Call for Help: Dial emergency services and provide necessary information.

Open the Airway: If unresponsive, tilt the head back to open the airway.

Check Breathing: Look, listen, and feel for breathing. If absent, start CPR.

Control Bleeding: Apply pressure to stop bleeding using a sterile bandage or cloth.

Manage Shock: Keep the person warm, maintain an open airway, and reassure them.

Immobilize Injuries: Minimize movement for suspected fractures or spinal injuries.

Treat Burns: Cool the burn with running water, cover with a sterile dressing.

Provide Comfort: Offer emotional support and reassurance to the victim.

Remember, these actions are general guidelines, and the specifics may vary based on the nature of the emergency. Always seek professional medical help as soon as possible.

2. DRESSINGS AND BANDAGES

LEARNING OBJECTIVES:

At the end of the chapter the students will get following concepts:

- Understand and familiarize with dressings and bandages used for First AID.
- What are the types of dressings and bandages
- How to apply different types of dressings and bandages for different injuries and trauma.

2.1. Dressings:



Figure 1 DRESSING

Sterile Gauze Pads: Used to cover and protect wounds.

Non-Stick Dressings: Prevents sticking to the wound for less pain upon removal.

Adhesive Strips or Band-Aids: Small, adhesive dressings for minor cuts.

2.2 Bandages:

Roller Bandages: Elastic or crepe bandages for securing dressings or supporting joints.



Figure 2 ROLLER BANDAGE

Triangular Bandages: Versatile for slings, splints, or as a large dressing.



Figure 3 TRIANGULAR BANDAGE

Adhesive Bandages: Self-adhesive strips for minor wounds.



Figure 4 ADHESIVE BANDAGE

2.3 Types of Bandaging:

Circular Bandaging: Wrapping the bandage in a circular motion around a limb.



Circular Turns

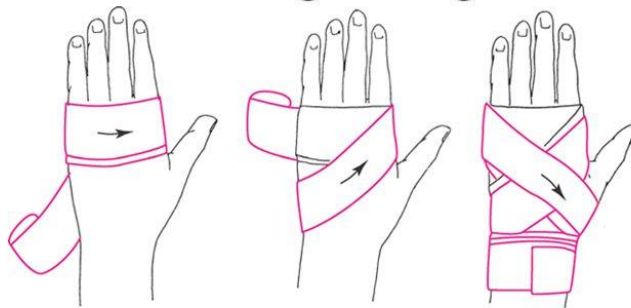
Spiral Bandaging: Similar to circular but ascending in a spiral pattern.



Spiral Turns

Figure-Eight Bandaging: Common for joints, like the hand or knee.

Hand/Fingers Figure 8

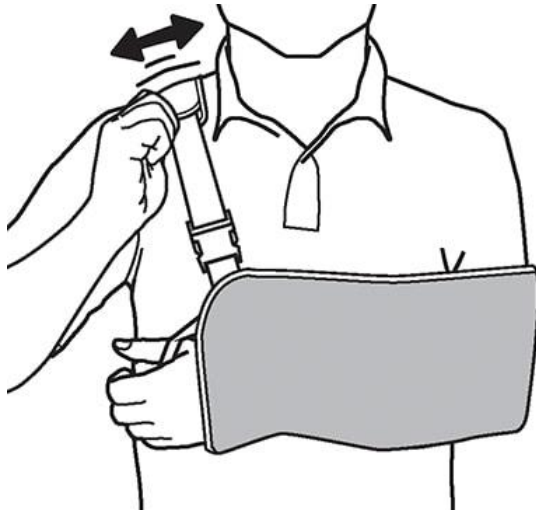


Uses: Stabilize wrist/hand

Steps:

1. Anchor: wrap around the palm 1-2 times
2. Wrap diagonally across the hand and around the wrist
3. Wrap diagonally across the hand and back around the palm
4. Repeat as many times as needed

Sling: Supporting an injured arm using a triangular bandage.



Application Tips:

Maintain Tension: Keep a consistent but not too tight tension while wrapping.

Cover Wound Completely: Ensure the dressing covers the entire wound.

Check Circulation: Regularly assess for numbness, tingling, or discoloration.

Remember to follow proper hygiene, use sterile materials, and seek professional medical help for severe injuries or if you're uncertain about the situation.

3.STRUCTURE AND FUNCTION OF THE RESPIRATORY SYSTEM

LEARNING OBJECTIVES:

At the end of the chapter the students will get following concepts:

- Define respiratory system.
- Understand its structure and how different parts perform various functions.

3.1. Structure of Respiratory System:

Nose and Nasal Cavity:

Structure: Air enters through the nostrils, passes through the nasal cavity lined with mucous membranes.

Function: Warms, moistens, and filters incoming air.

Pharynx (Throat):

Structure: Connects the nasal cavity and mouth to the larynx.

Function: Serves as a passage for both air and food.

Larynx (Voice Box):

Structure: Contains vocal cords and is located below the pharynx.

Function: Responsible for sound production and protecting the airway.

Trachea (Windpipe):

Structure: Tubular structure reinforced with cartilage rings.

Function: Conducts air to and from the lungs.

Bronchi and Bronchioles:

Structure: Trachea branches into bronchi, which further divide into bronchioles.

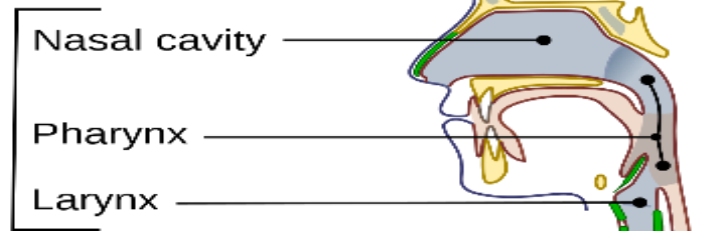
Function: Distributes air to different parts of the lungs.

Alveoli:

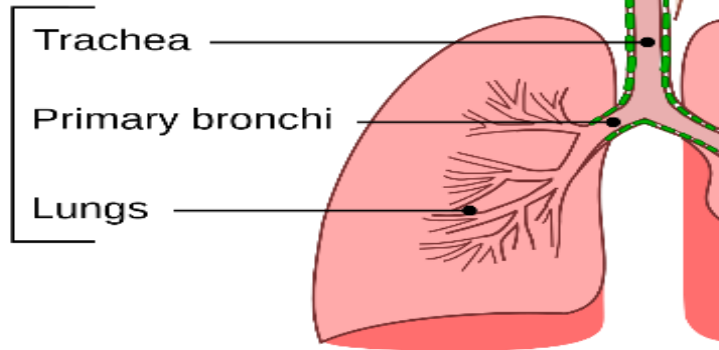
Structure: Tiny air sacs at the end of bronchioles.

Function: Site of gas exchange (oxygen and carbon dioxide) with blood.

Upper respiratory tract



Lower respiratory tract



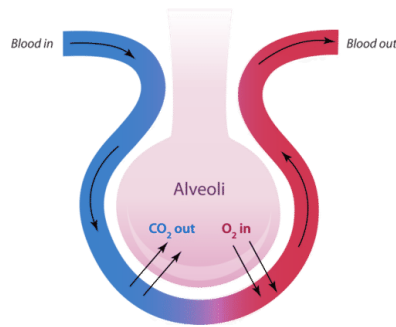
3.2 Functions of the Respiratory System:

Gas Exchange:

Oxygen Intake: Inhaling air with oxygen for cellular respiration.

Carbon Dioxide Release: Exhaling to eliminate waste carbon dioxide.

Pulmonary Gas Exchange



Ventilation:

Inhalation: Diaphragm contracts, chest cavity expands, drawing in air.

Exhalation: Diaphragm relaxes, chest cavity decreases, expelling air.

Humidification and Filtration:

Nasal Function: Warming, moistening, and filtering air before it reaches the lungs.

Speech Production:

Larynx Role: Manipulates airflow to produce sounds for speech.

Immune Defense:

Mucous and Cilia: Trap and remove particles, preventing infections.

The respiratory system plays a crucial role in maintaining oxygen levels, removing carbon dioxide, and supporting overall homeostasis in the body.

4. ASPHYXIA:

LEARNING OBJECTIVES:

At the end of the chapter the students will get following concepts:

- Define Asphyxia and its types.
- What are its common causes and symptoms.
- How to prevent immediate damage of asphyxia
- How to treat by giving Basic Life support to Asphyxia patients.

Asphyxia is a medical condition characterized by the inadequate delivery of oxygen to the body's cells and tissues, leading to potential organ damage or failure.

4.1. Types of asphyxia:

It can arise from various causes, broadly categorized into four types: hypoxic, anoxic, stagnant, and histotoxic asphyxia.

Hypoxic Asphyxia:

This occurs when there is a reduced level of oxygen in the air, making it challenging for the respiratory system to supply sufficient oxygen to the body.

Examples include high-altitude environments or conditions where oxygen levels are decreased.

Anoxic Asphyxia:

Anoxic asphyxia occurs when there is a complete lack of oxygen, preventing the body from receiving any oxygen supply.

Common causes include drowning, where the airway is submerged in water, or severe respiratory failure.

Stagnant Asphyxia:

Stagnant asphyxia is related to impaired blood flow, hindering the delivery of oxygenated blood to the body's organs and tissues.

Causes include conditions such as cardiac arrest, where the heart fails to pump blood effectively.

Histotoxic Asphyxia:

Histotoxic asphyxia involves the body's inability to utilize oxygen at the cellular level, even if an adequate supply is present.

Certain toxins, such as carbon monoxide, can interfere with the body's ability to use oxygen effectively.

4.2 Common Causes and Symptoms:

Asphyxia can result from choking, strangulation, respiratory diseases, or environmental factors like smoke inhalation.

Symptoms may include difficulty breathing, confusion, loss of consciousness, and, if left untreated, can progress to organ failure.

4.3 Treatment:

Immediate intervention is crucial. Basic life support techniques, such as cardiopulmonary resuscitation (CPR), may be necessary.

Addressing the underlying cause, such as clearing airways or providing artificial ventilation, is essential for recovery.

4.3 Prevention:

Avoiding situations that can lead to suffocation or exposure to toxic substances is key. Promoting safety measures, such as using proper equipment in high-risk environments, can help prevent asphyxia.

Asphyxia is a serious medical emergency requiring prompt attention. Early recognition, appropriate first aid, and medical intervention are critical for a positive outcome.

5. ASSISTED RESPIRATION

LEARNING OBJECTIVES:

At the end of the chapter the students will get following concepts:

- Define and understand assisted respiration.
- Type of equipment used for assisted respiration during first aid.
- Different methods of assisted respiration.

Assisted respiration refers to the provision of external support to an individual's breathing when they are unable to do so adequately on their own. This intervention is commonly employed in medical settings to address respiratory distress or failure. There are different methods of assisted respiration:

5.1 Bag-Valve-Mask (BVM):

A bag-valve-mask device is a handheld apparatus used by healthcare professionals to manually assist a person's breathing.



It consists of a self-expanding bag, a unidirectional valve, and a mask, allowing the provider to deliver positive pressure ventilation.

5.2 Mechanical Ventilation:

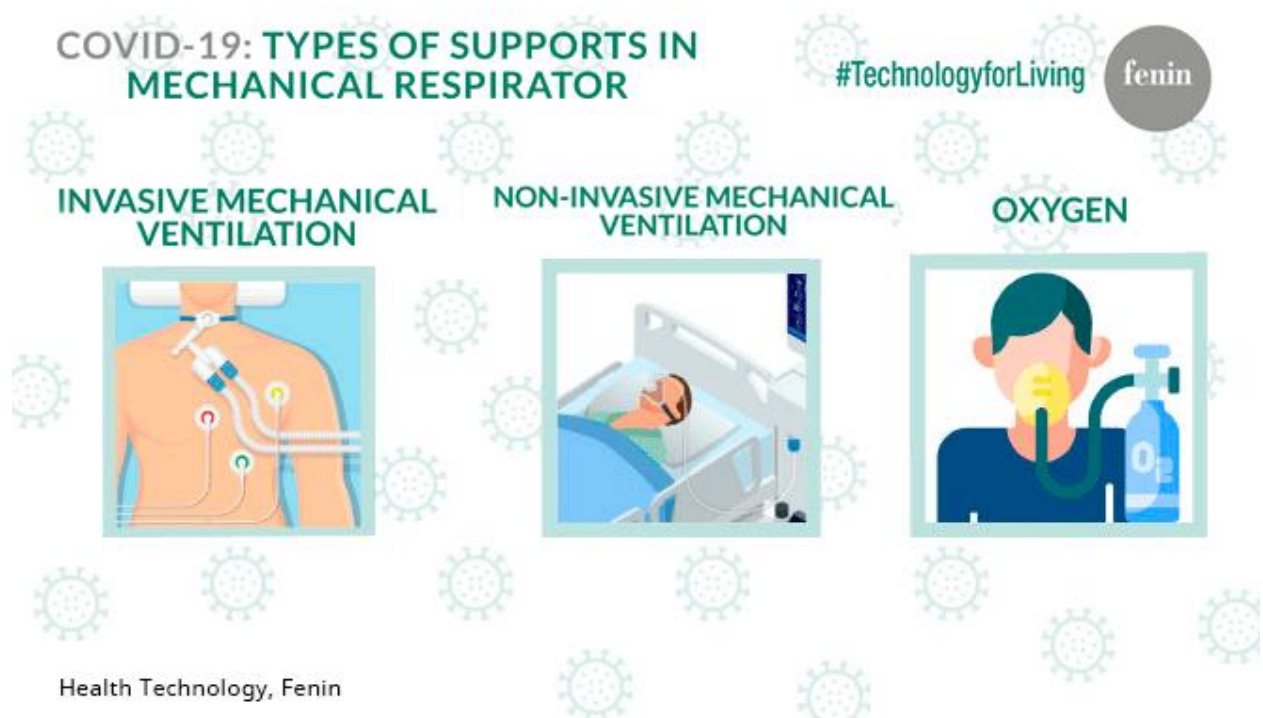
Mechanical ventilation involves the use of a ventilator, a machine that assists or takes over the breathing process.

This method is employed in critical care settings for patients with severe respiratory conditions or those undergoing surgery.

Non-Invasive Ventilation (NIV):

Non-invasive ventilation provides respiratory support without the need for an artificial airway.

Devices like BiPAP (Bilevel Positive Airway Pressure) or CPAP (Continuous Positive Airway Pressure) are examples of non-invasive methods.



5.3 Endotracheal Intubation:

In cases where more invasive support is required, a tube may be inserted through the mouth or nose into the trachea (windpipe) to deliver oxygen and assist ventilation.



6. STRUCTURE AND FUNCTION OF THE CARDIOVASCULAR SYSTEM

LEARNING OBJECTIVES:

At the end of the chapter the students will get following concepts:

- Understand and define Cardiovascular system.
- The Key components of cardiovascular system (CVS).
- Main structure and functions of CVS.

6.1 Define CVS.

Heart:

The heart is a muscular organ that acts as a pump to circulate blood throughout the body. It is divided into four chambers: two atria (upper chambers) and two ventricles (lower chambers).

Blood Vessels:

Arteries carry oxygenated blood away from the heart to various parts of the body.

Veins return deoxygenated blood back to the heart.

Capillaries are tiny blood vessels that facilitate the exchange of oxygen, nutrients, and waste products between blood and tissues.

Blood:

Blood is composed of red blood cells, white blood cells, platelets, and plasma.

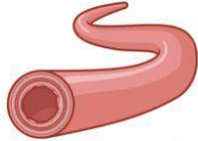
Red blood cells transport oxygen, white blood cells are involved in immune responses, platelets aid in blood clotting, and plasma carries nutrients, hormones, and waste products.

CARDIOVASCULAR SYSTEM

* BLOOD



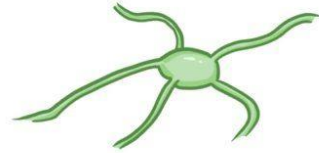
* BLOOD VESSELS



* HEART



* LYMPHATIC SYSTEM



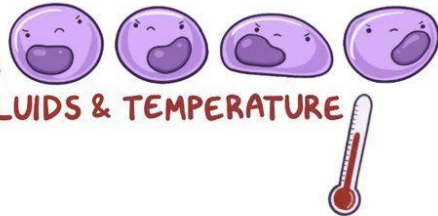
↳ CARRIES NUTRIENTS, HORMONES, other SUBSTANCES

↳ CARRIES OXYGEN

↳ REMOVES WASTE

↳ PRODUCES CELLS of IMMUNE SYSTEM

↳ HELPS MAINTAIN BALANCE of BODY FLUIDS & TEMPERATURE



6.2 Function of the Cardiovascular System:

Circulation:

The heart pumps blood through a network of blood vessels, ensuring a continuous circulation of oxygen, nutrients, and hormones to tissues and organs.

Oxygen and Nutrient Delivery:

Oxygen-rich blood is pumped from the lungs to the rest of the body by the left side of the heart.

Nutrient-rich blood from the digestive system is delivered to various organs and tissues.

Waste Removal:

Deoxygenated blood, carrying waste products like carbon dioxide, is transported back to the lungs for oxygenation and removal of waste.

Hormone Transport:

Hormones, produced by endocrine glands, are carried by the blood to target organs, regulating various physiological processes.

Immune Response:

White blood cells in the bloodstream contribute to the body's defense against infections and foreign substances.

Temperature Regulation:

Blood helps regulate body temperature by distributing heat produced by metabolism.

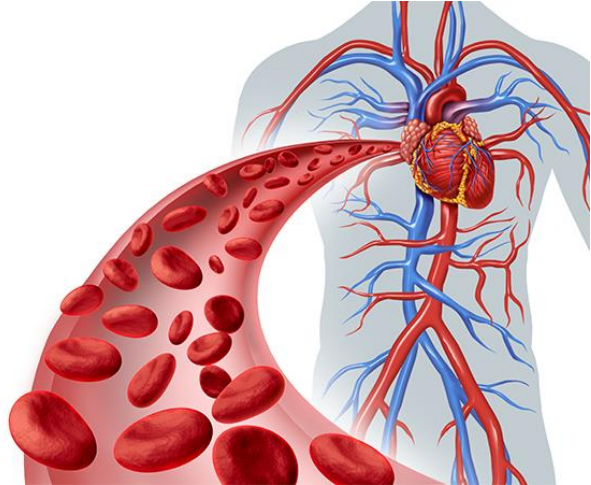
Blood Pressure Regulation:

The cardiovascular system maintains blood pressure to ensure proper blood flow throughout the body.

The cardiovascular system plays a crucial role in maintaining homeostasis (any self-regulating process by which an organism tends to maintain stability while adjusting to conditions that are best for its survival) and sustaining life. It is a dynamic and integrated system that works continuously to meet the body's metabolic demands and maintain optimal conditions for cellular function.

7. SHOCK OR CIRCULATORY FAILURE:

Circulatory Failure: Exploring Types and Variations



LEARNING OBJECTIVES:

At the end of the chapter the students will get following concepts:

- Shock or circulatory failure and what are its pathophysiology.
- What are types of shock?
- How to manage First Aid treatment.

7.1 Define shock.

Shock is a critical condition where there is insufficient blood flow to meet the body's metabolic demands, leading to cellular dysfunction and potential organ failure. It can result from various causes, and the pathophysiology involves a cascade of events affecting the cardiovascular, respiratory, and other organ systems.

7.2 Patho-physiology of shock or circulatory failure.

Hypoperfusion:

The primary characteristic of shock is inadequate tissue perfusion, meaning organs and tissues receive insufficient blood supply.

Cardiovascular System Dysfunction:

Initially, the body responds with increased heart rate (tachycardia) and vasoconstriction to maintain blood pressure.

As shock progresses, the heart may weaken, and blood vessels may dilate, contributing to decreased cardiac output and systemic vascular resistance.

Cellular Oxygen Deprivation:

Insufficient blood flow leads to reduced delivery of oxygen and nutrients to cells. Cellular hypoxia triggers anaerobic metabolism, producing lactic acid, contributing to metabolic acidosis.

Inflammatory Response:

The body initiates an inflammatory response, releasing cytokines and other mediators. Excessive inflammation can lead to increased capillary permeability, causing fluid to leak out of blood vessels (capillary leak syndrome).

Coagulation Cascade Activation:

The coagulation system may become activated, leading to a hypercoagulable state and potential formation of micro clots.

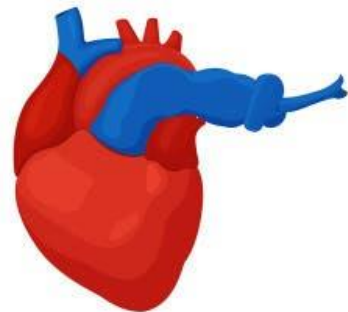
Multi-Organ Dysfunction:

Prolonged hypoperfusion and cellular dysfunction can result in multi-organ failure. Organs particularly vulnerable include the kidneys, liver, lungs, and central nervous system.

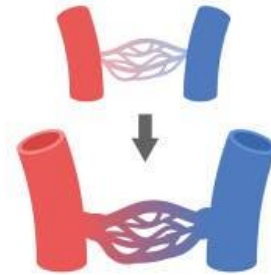
Compensatory Mechanisms Failure:

Initially, the body activates compensatory mechanisms to maintain blood pressure and perfusion. In decompensated shock, these mechanisms fail, leading to a critical decline in organ function.

7.3 TYPES OF SHOCK:



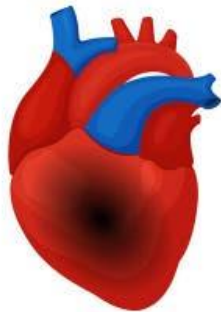
Obstructive



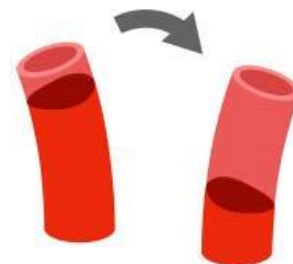
Distributive



Neurogenic



Cardiogenic



Hypovolemic

Various types of shock include hypovolemic shock (due to blood or fluid loss), cardiogenic shock (due to heart failure), septic shock (caused by severe infection), and distributive shock (resulting from widespread vasodilation).

DIFFERENT TYPES OF SHOCK



Obstructive Shock

Occurs when blood cannot get where it needs to go, as in a pulmonary embolism or collapsed lung.



Cardiogenic Shock

Occurs when the heart is weakened, damaged, and can no longer pump blood effectively, as in a heart attack.



Distributive Shock

Occurs when blood vessels become floppy and reduce how much blood reaches the organs, as in anaphylaxis.



Hypovolemic Shock

Occurs when there is not enough fluid (blood) volume circulating through the body, as in internal and external bleeding.



7.4 Treatment:

Management involves addressing the underlying cause, restoring adequate fluid volume, and improving cardiac function.

Vasopressors may be used to increase blood pressure, and in some cases, supportive measures like mechanical ventilation may be necessary.

Early recognition and intervention are crucial in managing shock to prevent irreversible organ damage and improve outcomes. Different types of shock may require specific approaches, but the overall goal is to restore adequate tissue perfusion and support organ function.

8. CARDIOGENIC SHOCK TREATMENT

LEARNING OBJECTIVES:

At the end of the chapter the students will get following concepts:

- How to treat cardiogenic shock?
- What are key components of cardiogenic shock treatment?
- Understand about major surgeries known for cardiogenic shock?

The treatment of cardiogenic shock, a critical condition where the heart is unable to pump blood effectively, involves a comprehensive approach to stabilize the patient and address the underlying causes. Here are key components of the treatment:

Immediate Support:

Cardiogenic shock is a medical emergency requiring prompt intervention. Patients may require supplemental oxygen to ensure adequate oxygenation.

Inotropic Medications:

Inotropic agents are the medicines that increase heart rate and contraction. They are given to help the heart pump more effectively.

Vasopressors:

Vasopressor medications are those which narrow down the blood vessels. When blood passes through the narrowed vessels, the blood pressure increases. Drugs like norepinephrine or dopamine may be used to give this effect and increase blood pressure to maintain adequate blood supply to vital organs.

Fluid Management:

Intravenous fluids (using a drip) may be administered cautiously.

Diuretics:

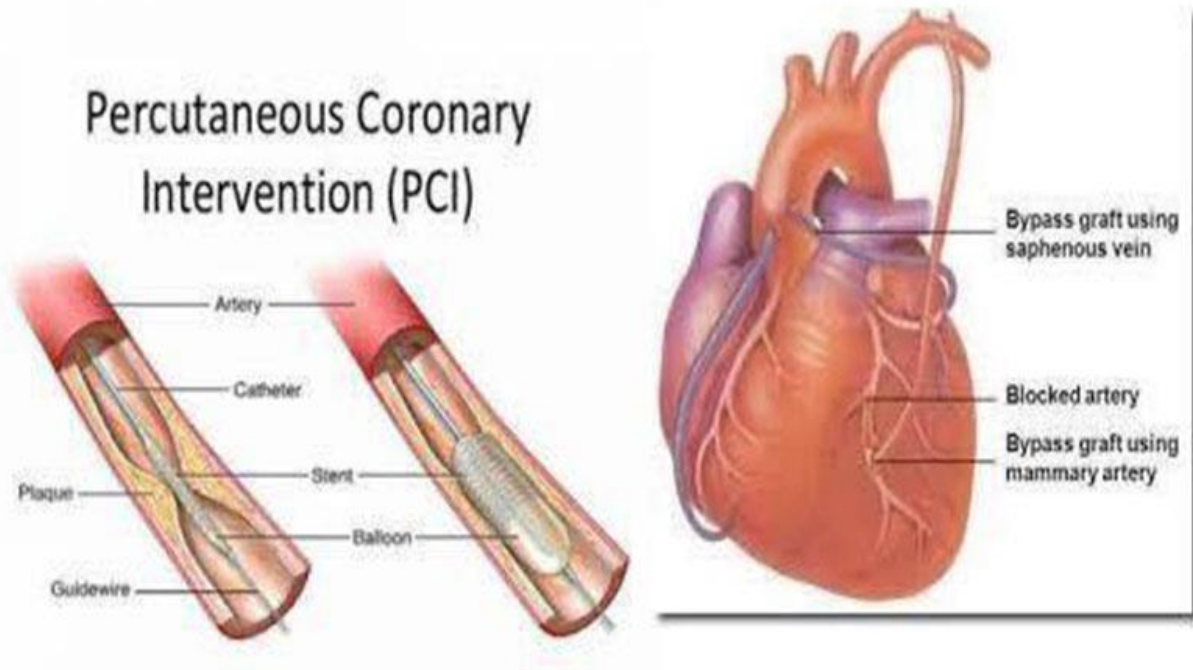
Diuretics are the drugs which are used to remove extra water from body in the form of urine. They may be used to decrease the excessive fluid in body.

Antiplatelet and Anticoagulant Therapy:

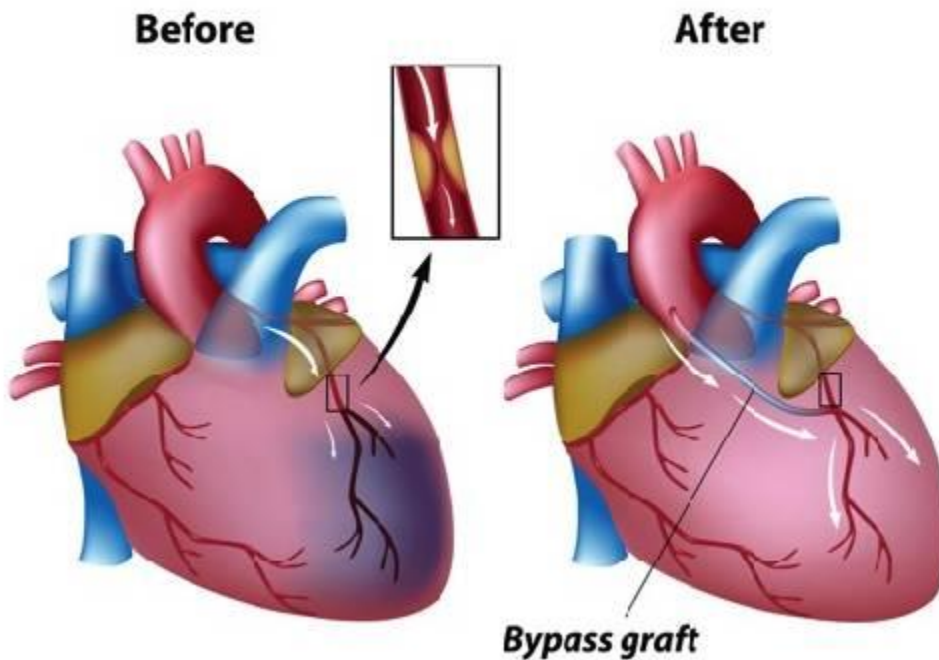
These are the drugs which inhibit the formation of clot in the blood. Cardiogenic shock can be associated with coronary artery disease which occurs due to blockade by a blood clot in the blood supply of heart leading to decrease supply of blood. Antiplatelet agents (e.g., aspirin) and anticoagulants (e.g., heparin) may be used to prevent clot formation.

Coronary Revascularization:

In cases where cardiogenic shock is caused by a myocardial infarction (heart attack), early coronary revascularization (introduction of a stent in heart vessel) by PCI or coronary artery bypass grafting (surgical method of introducing a new vessel in heart to bypass the blocked artery) may be considered to restore blood flow to the heart muscle.



Coronary artery bypass surgery



Monitoring and Supportive Care:

Continuous monitoring of vital signs (Blood pressure, pulse, respiratory rate and temperature), and organ function is essential.

Supportive care includes measures to maintain normal levels of sodium potassium and other electrolytes in blood, prevent complications, and manage other organ dysfunctions.

Treatment of Underlying Causes:

Identifying and addressing the underlying cause of cardiogenic shock is crucial. This may involve treating acute myocardial infarction, managing arrhythmias, or addressing other cardiac conditions.

The management of cardiogenic shock requires a collaborative and multidisciplinary approach involving cardiologists, intensivists, and other healthcare professionals. Early recognition, aggressive intervention, and ongoing monitoring are critical.

9.HYPOVOLEMIC SHOCK AND ITS TREATMENT

LEARNING OBJECTIVES:

At the end of the chapter the students will get following concepts:

- Define hypovolemic (Hematologic) Shock and what are its causes?
- Understand about immediate treatment of hypovolemic shock during First Aid Treatment.

9.1 DEFINITION:

Hypovolemic shock occurs when there is a severe decrease in blood volume due to excessive bleeding, leading to decrease blood supply and oxygen to organs and tissues.

9.2 CAUSES:

Hemorrhagic Hypovolemic Shock:

Due to excessive bleeding from trauma, surgery, gastrointestinal bleeding, or other sources.

Non-Hemorrhagic Hypovolemic Shock:

Caused by fluid loss from severe dehydration, burns, vomiting, diarrhea, or other conditions.

9.3 TREATMENT:

Immediate Fluid Resuscitation:

Rapid administration of intravenous fluids is crucial to restore blood volume and improve perfusion.

Blood Transfusion:

In cases of hemorrhagic shock, blood transfusion may be necessary to replace lost blood and maintain oxygen-carrying capacity.

Hemostatic Agents:

If the cause is excessive bleeding, hemostatic agents or procedures which decrease the blood flow (e.g., suturing, hemostatic dressings) may be employed to control bleeding.

Positioning:

Elevating the legs may help improve venous return to the heart and increase cardiac output.



Monitoring:

Continuous monitoring of vital signs, urine output, and other hemodynamic parameters is essential to assess the response to treatment.

Treatment of Underlying Cause:

Identifying and addressing the underlying cause of hypovolemic shock is crucial. This may involve surgery, stopping bleeding sources, or treating the condition causing fluid loss.

Oxygen Therapy:

Supplemental oxygen may be administered to ensure adequate tissue oxygenation.

Vasoactive Medications:

In severe cases, vasoactive medications may be used to support blood pressure and maintain organ perfusion.

Temperature Control:

Maintaining normal body temperature is important to prevent complications.

Hypovolemic shock requires prompt and aggressive intervention to prevent organ failure and improve outcomes. The specific treatment approach depends on the underlying cause and severity of the condition, and it often involves a combination of fluid resuscitation, blood products, and addressing the root cause of the hypovolemia.

10. ANAPHYLACTIC SHOCK SIGNS, SYMPTOMS AND TREATMENT

LEARNING OBJECTIVES:

At the end of the chapter the students will get following concepts:

- Define anaphylactic shock and what are its sign and symptoms?
- Understand about immediate treatment of hypovolemic shock during First Aid Treatment.

10.1 Define

Anaphylactic shock is a severe, life-threatening allergic reaction that can occur rapidly.

10.2 Signs and symptoms

Anaphylaxis

Signs and symptoms



itching



breathing difficulty,
wheezing



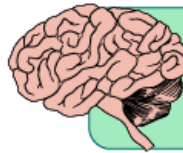
red rash or raised areas
of the skin (hives)



abdominal pain,
vomiting, diarrhoea



swelling
(hands, feet, face, airway)



disorder of the consciousness,
sweating and other signs and
symptoms of the developing
anaphylactic shock

Respiratory Distress:

Difficulty breathing or shortness of breath.

Wheezing or stridor (high-pitched breathing sound).

Cardiovascular Symptoms:

Rapid or weak pulse.

Low blood pressure leading to dizziness or fainting.

Chest pain or tightness.

Skin Reactions:

Hives (urticaria) or redness.

Swelling, especially of the face, lips, or throat (angioedema).

Gastrointestinal Symptoms:

Abdominal pain.

Nausea, vomiting, or diarrhea.

Neurological Symptoms:

Confusion or a feeling of impending doom.

Loss of consciousness.

10.3 Treatment of Anaphylactic Shock:

Epinephrine Administration:

Epinephrine is the first-line treatment for anaphylactic shock. It rapidly reverses symptoms by constricting blood vessels, improving blood pressure, and relaxing airway muscles.

Self-administration via an epinephrine auto-injector is common for individuals with known severe allergies.

Emergency Medical Assistance:

Call for emergency medical help immediately. Anaphylactic shock is a medical emergency, and prompt intervention is crucial.

Maintain Airway and Breathing:

Ensure an open airway and assist with breathing if necessary. This may involve rescue breathing or, in severe cases, intubation.

Positioning:

If the person is fainting or has low blood pressure, laying them flat with legs elevated can help improve blood flow to vital organs.

Antihistamines:

Antihistamines like diphenhydramine (Benadryl) may be administered to help alleviate allergic symptoms, but they should not replace epinephrine as the primary treatment.

Intravenous Fluids:

Intravenous fluids may be administered to help maintain blood pressure and address dehydration.

Monitoring:

Continuous monitoring of vital signs, including blood pressure, heart rate, and oxygen saturation.

Corticosteroids:

In some cases, corticosteroids may be administered to help reduce inflammation and prevent delayed or recurrent reactions.

Allergen Removal:

Identify and remove the allergen, if possible, to prevent further exposure.

Observation:

After initial treatment, individuals should be observed for an extended period to monitor for potential rebound or delayed reactions.

Anaphylactic shock requires immediate and coordinated medical intervention. Timely administration of epinephrine is critical for a positive outcome. Individuals with a history of severe allergic reactions often carry an epinephrine auto-injector and should be educated on its proper use.

11. Septic Shock

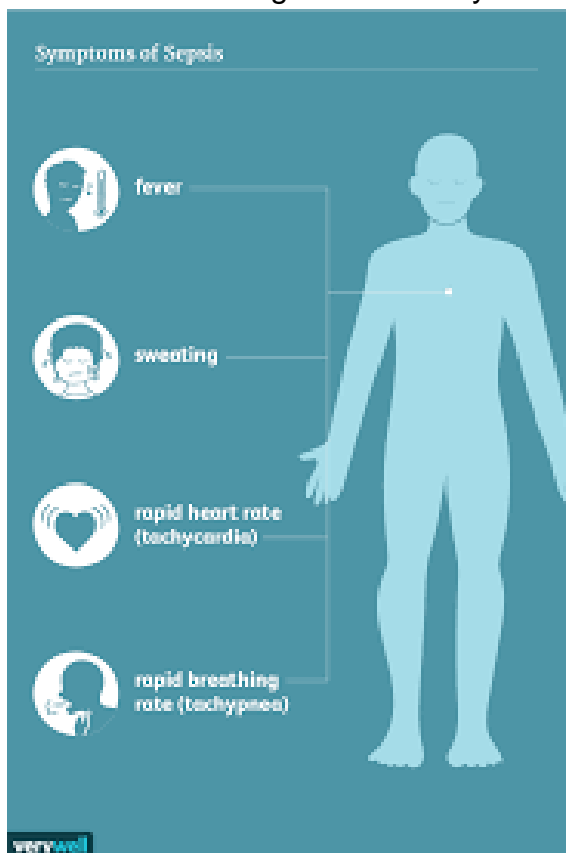
LEARNING OBJECTIVES:

At the end of the chapter the students will get following concepts:

- Define septic shock and what are its sign and symptoms?
- Understand about immediate treatment of septic shock during First Aid Treatment.

11.1 Definition

Septic shock is a severe condition resulting from a systemic response to infection due to micro-organisms or any other cause.



11.2 Signs and Symptoms of Septic Shock:

Its Signs and symptoms may include:

Fever or Hypothermia:

Body temperature may be significantly elevated or lowered.

Hypotension:

Low blood pressure is a hallmark of septic shock, leading to inadequate perfusion of organs.

Tachycardia:

Rapid heart rate (100 beats per minute) as the body attempts to compensate for decreased blood pressure.

Altered Mental Status:

Confusion, disorientation, or lethargy.

Respiratory Distress:

Rapid breathing or shortness of breath.

Skin Changes:

Warm, flushed skin or cool, clammy skin.

Petechiae (small purple or red spots) may develop.

Oliguria:

Reduced urine output.

Gastrointestinal Symptoms:

Nausea, vomiting, or diarrhea.

11.3 Treatment of Septic Shock:

Empirical Antibiotics:

Administer broad-spectrum antibiotics promptly to target the suspected or identified infectious agent. Antibiotic choice may be adjusted based on culture results.

Fluid Resuscitation:

Intravenous fluids are administered to restore blood volume and improve blood pressure.

Vasopressors:

Vasopressor medications, such as norepinephrine, may be used to constrict blood vessels and raise blood pressure when fluid resuscitation alone is insufficient.

Source Control:

Identify and control the source of infection. This may involve drainage of abscesses, removal of infected tissues, or other procedures.

Ventilatory Support:

Mechanical ventilation may be required to support respiratory function in cases of severe respiratory distress.

Inotropic Agents:

Inotropic medications, such as dobutamine, may be used to improve cardiac function.

Corticosteroids:

In some cases, corticosteroids may be administered to modulate the inflammatory response.

Continuous Monitoring:

Continuous monitoring of vital signs, urine output, and laboratory values to assess the response to treatment.

Supportive Care:

Supportive measures include maintaining adequate oxygenation, addressing electrolyte imbalances, and providing nutritional support.

ICU Care:

Septic shock often requires intensive care unit (ICU) management with close monitoring and aggressive interventions.

The management of septic shock is complex and requires a multidisciplinary approach. Timely recognition and initiation of appropriate treatment are crucial to improve outcomes. Treatment strategies may vary based on the underlying cause of infection and individual patient factors.

12.NEUROGENIC SHOCK

LEARNING OBJECTIVES:

At the end of the chapter the students will get following concepts:

- Define Neurogenic shock and what are its sign and symptoms?
- Understand about immediate treatment of neurogenic shock during First Aid Treatment.

12.1 Definition

Neurogenic shock is a type of distributive shock resulting from a loss of sympathetic tone in the autonomic nervous system.

12.2 Signs and symptoms

It may include following such as;

Hypotension:

Low blood pressure is a characteristic feature due to vasodilation.

Bradycardia:

Slow heart rate, often in response to the loss of sympathetic tone.

Warm and Dry Skin:

The skin may feel warm and dry due to peripheral vasodilation.

Loss of Temperature Regulation:

Impaired ability to regulate body temperature, leading to hypothermia.

Altered Mental Status:

Confusion, dizziness, or fainting may occur.

Bladder Dysfunction:

Loss of bladder control or urinary retention.

Gastrointestinal Symptoms:

Nausea, vomiting, or abdominal discomfort.

Respiratory Symptoms:
Normal or slightly elevated respiratory rate.

12.3 Treatment of Neurogenic Shock:

Maintain Spinal Immobilization:

If neurogenic shock is the result of a spinal cord injury, maintaining spinal immobilization is crucial to prevent further damage.

Positioning:

Elevate the legs to improve venous return and assist with maintaining blood pressure.



Fluid Resuscitation:

Intravenous fluids may be administered to support blood pressure. However, careful monitoring is essential to avoid fluid overload.

Vasoactive Medications:

Vasopressors such as norepinephrine may be used to constrict blood vessels and increase blood pressure.

Atropine:

Atropine may be administered to treat bradycardia by blocking the parasympathetic response.

Temperature Management:

Manage body temperature, as patients with neurogenic shock may be prone to hypothermia.

Continuous Monitoring:

Continuous monitoring of vital signs, including blood pressure, heart rate, and respiratory rate, is crucial.

Treatment of Underlying Cause:

Address the underlying cause of neurogenic shock, which may include managing spinal cord injuries or other conditions affecting the autonomic nervous system.

Close Observation:

Frequent neurological assessments and monitoring for signs of deterioration or improvement.

ICU Care:

Patients with neurogenic shock often require close monitoring in an intensive care unit (ICU) setting.

Neurogenic shock is a medical emergency, and prompt intervention is essential. Treatment aims to stabilize blood pressure, restore sympathetic tone, and manage the underlying cause. Management strategies may vary based on the specific circumstances and contributing factors.



13. PRINCIPLES OF CARDIOPULMONARY RESUSCITATION (CPR)

LEARNING OBJECTIVES:

At the end of the chapter the students will get following concepts:

- Define Cardiopulmonary resuscitation (CPR) and what are its principles?
- Understanding Principles of CPR by practical demonstration.
- How team coordination is necessary while doing CPR.
- Which devices are used for CPR? How to know up-to date knowledge regarding CPR.



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13.1 Definition

Cardiopulmonary resuscitation is a life-saving technique used in emergencies when an individual's heartbeat or breathing has stopped.

13.2 Key principles of CPR

Here are the key principles of CPR:

Assessment and Safety:

Ensure your safety and the safety of the victim before starting CPR. Assess the environment for potential hazards.

Check Responsiveness:

Tap the victim and shout loudly to check for responsiveness. If the person is unresponsive, call for emergency medical assistance immediately.

Open the Airway:

Place the person on their back and open the airway by tilting the head backward and lifting the chin.

Check for Breathing:

Look, listen, and feel for normal breathing. If the person is not breathing or breathing abnormally, initiate CPR.

Chest Compressions:

Start chest compressions by placing the heel of one hand on the center of the chest (lower half of the sternum) and the other hand on top.

Compress the chest at least 2 inches deep at a rate of 100-120 compressions per minute.

[for further guidance the link of a recommended video is shared. You can visit <https://www.international.heart.org.>]

Rescue Breaths:

After 30 chest compressions, give two rescue breaths. Ensure a good seal over the person's mouth and provide breaths over one second each.

Cycles of Compressions and Breaths:

Continue cycles of 30 chest compressions followed by two rescue breaths until emergency medical help arrives or the person starts breathing on their own.

AED Use (if available):

If an automated external defibrillator (AED) is available, use it as soon as possible. Follow the AED prompts for proper use. **[https://youtu.be/4hHg_D6mQ-o?si=MsWP2V875ZR9le76]**



Continuous Assessment:

Continuously assess the person's responsiveness, breathing, and circulation. Modify CPR efforts as needed based on the person's condition.

Team Coordination (if multiple rescuers):

In situations with multiple rescuers, coordinate efforts to provide effective and uninterrupted CPR.

Do Not Interrupt Compressions:

Minimize interruptions during chest compressions to maintain blood flow to vital organs.

Adaptations for Special Circumstances:

Adapt CPR for special circumstances, such as infants, pregnant women, or drowning victims.

Remember to follow the latest guidelines from organizations such as American Heart Association (**AHA**) on [<https://cpr.heart.org/en/resuscitation-science/cpr-and-ecc-guidelines>] or local resuscitation councils, as CPR protocols may be updated periodically. Training in CPR is highly recommended for individuals to ensure proper technique and confidence in responding to cardiac emergencies.

14. Assessment of Newborn:

LEARNING OBJECTIVES:

At the end of the chapter the students will get following concepts:

- Understand assessment of newborn.
- What are key components of newborn assessment.
- How to perform physical examination in newborn assessment.

14.1 Definition

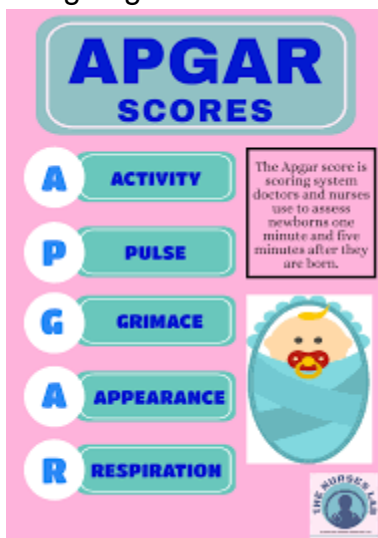
Newborn assessment is a critical process performed shortly after birth to evaluate the baby's overall health and identify any potential issues.

14.2 Key components of Assessment

The assessment typically includes the following components:

Apgar Score:

Apgar is a quick assessment performed at one and five minutes after birth. It evaluates the newborn's heart rate, respiratory effort, muscle tone, reflex irritability, and skin color, assigning a score from 0 to 10. Apgar scores help gauge the baby's initial well-being.



Vital Signs:

Measure vital signs, including heart rate, respiratory rate, and temperature. Normal heart rate for a newborn is typically between 120 and 160 beats per minute.

Physical Examination:

Conduct a thorough physical examination to assess the newborn's overall appearance, head circumference, weight, length, skin color, and any physical abnormalities.

Skin Assessment:

Check for skin color, assessing for signs of cyanosis (bluish tint), pallor, or jaundice. Note any birthmarks, rashes, or lesions.

Head and Fontanelles:

Examine the fontanelles (soft spots) on the baby's head. They should be soft and flat. Evaluate head circumference and check for molding (shaping of the head during passage through the birth canal).

Eyes, Ears, Nose, and Mouth:

Examine the eyes, ears, nose, and mouth for any abnormalities.

Neck:

Assess the neck for symmetry and the presence of a clavicle fracture.

Chest and Lungs:

Observe chest movements and listen to lung sounds. Evaluate for any signs of respiratory distress.

Heart Sounds:

Auscultate the heart to assess for normal heart sounds and identify any murmurs.

Abdomen:

Palpate the abdomen for distension, masses, or abnormalities. Assess the umbilical cord for the number of vessels (two arteries and one vein).

Genitalia:

Examine the genitalia for normal development and any signs of anomalies.

Extremities:

Evaluate the arms and legs for symmetry, range of motion, and the presence of extra digits.

Reflexes:

Test reflexes such as the Moro reflex, sucking reflex, and grasp reflex.

Blood Glucose:

Monitor blood glucose levels, especially if the newborn is at risk for hypoglycemia.

15. Resuscitation of Newborn:

LEARNING OBJECTIVES:

At the end of the chapter the students will get following concepts:

- Define resuscitation of newborn?
- Key steps of resuscitation.
- What is PPV? and how to use PPV for newborn resuscitation.

15.1 Definition of Resuscitation

Neonatal resuscitation is a set of emergency procedures performed on a newborn who is not breathing or is breathing inadequately. The approach follows standardized guidelines, often based on the Neonatal Resuscitation Program (NRP) developed by the American Academy of Pediatrics (<https://www.aap.org/en/pedialink/neonatal-resuscitation-program/>).

15.2 Key steps of Resuscitation

Here are the key steps in the resuscitation of a newborn:

Initial Steps:

Assessment: Quickly assess the newborn's Apgar score at one and five minutes.

Stimulation: Gently stimulate the baby by drying and rubbing the back to encourage breathing.

Positioning:

Position the baby on a warm, dry surface with the head slightly extended to open the airway.

Clearing the Airway:

If there is meconium (first stool) in the airway, the mouth and nose should be cleared promptly, and suctioning may be necessary.

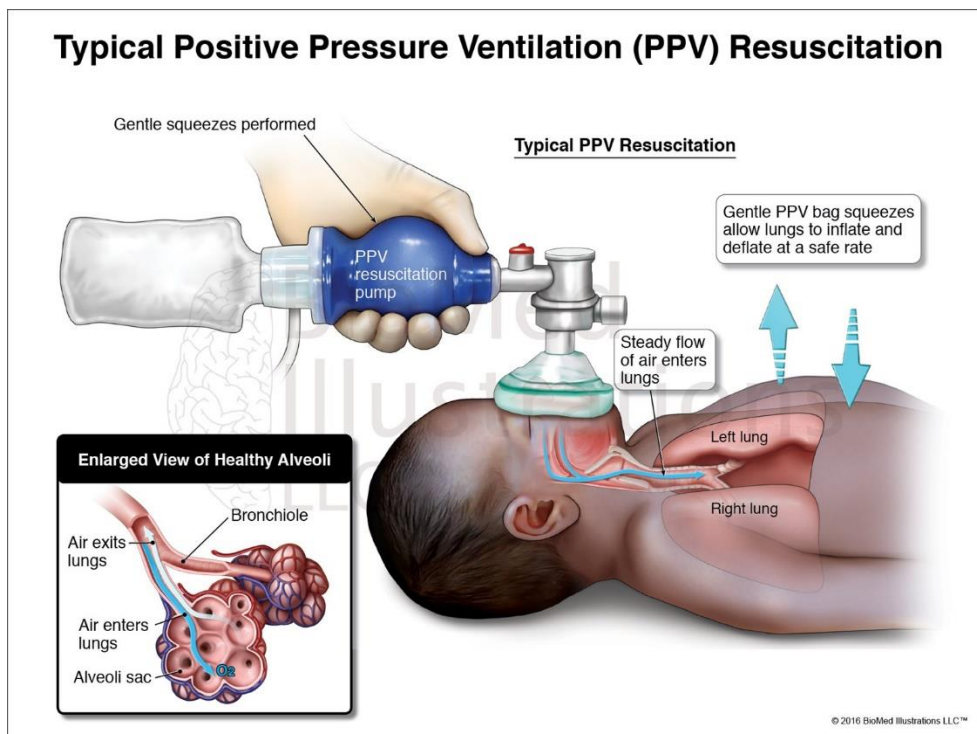
Assessment of Breathing:

If the baby is not breathing or breathing inadequately, positive pressure ventilation (PPV) is initiated.

Positive Pressure Ventilation (PPV):

Administer positive pressure breaths using a bag-mask device or an endotracheal tube if necessary.

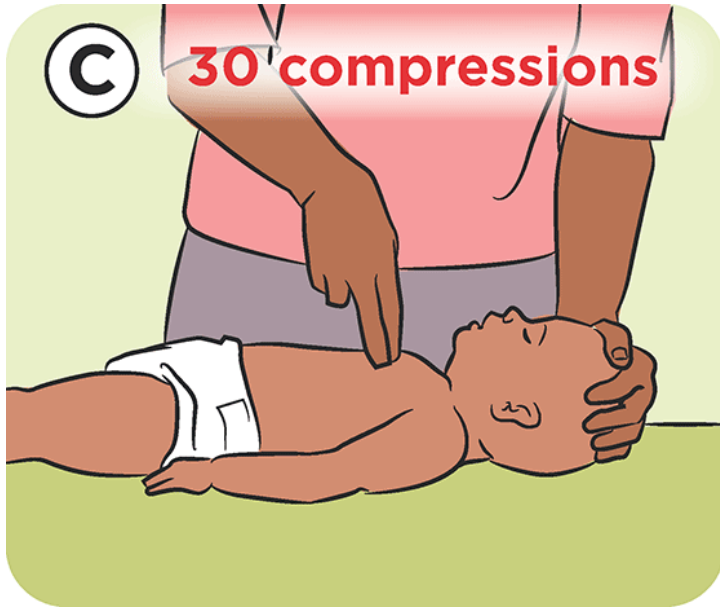
Ensure an adequate seal during mask ventilation and use the appropriate pressure to achieve chest rise.



Chest Compressions:

If the heart rate remains less than 60 beats per minute despite adequate ventilation, chest compressions may be initiated.

Perform chest compressions along with ventilations in a coordinated manner.



Endotracheal Intubation:

If PPV is not effective or there are concerns about airway control, endotracheal intubation may be performed.

Medications:

Medications such as epinephrine may be administered in specific situations, following established guidelines.

For more complex cases, advanced procedures like chest compressions, medications, and advanced airway management may be required.

Post-Resuscitation Care:

Once the newborn starts breathing and shows signs of stabilization, ongoing care includes monitoring vital signs, maintaining temperature, and providing supportive care. It's essential to note that neonatal resuscitation requires a team-based approach, and healthcare providers should be trained and familiar with the specific protocols in place at their institution.

16.Locomotive System;

LEARNING OBJECTIVES:

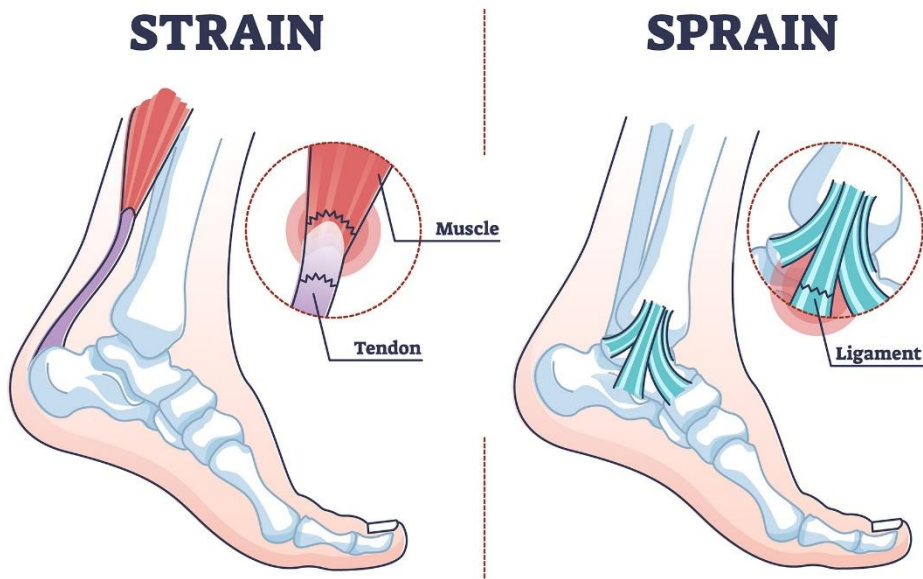
At the end of the chapter the students will get following concepts:

- Define Locomotive system and what are its structure and functions?
- Injuries related to locomotive system.
- Sprains and strains treatment according to PRICE protocol.

16.1 Definition

The locomotor system is also known as the musculoskeletal system. It is made up of the skeleton, the skeletal muscles, tendons, ligaments, joints, cartilage and other connective tissue. These parts work together to allow movement.

16.2 Injuries related to locomotive system



. Injuries to this system commonly involve sprains and strains.

16.2.1 SPRAINS:

A sprain occurs when there is an injury to a ligament, which is the tough, flexible tissue that connects bone to bone. Sprains are often caused by a sudden twist, fall, or impact that overstretches or tears the ligament. Common locations for sprains include the ankles, knees, and wrists.

16.2.1.1 Symptoms of Sprains:

Pain and tenderness around the affected joint.
Swelling and inflammation.
Restricted range of motion.
Bruising around the injured area.
Instability or a feeling of "giving way" in the joint.

16.2.1.2 Treatment for Sprains:

Rest: Allow the injured ligament to heal by avoiding activities that stress the affected joint.
Ice: Apply ice to reduce swelling and pain. Use a cloth or towel to protect the skin and apply for 15-20 minutes at a time.
Compression: Use a compression bandage to limit swelling.
Elevation: Elevate the injured limb to reduce swelling.
Pain Relief: Over-the-counter pain medications like acetaminophen or ibuprofen can help manage pain.
Rehabilitation Exercises: Once the initial swelling and pain decrease, perform specific exercises to regain strength and flexibility.

16.2.2 STRAINS:

A strain occurs when there is an injury to a muscle or tendon, which connects muscle to bone. Strains often result from overstretching or overuse of a muscle. Common locations for strains include the lower back, hamstrings, and shoulders.

16.2.2.1 Symptoms of Strains:

Pain and tenderness in the affected muscle or tendon.
Swelling and inflammation.
Muscle spasms.

Limited range of motion.
Weakness in the affected muscle.

16.2.2.2 Treatment for Strains:

Rest: Give the injured muscle or tendon time to heal by avoiding activities that strain it.

Ice: Apply ice to reduce swelling and pain.

Compression: Use a compression bandage to control swelling.

Elevation: Elevate the injured limb if applicable.

Pain Relief: Over-the-counter pain medications can help manage pain.

Stretching and Strengthening Exercises: Gradual introduction of exercises to improve flexibility and strength.

In both sprains and strains, severe cases may require medical attention, including imaging studies and, in rare cases, surgical intervention.

It's important to follow the R.I.C.E. protocol (Rest, Ice, Compression, Elevation) for initial management and seek professional medical advice for a comprehensive evaluation and treatment plan.



16.3 First Aid Management of Sports Injuries:



The first aid management of sports injuries involves the acronym "R.I.C.E.": Rest, Ice, Compression, and Elevation. Rest the injured area, apply ice to reduce swelling, use compression to support and control swelling, and elevate the injured limb to minimize swelling. Additionally, seek professional medical advice for a thorough evaluation and appropriate treatment.

17.FRACTURES AND FIRST AID TREATMENT

LEARNING OBJECTIVES:

At the end of the chapter the students will get following concepts:

- Define fractures?
- Understand general steps for fractures management while doing first aid.

17.1 Definition of Fractures

Providing first aid for fractures involves initial actions to stabilize the injured area and minimize further damage.

17.2 General steps for first aid of fractures.

Here are the general steps for first aid treatment of fractures:

1. Ensure Safety:

Ensure your safety and the safety of the injured person. Be cautious of any hazards in the environment.

2. Assess the Situation:

Assess the person's responsiveness and call for emergency medical help immediately if needed.

3. Keep the Person Calm:

Encourage the person to remain calm and avoid unnecessary movement.

4. Immobilize the Injured Area:

Immobilize the injured limb or area to prevent further injury.
Encourage the person to keep still and not to move the injured part.



IMMOBILIZE INJURED AREA

5. Support the Injured Limb:

If possible, support the injured limb with pillows, towels, or clothing to minimize movement.

6. Apply Cold Compress:

If there is swelling, apply a cold compress or ice pack wrapped in a cloth to the injured area. Do not apply ice directly to the skin.

7. Control Bleeding:

If there is an open wound, control bleeding by applying gentle pressure with a clean cloth or bandage.

Avoid moving the fractured bone ends if there is no open wound.

8. Seek Professional Medical Help:

Call for emergency medical assistance 1122. Fractures require professional evaluation and treatment.

9. Provide Comfort:

Keep the person comfortable while awaiting medical help. Consider covering them with a blanket if needed.

10. Monitor for Shock:

- Keep an eye out for signs of shock, such as pale skin, rapid breathing, or a weak pulse. If present, provide care for shock.

Note: In the case of spinal or neck injuries, avoid moving the person's head and neck unless it is necessary to maintain an open airway and provide rescue breathing.

Remember that first aid for fractures is about minimizing movement and supporting the injured area until professional medical help arrives. Do not attempt to realign or straighten the fractured limb, as this could cause further damage. The goal is to provide comfort, prevent additional harm, and facilitate prompt medical intervention for proper diagnosis and treatment.

18.FIRST AID MANAGEMENT OF BURNS AND SCALDS

LEARNING OBJECTIVES:

At the end of the chapter the students will get following concepts:

- Understand Burns and Scalds.
- Important steps to take after steam burns.



Immediate first aid for burns and scalds is crucial to minimize injury and promote healing.

18.1 Steps to follow after steam burn

Here are the steps to follow:



Ensure Safety:

Ensure your safety and the safety of the injured person. Remove them from the source of the burn or scald.

Stop the Burning Process:

For heat-related burns, such as flames or hot surfaces, stop the burning process by removing the person from the source of heat. Use a blanket or clothing to smother flames. For scalds, remove the person from the hot liquid or steam.

Cool the Burn:

Cooling with Water: Immediately cool the burn with cool (not cold) running water for at least 10 minutes. This helps reduce pain and prevents further tissue damage. Do not use ice, as it can cause frostbite.

Clothing Removal: Remove any clothing or jewelry near the burn, but be cautious not to cause further injury.

Assess the Burn:

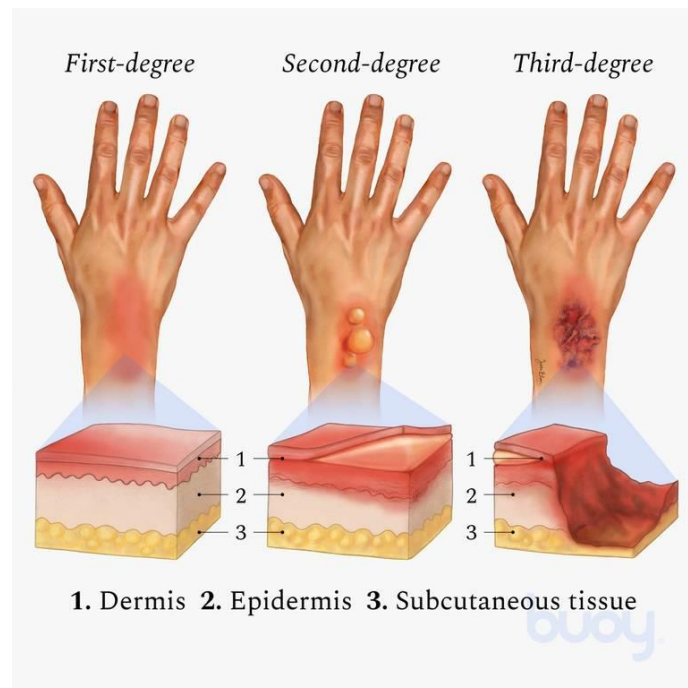
Assess the severity of the burn. Burns are categorized into three degrees:

First-degree: Superficial, involving only the outer layer of skin.

Second-degree: Affecting deeper layers of the skin, causing blistering.

Third-degree: Penetrating all layers of the skin, often with a white or charred appearance.

Protect the Burn:



Once cooled, cover the burn with a clean, non-stick bandage or cling film to protect it from infection.

Pain Management:

Offer over-the-counter pain relievers like acetaminophen or ibuprofen, following package instructions.

Do Not:

Do not use adhesive bandages directly on the burn.

Do not apply creams, lotions, or ointments to severe burns.

Do not pop blisters.

Seek Medical Attention:

For severe burns, burns on the face, hands, feet, genitals, or major joints, or if the burn covers a large area, seek medical attention promptly.

Watch for Shock:

Keep an eye out for signs of shock, such as paleness, weakness, rapid breathing, or a weak pulse. If present, provide care for shock.

Follow-Up Care:

Monitor the burn for signs of infection, such as redness, swelling, or increased pain. Seek medical attention if infection is suspected.

Remember that immediate cooling is essential for thermal burns and scalds. The severity of the burn guides the appropriate first aid measures. Seeking professional medical evaluation for more severe burns is crucial for proper care and prevention of complications.

19. FIRST AID MANAGEMENT OF WOUNDS, CUTS AND STABS

LEARNING OBJECTIVES:

At the end of the chapter the students will get following concepts:

- Understand wounds, cuts and stabs.
- Important steps of its first aid management.
- When to visit doctor for wounds, cuts and stabs management.



19.1 Steps for First Aid management.

Ensure Safety:

Ensure your safety and the safety of the injured person. Be cautious of any potential hazards in the environment.

Assess the Severity:

Assess the severity of the wound. If it is a minor cut or scrape, you can manage it with basic first aid. For more severe wounds, especially those involving heavy bleeding, seek professional medical help.

Control Bleeding:

For minor bleeding, clean the wound gently with mild soap and water. Apply direct pressure with a clean cloth or sterile dressing to control bleeding.

If bleeding is severe, use a sterile bandage or cloth and apply firm pressure. Elevate the injured limb if possible.

Do not remove any object lodged in the wound; stabilize it and seek medical help.

Clean the Wound:

Gently clean the wound with mild soap and water to remove dirt and debris. Avoid scrubbing, as it may cause further damage.

Apply an Antiseptic:

Apply an antiseptic solution or ointment to help prevent infection.

Cover the Wound:

Cover the wound with a sterile dressing or a clean cloth to protect it from contamination.

Secure Dressing:

Secure the dressing in place with a bandage or adhesive tape, ensuring it's snug but not too tight.

Immobilize if Necessary:

If the injury involves a broken bone or an object embedded in the wound, try to immobilize the injured area without causing further harm.

Seek Professional Medical Help:

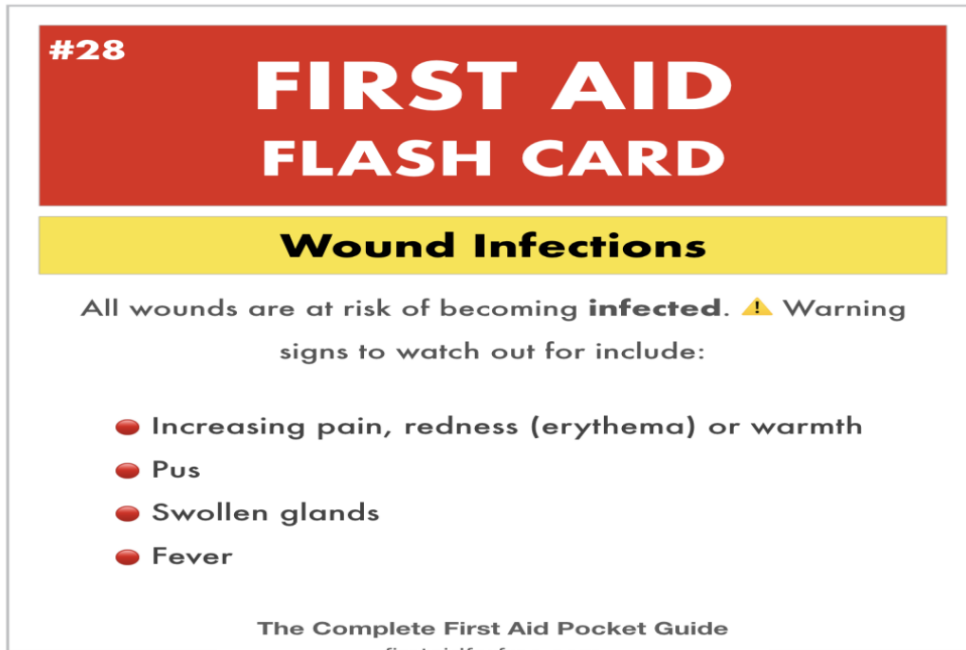
For wounds with severe bleeding, deep cuts, or those caused by stabbing objects, seek professional medical attention promptly.

Pain Management:

Offer over-the-counter pain relievers like acetaminophen or ibuprofen, following package instructions.

Watch for Signs of Infection:

Monitor the wound for signs of infection, such as redness, swelling, increased pain, or discharge. Seek medical attention if infection is suspected.



Tetanus Shot:

Ensure that the injured person's tetanus vaccinations are up-to-date. Seek medical advice if a tetanus shot is needed.

20.MANAGEMENT OF ACTIVE BLEEDING AND EPISTAXIS

LEARNING OBJECTIVES:

At the end of the chapter the students will get following concepts:

- Understand and define active bleeding or Epistaxis.
- Important steps to manage active bleeding.

20.1 steps to manage active bleeding:

Ensure Safety:

Ensure your safety and the safety of the injured person. Use personal protective equipment if available.

Call for Emergency Medical Help:

Call emergency services immediately if the bleeding is severe or life-threatening.

Control Bleeding:

Apply direct pressure to the bleeding site using a sterile bandage, clean cloth, or your hand.

If possible, elevate the bleeding limb above the level of the heart to reduce blood flow.

Use Pressure Points:

If direct pressure is not effective, consider applying pressure to the nearest pressure point between the bleeding site and the heart.

Apply Tourniquet (if necessary):

As a last resort, consider using a tourniquet if direct pressure and pressure points are ineffective. Place it proximal (closer to the body) to the bleeding site, but only use a tourniquet if you have proper training.

Stay with the Person:

Keep the person calm and reassured. Stay with them until emergency medical help arrives.

20.2 Management of Epistaxis (Nosebleed):

Stay Calm:

Encourage the person to stay calm. Anxiety can worsen bleeding.

Positioning:

Have the person sit down and lean forward slightly. Avoid tilting the head back, as this can cause blood to flow down the throat.



Pinch the Nostrils:

Instruct the person to pinch the soft part of the nostrils together with thumb and forefinger for at least 10-15 minutes. This helps apply pressure to the blood vessels in the nose.

Breathe through the Mouth:

Breathing through the mouth can help minimize the chance of swallowing blood.

Apply Cold Compress:

Apply a cold compress or ice pack wrapped in a cloth to the bridge of the nose. This can help constrict blood vessels and reduce bleeding.

Avoid Irritants:

Advise the person to avoid blowing their nose, which can disrupt clot formation. Also, avoid irritants like smoke or strong odors.

Seek Medical Attention:

If bleeding persists for more than 20 minutes, or if it is recurrent, seek medical attention.

Use Nasal Packing (if necessary):

In some cases, medical professionals may use nasal packing to control persistent nosebleeds.

21.FIRST AID MANAGEMENT OF DROWNING

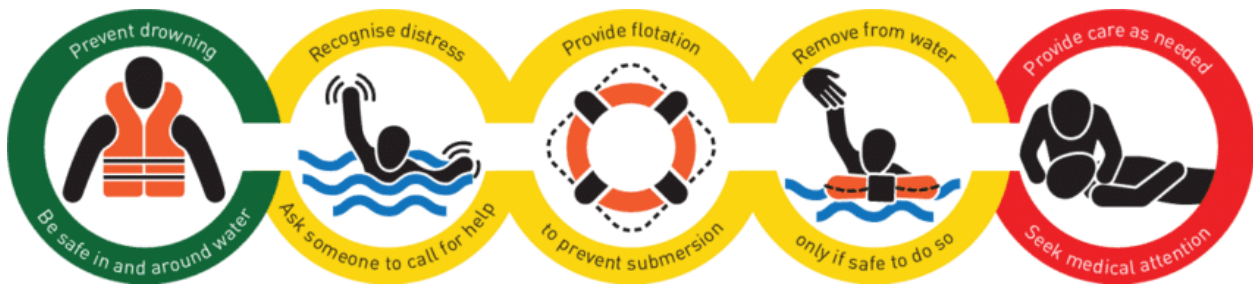
LEARNING OBJECTIVES:

At the end of the chapter the students will get following concepts:

- Understand drowning emergency intervention.
- What are steps for drowning emergency interventions.

Drowning is a life-threatening emergency that requires immediate intervention.

21.1 Steps for first aid management of drowning:



Ensure Personal Safety:

Ensure your safety before attempting a rescue. Do not endanger yourself.

Call for Emergency Help:

Call emergency services immediately. Time is crucial in drowning incidents.

Retrieve the Person from the Water:

Safely retrieve the person from the water as quickly as possible.

Check Responsiveness:

Check if the person is responsive. Gently tap and shout to stimulate a response.

Open the Airway:

If the person is unresponsive, open the airway by tilting the head back and lifting the chin.

Check Breathing:

Check for breathing. If the person is not breathing, start rescue breaths immediately.

Start CPR (Cardiopulmonary Resuscitation):

Begin CPR with chest compressions and rescue breaths. If you are trained, perform CPR at a ratio of 30 compressions to 2 breaths.

Continue CPR:

Continue CPR until emergency medical help arrives or the person starts breathing on their own.

AED Use (if available):

If an automated external defibrillator (AED) is available, use it following the device's prompts.

Monitor for Signs of Life:

Continuously monitor the person for signs of life, such as breathing and responsiveness.
Seek Professional Medical Attention:

Even if the person begins breathing on their own, seek professional medical attention promptly.

Provide Support and Reassurance:

Offer emotional support and reassurance to the person once they regain consciousness. Remember that prompt initiation of CPR is crucial in the event of drowning. Even if the person appears to recover, professional medical evaluation is essential to ensure there are no hidden injuries or complications. Prevention is key, so promoting water safety and awareness is vital in reducing the risk of drowning incidents.

22.FIRST AID MANAGEMENT IN ROAD TRAFFIC ACCIDENTS

LEARNING OBJECTIVES:

At the end of the chapter the students will get following concepts:

- Understand RTA.
- Important steps to take after RTA.



22.1 Steps for RTA management

Ensure Personal Safety:

Ensure your safety first. Assess the situation for potential dangers, such as oncoming traffic, leaking fluids, or other hazards.

Call Emergency Services:

Call emergency services immediately to report the accident and request assistance.

Assess the Scene:

Assess the scene for the number of casualties, severity of injuries, and potential dangers.

Provide First Aid to the Injured:

Prioritize care based on the severity of injuries.

Check Responsiveness: Approach the injured person and check for responsiveness. Tap and shout to stimulate a response.

Open the Airway: If unresponsive, open the airway by tilting the head back and lifting the chin.

Check Breathing: Check for breathing. If not breathing, start CPR.

Control Bleeding: Control severe bleeding with direct pressure. Use a sterile dressing or clean cloth.

Extrication and Moving Injured Persons:

If necessary, carefully extricate injured persons from vehicles, ensuring minimal movement to prevent spinal injury.

Move injured persons to a safe location away from potential dangers like fire or oncoming traffic.

Stabilize Head and Neck:

If there is a suspected head or neck injury, stabilize the head and neck by placing your hands on both sides of the person's head.

Keep Injured Persons Warm:

Cover injured persons with blankets or clothing to keep them warm.

Reassure and Calm:

Reassure and calm injured persons while waiting for professional medical help.

Provide Information to Emergency Services:

Provide accurate and detailed information to emergency services when they arrive, including the number of casualties, types of injuries, and any other relevant details.

Do Not Remove Helmets (if applicable):

Do not remove a helmet from an injured motorcyclist unless it is essential for airway management, and you are trained to do so.

Control Traffic and Ensure Safety:

Control traffic or warn other drivers to ensure the safety of those at the scene.

Offer Support to Bystanders:

Provide support and information to bystanders and encourage them to stay clear of the accident scene.

Remember that first aid in road traffic accidents should prioritize safety, calling for professional help, and providing immediate care to those in need. Do not attempt to move seriously injured individuals unless there is an immediate threat to their safety. Always follow guidelines provided by emergency services and healthcare professionals.

23.Spinal Care in Transport of Injured Patients:

LEARNING OBJECTIVES:

At the end of the chapter the students will get following concepts:

- Understand spinal care of injured patients.
- Guidelines to follow during transportation.
- How to immobilize spine after RTA and Understand Log-roll technique.

Transporting injured patients with potential spinal injuries requires careful attention to prevent further harm.

23.1 Guidelines for spinal care during transportation

Follow these guidelines for spinal care during transportation:

Assess the Situation:

Before moving the patient, assess the scene for potential dangers, and ensure personal safety.

Activate Emergency Services:

Call emergency services immediately to report the incident and request assistance.

Minimize Movement:

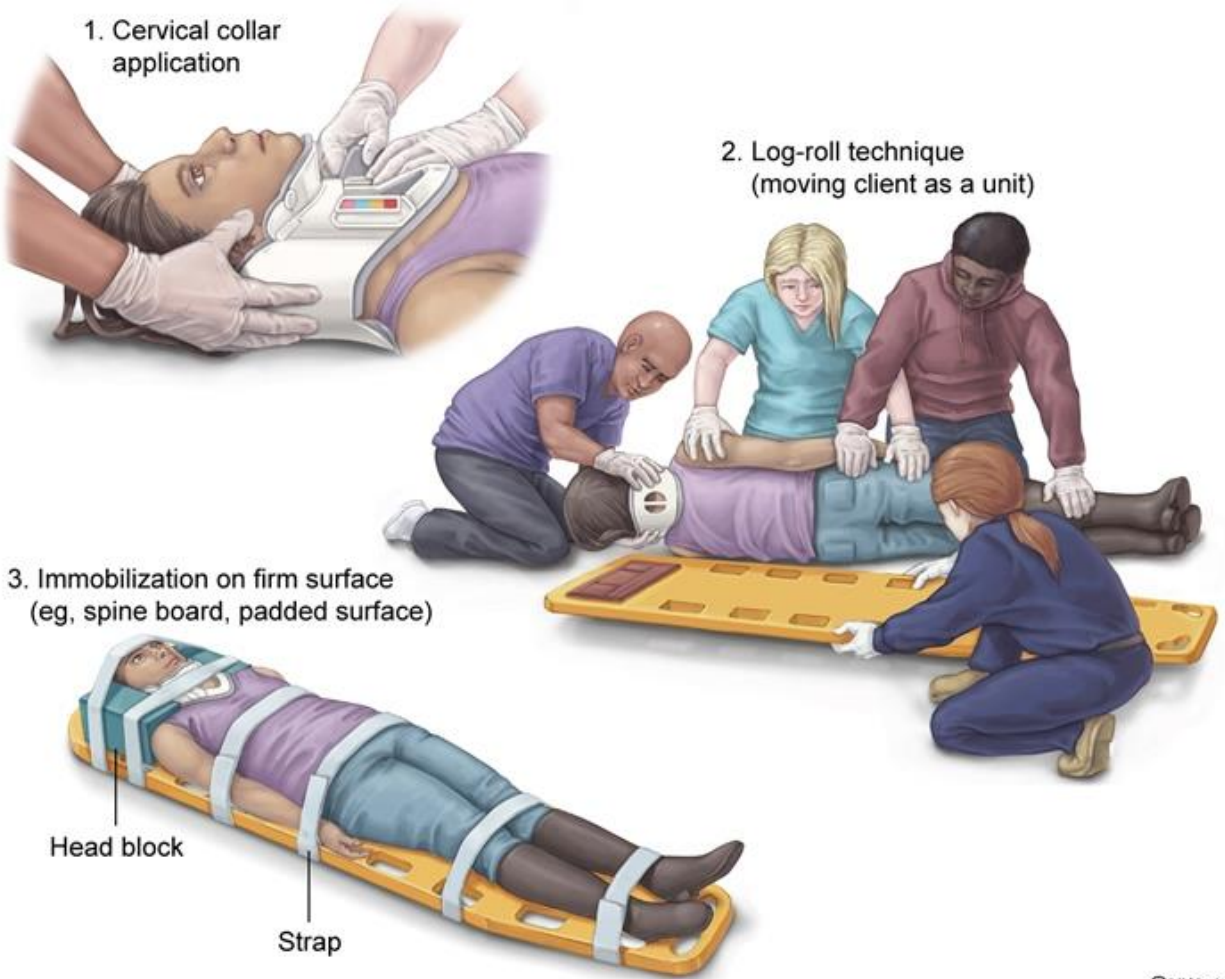
Minimize movement of the patient's spine. Avoid unnecessary twisting, bending, or rotation of the neck and back.

Stabilize the Head and Neck:

Stabilize the patient's head and neck using manual in-line stabilization (MILS). Keep the head in a neutral, aligned position.

Use Spinal Immobilization:

Spine immobilization



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If available, use spinal immobilization devices like a cervical collar and a long spine board to maintain alignment during transport.

Collaborate with Emergency Services:

Coordinate with emergency services to ensure a smooth transfer. Provide them with information on the patient's condition and mechanism of injury.

Log-Roll Technique (if necessary):

If repositioning is necessary, use the log-roll technique. This involves turning the patient as a single unit with assistance to maintain spinal alignment. See practical demonstration at [<https://youtu.be/rZEc3zvvcU?si=5B6qZHsYthn6vCJb>]

Secure the Patient:

Secure the patient to the spine board using straps or tape, ensuring they are snug but not too tight.

Provide Adequate Padding:

Place padding around the patient's head, neck, and any bony prominences to provide support and prevent pressure sores.

Avoid Removing Helmets (if applicable):

If the patient is wearing a helmet (e.g., motorcyclist), avoid removing it unless it interferes with airway management and you are trained to do so.



Maintain Neutral Alignment:

Maintain the patient's spine in a neutral position throughout the transport process.

Continuous Monitoring:

Continuously monitor the patient's vital signs and neurological status during transport.

Communicate with the Patient:

Communicate with the patient, providing reassurance and information about the transport process.

Assist Emergency Services Upon Arrival:

Upon arrival of emergency services, provide a concise handover, including details on spinal precautions taken during transport.

Remember, spinal care is a critical aspect of managing injured patients, and any movement or handling should be done with utmost caution. Always follow protocols established by emergency services and healthcare professionals to ensure the best possible outcomes for patients with potential spinal injuries.

24.CARE OF UNCONSCIOUS PATIENTS

LEARNING OBJECTIVES:

At the end of the chapter the students will get following concepts:

- Understand essential role in care of unconscious patients
- Key steps for systematic approach of patient safety and well-being.

Providing care to unconscious patients requires a systematic approach to ensure their safety and well-being.

24.1 Systematic approach steps:

Ensure Safety:

Ensure your safety and the safety of others in the immediate environment. Remove any potential hazards.

Assess Responsiveness:

Check for responsiveness by tapping the person and shouting loudly. If there is no response, assume the person is unconscious.

Activate Emergency Services:

Call emergency services immediately. Report the situation and follow their instructions.

Open the Airway:

Open the person's airway by tilting their head backward and lifting the chin. Ensure there are no obstructions.

Check Breathing:

Check for breathing. If the person is not breathing or is breathing abnormally, begin rescue breaths.

Perform CPR (if needed):

If there is no pulse, start CPR with chest compressions and rescue breaths.

Monitor Vital Signs:

Continuously monitor the person's vital signs, including pulse and breathing, while waiting for emergency services.

Recovery Position (if breathing):

If the person is breathing but unconscious, place them in the recovery position to maintain an open airway and prevent choking.

[https://youtu.be/Ge1_K_ooVNE?si=BWB2sdguf5dkKEfI]



Protect the Head and Neck:

Protect the person's head and neck by avoiding unnecessary movement or tilting.

Check for Medical ID:

Check for any medical identification jewelry or cards that may provide information about the person's medical history or conditions.

Keep the Person Warm:

Cover the person with a blanket to maintain body temperature.

Do Not Force Feed:

Do not attempt to force fluids or medications into the person's mouth unless directed by healthcare professionals.

Provide Information to Emergency Services:

Be prepared to provide relevant information to emergency services, including details about the person's medical history or any known conditions.

Continuous Monitoring:

Continuously monitor the person's condition and be prepared to adjust care based on changes.

Comfort and Reassure:

Speak calmly and reassure the person to provide comfort while awaiting professional help.

Always remember that unconsciousness can be caused by various factors, including medical conditions, trauma, or poisoning. Rapid activation of emergency services, initiation of appropriate first aid measures, and continuous monitoring are essential for the well-being of unconscious patients. Professional medical evaluation is crucial to determine the underlying cause and provide appropriate treatment.

25. CARE OF POISONING PATIENT

LEARNING OBJECTIVES:

At the end of the chapter the students will get following concepts:

- Understand source and types of poisoning.
- Steps to provide first aid management of poisoned patient.

Providing care to a person who may have ingested a toxic substance requires prompt and appropriate actions.

25.1 Key steps for management:

Ensure Safety:

Ensure your safety first. Avoid direct contact with the poison and wear personal protective equipment if available.

Call Emergency Services:

Call emergency services immediately. Provide information about the type of poisoning, if known, and follow their instructions.

Assess the Scene:

Assess the scene for potential dangers. Identify the source of poisoning and remove the person from the toxic environment if it's safe to do so.

Check Responsiveness:

Check the person's responsiveness. If unconscious, follow the steps for caring for an unconscious patient.

Monitor Breathing:

If the person is breathing, monitor their breathing and provide rescue breaths if necessary.

Do Not Induce Vomiting (in most cases):

Do not induce vomiting unless directed by emergency services or a poison control center. Inducing vomiting can be harmful in certain situations.

Identify the Poison:

If possible, identify the poison the person may have ingested. Look for containers, labels, or any available information.

Remove Contaminated Clothing:

If the poison is on the person's skin, remove contaminated clothing and rinse the skin with copious amounts of water.

Flush Eyes with Water:

If the poison has come into contact with the eyes, flush the eyes with water for at least 15 minutes.

Contact Poison Control:

Call your local poison control center for guidance on how to manage the specific type of poisoning. Be ready to provide information about the person's age, weight, and the substance ingested.

Collect Sample (if safe):

If it can be done safely, collect a sample of the poison or the person's vomit for identification by emergency services or poison control.

Keep the Person Calm:

Keep the person calm and reassure them while waiting for professional help. Panic can exacerbate symptoms.

Do Not Offer Food or Drink:

Do not offer food or drink unless advised to do so by emergency services or poison control.

Be Prepared for Questions:

Be prepared to answer questions from emergency services or healthcare professionals regarding the details of the poisoning.

Remember, the specific actions to take depend on the type of poison involved. It is crucial to contact emergency services or a poison control center for guidance tailored to the situation. Immediate and appropriate care can significantly improve the chances of a positive outcome for a person who has ingested a toxic substance.

27.FIRST AID MANAGEMENT OF PATIENTS WITH ANIMAL BITES AND INSECT STINGS:

LEARNING OBJECTIVES:

At the end of the chapter the students will get following concepts:

- Understand animal and insect bites.
- Learn about First aid management key steps.

27.1 Key steps taken for bites (Animal or Insect) treatment.

Ensure Safety:

Ensure your safety by avoiding further contact with the animal. If the animal is still a threat, move to a safe location.

Call for Emergency Help:

Call emergency services for assistance, especially if the bite is severe, from a wild animal, or if the animal's rabies status is unknown.

Control Bleeding:

Control any bleeding by applying direct pressure with a clean cloth or sterile bandage.

Clean the Wound:

Clean the wound gently with mild soap and water to reduce the risk of infection.

Apply an Antiseptic:

Apply an antiseptic solution or ointment to help prevent infection.

Elevate if Possible:

Elevate the bitten limb, if possible, to reduce swelling.

Cover the Wound:

Cover the wound with a clean dressing or bandage to protect it.

Do Not Suck the Wound:

Avoid sucking the wound or applying a tourniquet, as these practices are not recommended and can lead to further complications.

Seek Professional Medical Attention:

Seek professional medical attention promptly, especially for bites from animals with a risk of rabies.

27. First Aid Management of Patients with Insect Stings:

LEARNING OBJECTIVES:

At the end of the chapter the students will get following concepts:

- Understand sting bite surface area and its symptoms.
- Important steps to take after Insect stings.
- Understand and monitor allergic reaction which may occur after insect sting.

If a bee stinger is visible, remove it by scraping it off with a blunt edge (avoid using tweezers, which can squeeze more venom).

27.1 Steps for first aid management of insect sting

Wash the Area:

Wash the affected area with soap and water to reduce the risk of infection.

Apply Cold Compress:

Apply a cold compress or ice pack wrapped in a cloth to reduce pain and swelling.

Take Pain Relievers:

Over-the-counter pain relievers like acetaminophen or ibuprofen can help manage pain and inflammation.

Elevate the Affected Area:

If possible, elevate the affected limb to reduce swelling.

Avoid Scratching:

Avoid scratching the area to prevent secondary infection.

Use Antihistamines:

If there is itching or an allergic reaction, an antihistamine may be taken according to package instructions.

Monitor for Signs of Allergic Reaction:

Be vigilant for signs of a severe allergic reaction (anaphylaxis), such as difficulty breathing, swelling of the face or throat, and seek emergency medical help if these occur.

Seek Medical Attention (if needed):

If there is a history of severe allergic reactions to insect stings or if symptoms persist, seek medical attention promptly.

Remember, individual responses to bites and stings can vary, and severe reactions may occur in some cases. If there's uncertainty or if the person has a known allergy, it's advisable to seek professional medical help promptly.

28.FIRST AID MANAGEMENT OF SNAKE BITE:

LEARNING OBJECTIVES:

At the end of the chapter the students will get following concepts:

- How snake bite appears.
- How to quickly manage snake bite to ensure first aid management.

28.1 Steps of Snake bite management

Stay Calm:

Encourage the victim to stay calm. Panic can increase the heart rate and spread venom more quickly.

Ensure Safety:

Ensure your safety by moving away from the snake to prevent additional bites.

Call for Emergency Help:

Call emergency services immediately. Provide information about the snake if possible.

Keep the Affected Limb Immobilized:

Keep the bitten limb immobilized and at or slightly below the level of the heart. This helps slow the spread of venom.

Remove Tight Clothing and Jewelry:

Remove tight clothing and jewelry near the bite site, as swelling may occur.

Clean the Bite Area:

Clean the bite area with soap and water, but do not apply ice or a tourniquet.

Use a Bandage (if possible):

Apply a firm, but not tight, bandage a few inches above the bite site. This can help slow the spread of venom.

Create a Splint:

Splint the bitten limb to minimize movement.

Stay Still:

Encourage the victim to stay as still as possible to avoid increasing blood circulation.

Do Not Cut or Suck the Wound:

Do not try to cut the wound or suck out the venom. These methods are not recommended and can cause more harm.

Do Not Use a Tourniquet:

Avoid using a tourniquet, as it may do more harm than good.

Note the Time of the Bite:

Make a note of the time when the snake bite occurred. This information may be important for medical professionals.

Seek Professional Medical Attention:

Get the victim to a hospital or emergency medical services as quickly as possible, even if there are no symptoms. Antivenom may be required.

Monitor Vital Signs:

Continuously monitor the victim's vital signs, and be prepared to administer CPR if needed.

Provide Comfort:

Keep the victim calm, reassure them, and offer emotional support.

Remember, snake bites can be life-threatening, and seeking professional medical help promptly is crucial. Antivenom is the primary treatment for many snake bites, and early intervention greatly improves the chances of a positive outcome. Do not delay in seeking emergency medical assistance.

29. FIRST AID OF ABDOMINAL PAIN:

LEARNING OBJECTIVES:

At the end of the chapter the students will get following concepts:

- Understand sting about causes of abdominal pain.
- Learn about assessment of abdominal pain.
- Learn and monitor other symptoms to effectively manage pain.

29.1 Steps to manage abdominal pain.

Assess the Situation:

Assess the person's overall condition. If the abdominal pain is severe or if there's a risk of serious injury or illness, seek emergency medical help immediately.

Encourage Rest:

Encourage the person to lie down and rest. Avoid physical exertion.

Loosen Tight Clothing:

If applicable, help the person loosen any tight clothing around the waist to alleviate pressure on the abdomen.

Provide Comfort:

Offer a comfortable position with a pillow under the head and knees bent if lying down.

Monitor for Other Symptoms:

Observe for other symptoms or signs that may indicate a more serious condition, such as vomiting, fever, or changes in consciousness.

Apply Heat:

If the pain is due to muscle strain or mild discomfort, applying a heat pack to the abdominal area may help relax muscles.

Encourage Hydration:

Encourage sips of water to stay hydrated unless the person is vomiting or unable to swallow.

Avoid Food:

If the cause of abdominal pain is unknown, avoid giving food or drink until professional medical advice is obtained.

Do Not Give Medications:

Avoid giving over-the-counter medications unless directed by a healthcare professional.

Seek Professional Medical Help:

If the abdominal pain is severe, persistent, or accompanied by other concerning symptoms, seek professional medical attention promptly.

Be Prepared to Share Information:

When seeking medical help, be prepared to provide information about the nature and location of the pain, its onset, and any other relevant symptoms.

It's crucial to note that abdominal pain can have various causes, ranging from mild to serious conditions. If the pain is sudden, severe, or persists, it is essential to seek professional medical advice promptly. Do not attempt to self-diagnose or self-treat without consulting a healthcare professional, as abdominal pain can be a symptom of underlying medical issues that require proper diagnosis.

30. Precautions taken for Safety at Home:

LEARNING OBJECTIVES:

At the end of the chapter the students will get following concepts:

- Learn and understand precautions for home safety.
- What steps are necessary for home precautions.

30.1 Precautionary measures

30.1.1 Fire Safety: Install smoke detectors, have a fire extinguisher, and create a fire escape plan.

30.1.2 Electrical Safety: Avoid overloading outlets, check for damaged cords, and use appliances with caution.

30.1.3 Prevent Falls: Secure rugs, use handrails on stairs, and keep walkways clear to prevent tripping hazards.

30.1.4 Childproofing: Install safety gates, secure heavy furniture to walls, and keep harmful substances out of reach.

30.1.5 First Aid Kit: Maintain a well-equipped first aid kit for minor injuries and know how to use it.

30.1.6 Carbon Monoxide Detectors: Install detectors near sleeping areas to monitor this odorless gas.



30.1.7 Home Security: Lock doors and windows, install security systems, and be cautious with strangers.

30.1.8 Proper Lighting: Ensure adequate lighting to prevent accidents, especially in stairwells and hallways.

30.1.9 Safe Storage: Store hazardous substances securely and keep sharp objects out of reach.

30.1.10 Emergency Contacts: Keep important numbers, including emergency services, on hand.

Regularly review and update safety measures to ensure a secure home environment.

31. Precautions in Kitchen, Bathroom and Terrace:

LEARNING OBJECTIVES:

At the end of the chapter the students will get following concepts:

- Understand and learn precautions necessary for Kitchen, Bathroom and terrace.
- Learn and understand essential steps vital for safety.

31.1 Kitchen:

Fire Safety: Keep a fire extinguisher nearby and be cautious with flammable materials.



Appliance Safety: Regularly check and maintain kitchen appliances to prevent malfunctions.

Sharp Object Handling: Handle knives and other sharp objects with care, storing them safely.

Proper Ventilation: Ensure good ventilation to prevent the buildup of gases and odors.

Clean Spills Promptly: Avoid slips by cleaning spills immediately to prevent accidents.

Child Safety: Keep hazardous items (cleaning supplies, sharp objects) out of reach of children.



CHILD SAFETY

Hot Surface Awareness: Be cautious around hot surfaces, stovetops, and ovens.



31.2 Bathroom:

Slip Prevention: Use non-slip mats in the shower/tub and install handrails for stability.



Water Temperature Control: Set water heaters at a safe temperature to avoid scalding.

Medicine Storage: Keep medicines out of reach of children and store them properly.

Electrical Safety: Use electrical appliances carefully, especially in wet areas.



Adequate Lighting: Ensure good lighting to prevent accidents, especially for elderly individuals.

31.3 Terrace:

Balustrade/Railing Stability: Ensure that terrace railings are secure to prevent falls.

Floor Maintenance: Regularly inspect and maintain the terrace floor for safety.

Outdoor Lighting: Install adequate lighting for visibility during the night.

Furniture Safety: Secure outdoor furniture to prevent accidents during windy conditions.

Child Safety: Supervise children to avoid climbing on railings or engaging in unsafe activities.

Adhering to these precautions can significantly enhance safety in the kitchen, bathroom, and terrace areas of a home.

PUBLIC HEALTH

1. PUBLIC HEALTH

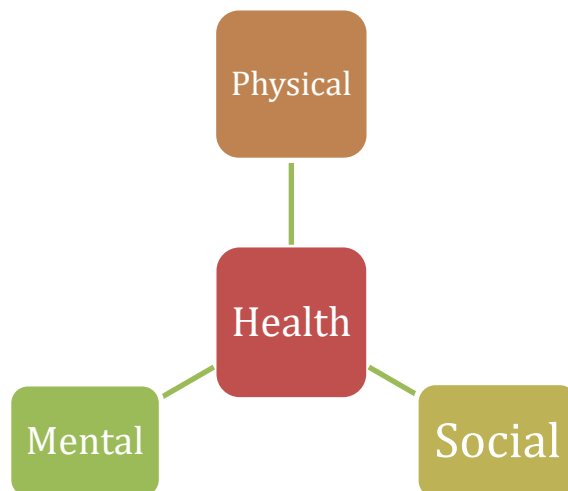
LEARNING OBJECTIVES:

At the end of the chapter the students will be able to:

- Understand and define health.
- Understand the concept of preventive medicine, social and community medicine and family medicine.

1.1. Definition of Health:

Health is a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity.



It encompasses a holistic balance across various dimensions, including physical fitness, mental resilience, emotional stability, social connections, and the ability to adapt to the

environment. Maintaining health involves a combination of healthy lifestyle choices, proper nutrition, regular exercise, adequate sleep, and positive social interactions. It is a dynamic and evolving state that varies from person to person and is influenced by genetics, environment, and individual behaviors.

1.2. Introduction to Health Field:

The health field comprises of a vast and interdisciplinary domain dedicated to the study of health promotion, and maintenance of individual and collective well-being. It involves a range of professions, including medicine, nursing, public health, psychology, nutrition, and more. Health professionals work collaboratively to prevent, diagnose, treat, and manage illnesses along with prevention and health promotion. The field is dynamic, continually evolving with advancements in medical science and technology. It also addresses social determinants, recognizing that factors like education, socioeconomic status, and environmental conditions also affects health of individuals. The pursuit of a healthier society involves research, education, policy development, and the delivery of healthcare services across diverse settings.

1.3. Preventive Medicine:

Preventive medicine focuses on proactively safeguarding and improving health to prevent diseases or injuries. It involves identifying and addressing risk factors through various strategies, including vaccination programs, lifestyle modifications, and health education. This field emphasizes the importance of taking measures which not only reduce the occurrence of the disease but also early detection and intervention in case the disease occurs, aiming to reduce the burden of illness on individuals and communities. Preventive medicine spans a broad spectrum, encompassing everything from regular screenings and immunizations to health promotion campaigns and policies addressing social determinants of health. By emphasizing prevention, this discipline contributes significantly to enhancing overall well-being and reducing the economic and societal costs associated with illness.

1.4. Social and Community Medicine:

Although there are many different descriptions of Social Medicine in the literature, all of these share at least five common principles:

- Community
- political action
- organization of services
- prevention of disease
- investigation of the causes and distribution of disease.

In addition, the studies of social medicine are not only grounded in biology, but also in history, law, economics, moral philosophy, and other relevant fields of humanities and social sciences.

1.5. Family Medicine:

Family medicine is a medical specialty that provides comprehensive and continuing healthcare for individuals and families across all ages, genders, and diseases. Family physicians, also known as general practitioners or primary care physicians, serve as the first point of contact for patients seeking medical care.

Key features of family medicine include a holistic approach to healthcare, emphasizing preventive measures, health maintenance, and the management of chronic conditions. Family physicians build long-term relationships with their patients, understanding their medical history, lifestyle, and individual needs. They are trained to diagnose and treat a wide range of medical conditions and often coordinate care with specialists when necessary.

The goal of family medicine is to address the diverse healthcare needs of individuals within the context of their families and communities, promoting overall well-being and continuity of care.

2. HEALTH CARE ORGANIZATION IN PAKISTAN

LEARNING OBJECTIVES:

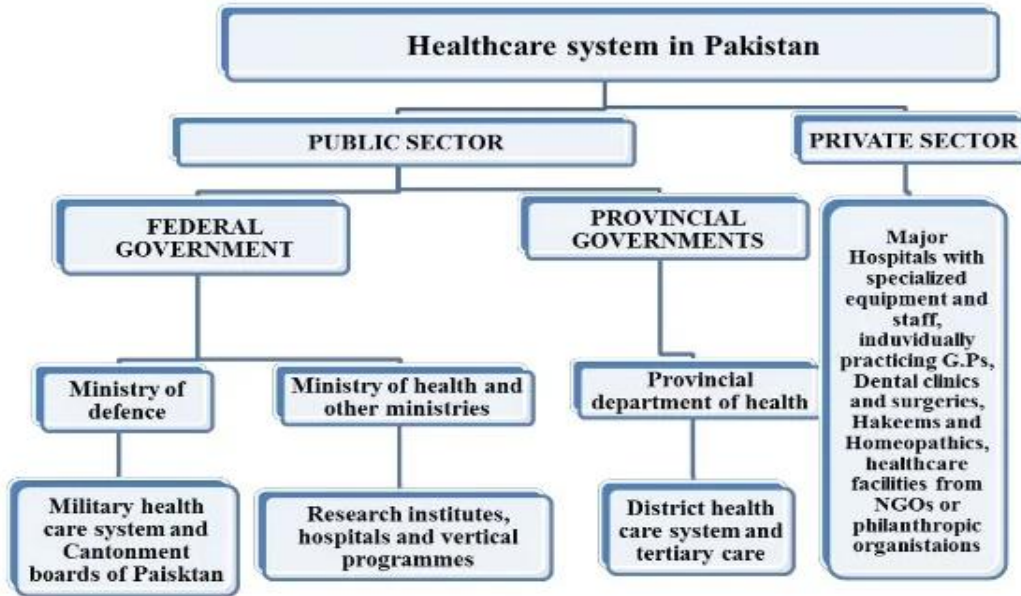
At the end of the chapter the students will get following concepts:

- Understand the concept of health care organization.
- Organizational levels of health care structure in Pakistan
- Levels of health care delivery including primary, secondary, and tertiary care level.
- Role of paramedics in health care settings.

A health care organization is a purposefully designed and structured system developed for the delivery of health care services by specialized workforces to defined communities, populations, or markets.

2.1. Organizational levels of Health Care structure in Pakistan:

In Pakistan, the healthcare system is organized across various administrative levels, including federal, provincial, divisional, and district levels.



An overview is given below:

- Federal Level:

At the federal level, the Ministry of National Health Services, Regulations and Coordination oversees health-related policies and coordination between provinces.

- Provincial Level:

Each province has its own Department of Health responsible for implementing health policies and managing healthcare services within its jurisdiction.

- District Level:

The district is a crucial administrative level for healthcare. Each district has a District Health Office (DHO) responsible for implementing health policies and managing healthcare services within the district.

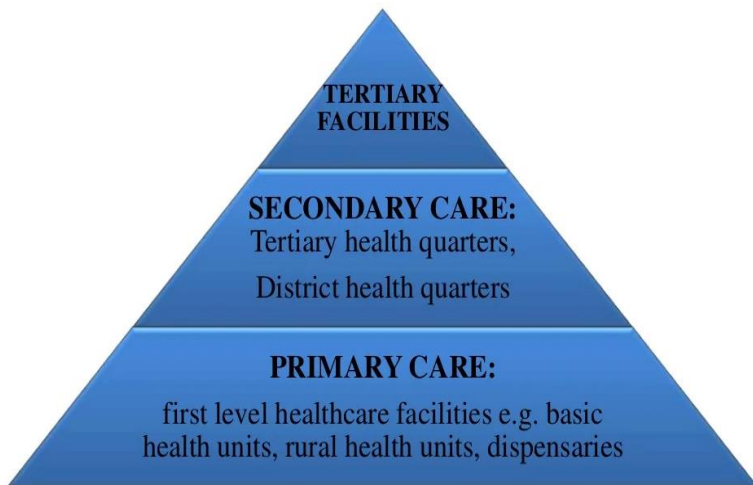
Private Sectors:

Private healthcare facilities are premises used for the provision of healthcare services or health-related services that are independently managed by two ways:

- non-profitable which runs on donations and services are provided for free.
- for-profit organizations or companies where paid services can be availed.

2.2. Levels of Health Care Delivery System:

The health care delivery system of Pakistan is divided into three levels:



PRIMARY LEVEL:

- **BASIC HEALTH UNIT (BHU):**

BHUs are located at level of Union Council with catchment population up to 25000. A medical officer or woman medical officer is deployed there along with support staff to provides the basic curative, preventive and promotive services. Patients are provided referral services if needed.

- **RURAL HEALTH CENTER (RHC):**

One RHC covers 2-3 union councils and has a catchment population of 100,000. It works round the clock and provides indoor (3-10 beds), diagnostic (X-ray, Ultrasound, basic blood test), hakeem, homeopathic, dental, and medicolegal services as well. However, no consultant or specialty services are available there.

SECONDARY LEVEL:

- **TEHSIL HEADQUARTER HOSPITAL (THQ):**

They are located at Tehsil level with a catchment population of about 0.5 to 1 million people and provide inpatient facilities of about 40-60 beds. It also provides specialty services.

- **DISTRICT HEADQUARTER HOSPITAL (DHQ):**

They are located at district levels and has more inpatient facilities and specialties as compared to THQ.

TERTIARY LEVEL:

- **TERTIARY LEVEL HOSPITAL:**

They are located in big cities and are the final referral point housing all the essential specialities and maximum subspecialities. They have the advanced testing facilities and usually attached with a teaching institute

2.3. Role of Paramedics in Hospitals:

Paramedics play a vital role in hospitals, providing essential pre-hospital and in-hospital care. Their responsibilities vary depending on their specific roles and the healthcare system, but generally, their contributions include:

Emergency Response:

Paramedics are often the first responders to emergencies. They assess patients' conditions, provide initial care, and transport them to hospitals when necessary.

Patient Assessment:

They conduct thorough assessments of patients, including vital signs, medical history, and the nature of the injury or illness.

Life Support and Interventions:

Paramedics administer basic life support (BLS) or advanced life support (ALS) interventions based on the patient's condition. This may include CPR, defibrillation, administering medications, and managing airways.

Transportation of patient:

Paramedics are responsible for transporting patients safely to hospitals, ensuring continuity of care during the transfer.

Communication:

Effective communication is crucial. Paramedics relay patient information to hospital staff, providing essential details for ongoing care.

Collaboration with Hospital Teams:

Paramedics work closely with hospital personnel, handing over patients upon arrival and providing critical information to the receiving medical team.

Assisting in Emergency Departments:

In some cases, paramedics may work directly in emergency departments, supporting hospital staff in the initial stages of patient care.

Patient Advocacy:

Paramedics advocate for their patients, ensuring that hospital staff are aware of relevant information that could impact the patient's treatment.

Training and Education:

Paramedics often engage in ongoing training and education to stay current with medical advancements and enhance their skills.

Preventive programs:

Some paramedics engage in community outreach programs, educating the public on preventive measures and promoting overall health and safety.

Disaster Response:

Paramedics are crucial during disasters, providing immediate medical care and helping coordinate responses to mass casualties.

Patient Support:

Paramedics provide emotional support to patients and their families, especially during critical or traumatic situations.

Paramedics are integral members of the healthcare team, contributing significantly to the overall functioning of hospitals and the broader emergency medical services system. Their quick response, effective communication, and skilled interventions can make a substantial difference in patient outcomes.

3. AIR

LEARNING OBJECTIVES:

At the end of the chapter the students will be able to understand the concept of:

- Composition of air
- Air pollution and the major air pollutants
- Indicators of air pollution
- Ways of purification and cleaning the air

The composition of air is primarily a mixture of gases. The air we breathe is composed of approximately:

- Nitrogen (N₂): About 78% of the Earth's atmosphere consists of nitrogen.
- Oxygen (O₂): Oxygen makes up roughly 21% of the atmosphere. It is essential for the respiration of most organisms.
- Argon (Ar): Argon comprises about 0.93% of the atmosphere. It is an inert gas and does not readily react with other substances.
- Carbon Dioxide (CO₂): Carbon dioxide constitutes around 0.04% of the atmosphere. It plays a crucial role in photosynthesis and the carbon cycle.
- Neon (Ne), Helium (He), Krypton (Kr), Xenon (Xe): These noble gases together make up a very small percentage of the atmosphere.
- Trace Gases: Various trace gases are present in minimal amounts, including methane (CH₄), hydrogen (H₂), ozone (O₃), and others.
- Water Vapor: The amount of water vapor in the air can vary significantly but generally ranges from about 0.1% to 4%. It plays a critical role in weather and precipitation.

The composition can vary slightly depending on factors such as location, altitude, and environmental conditions. It's important to note that air also contains various particulate matter, pollutants, and aerosols, but these are present in much smaller quantities compared to the major gases listed above.

3.2. AIR POLLUTION AND INDICATORS OF AIR POLLUTION:

Air pollution refers to the presence of harmful substances in the air that can have adverse effects on human health, the environment, and other living organisms. These pollutants can be natural or human-made and may include gases, particulate matter, biological molecules, or other materials.

COMMON AIR POLLUTANTS:

- Sulfur Dioxide (SO₂): Emitted from burning fossil fuels containing sulfur, contributing to respiratory and cardiovascular issues.
- Carbon Monoxide (CO): A colorless, odorless gas produced by incomplete combustion. It interferes with oxygen transport in the body.
- Particulate Matter (PM): Fine particles suspended in the air, classified by size (PM_{2.5} and PM₁₀). They can penetrate the respiratory system.
- Ground-level Ozone (O₃): A secondary pollutant formed by the reaction of pollutants in the presence of sunlight. It can cause respiratory issues.
- Nitrogen Dioxide (NO₂): A gas produced by combustion processes, primarily from vehicles and industrial activities. It can irritate the respiratory system.
- Volatile Organic Compounds (VOCs): Organic chemicals released from various sources, contributing to the formation of ozone and other pollutants.

SMOG: The word “smog” was coined in the early 20th century and is derived from two of words smoke and fog. It is a kind of visible air pollution composed of nitrogen oxides, sulphur oxides, ozone, smoke and other particulates. Man-made smog is derived from coal combustion emissions, vehicular emissions, industrial emissions, forest and

agricultural fires and photochemical reactions of these emissions. When smog is inhaled, it may cause the following harmful effect on humans

- Coughing and wheezing
- Burning sensation in eyes and throat
- Risk of serious heart diseases
- Risk of serious lung disease.
- Dangerous for people suffering from asthma.

Education and awareness of population regarding the use of mask and controlling emissions from factories and automobiles can reduce Smog production.

3.3. INDICATORS OF AIR POLLUTION:

Increased level of pollutant in the air leads to the poor quality of air which causes various respiratory issues. Air pollution Indicators are the measures which gives information regarding the quality of air. Regular monitoring and reporting of these indicators help authorities implement measures to control air pollution and protect public health and the environment. Public awareness and engagement are vital in addressing the challenges posed by air pollution.

The best indicator of air pollution are sulphur dioxide, smoke and suspended particles. These are monitored on a daily basis over several sites and then results are collected by central agencies.

The details of a few of these indicators are given below:

- Sulfur Dioxide (SO₂) Levels: Monitoring SO₂ concentrations helps identify sources of air pollution, such as industrial emissions.
- Smoke: a known volume of air is filtered through through a white filter paper under specified conditions and stains are generated from which the smoke concentration are measured using photoelectric meter.
- Particulate Matter (PM) Levels: Monitoring concentrations of PM, especially PM_{2.5} and PM₁₀, provides insights into the levels of fine particles in the air.

- Ground-level Ozone Levels: Monitoring ozone concentrations helps assess the potential for respiratory issues, especially in urban areas.
- Nitrogen Dioxide (NO₂) Levels: Measuring NO₂ levels indicates the presence of pollutants from combustion sources, primarily traffic.
- Carbon Monoxide (CO) Levels: Assessing CO levels is crucial for understanding potential exposure risks, especially in areas with high traffic or industrial activities.
- Volatile Organic Compounds (VOCs): Monitoring VOC levels is essential for assessing the overall air quality and identifying potential sources of pollution.
- Air Quality Index (AQI): It is an index (an index is an indicator which comprises of more than one indicator) which is based upon Particulate matter (PM_{2.5} and PM₁₀), Ozone (O₃), Carbon Monoxide (CO), Nitrogen Dioxide (NO₂), Sulphur Dioxide (SO₂), Lead (Pb) and Ammonia. The values of AQI and their interpretation is shown in fig.

AIR QUALITY INDEX	
Air Quality Index (AQI) Values	Levels of Health Concern
0 to 50	Good
51-100	Moderate
101-150	Unhealthy for Sensitive Groups
151-200	Unhealthy
201-300	Very Unhealthy
301 to 500	Hazardous

3.4. WAYS OF CLEANING THE AIR:

- **Air Purifiers:**

These are the devices with special filters to capture particles like dust and pollen. A few air purifiers have activated carbon filters that can adsorb gases and odors while some have special UV-C light technology helps neutralize bacteria and viruses.

- **Ventilation:**

Ensure proper ventilation by opening windows and doors. Use of exhaust fans in bathrooms and kitchens to remove indoor pollutants.

- **Ultraviolet radiation:**

These radiations are used to kill microbes. Since direct exposure to UV radiation is dangerous, they are only used in special situations only like operation theatres and infectious disease wards where shaded UV lamps are used located in upper portion near the inlet of air.

- **Indoor Plants:**

Plants like spider plants and peace lilies can help filter out certain pollutants. They absorb and break down some chemicals, contributing to improved air quality.

- **Regular Cleaning:**

Dust surfaces regularly to prevent the buildup of airborne particles. Use of Vacuum to trap and remove dust and allergens can lead to clean surfaces without spread of dust in the air.

- **Control Humidity:**

Maintain indoor humidity levels between 30-50% to discourage mold growth by Use of dehumidifiers in damp areas to reduce moisture.

- **Reduce Indoor Pollutants:**

Minimize the use of harsh cleaning chemicals and opt for eco-friendly alternatives. Avoid smoking indoors to prevent tobacco smoke pollutants.

- **Air Quality Monitors:**

Install air quality monitors to track pollutant levels and take corrective actions.

- **Regular HVAC Maintenance:**

Clean or replace air filters in heating, ventilation, and air conditioning (HVAC) systems regularly.

- **Avoidance of Volatile organic compounds (VOCs):**

Choose low-VOC or VOC-free products for paints, adhesives, and cleaning supplies. Allow new furniture and building materials to off-gas before bringing them indoors.

- **Proper Waste Management:**

Dispose of household waste properly to prevent the release of harmful pollutants. Combining these methods creates a comprehensive approach to maintaining clean indoor air.

4. WATER

LEARNING OBJECTIVES:

At the end of the chapter the students will be able to understand:

- Sources of water in Pakistan
- Concept of water pollution and the different sources of pollution
- Water purification methods for the delivery of safe potable water

4.1. SOURCES OF WATER IN PAKISTAN:

In Pakistan, water sources are diverse, encompassing rivers, lakes, and groundwater. Some significant sources include:

- **Groundwater:**

It is the most common source of drinking water. According to the latest survey, most common sources of drinking water in Pakistani population were tap water, motor pump, hand pump or dug well.

- **Surface water**

Surface water in the form of rivers, lake, rainfall and glacial melt water are also used for domestic purposes.

- **Dams and artificial reservoirs:**

Dams are located on important rivers that serves as source of water supply and source of generation of hydropower to the surroundings.

These diverse water sources are vital for sustaining agriculture, meeting domestic needs, and generating hydroelectric power in Pakistan. However, challenges such as water scarcity, mismanagement, and the impact of climate change pose significant concerns for the country's water resources.

4.2. WATER POLLUTION:

Water pollution in Pakistan is a pressing environmental concern with various sources contributing to the contamination of water bodies. The most common source of water pollutions is urbanization and industrialization. Here are some key aspects:

Industrial Discharges:

Industries release untreated or inadequately treated effluents into rivers and streams, introducing pollutants like heavy metals, chemicals, and toxins. The discharge of heavy metals like lead, mercury, and chromium from various sources poses health risks and damages aquatic ecosystems.

Accidental or deliberate oil spills, often from transportation and industrial activities, contaminate water bodies and harm aquatic ecosystems.

Some regions, particularly in Punjab and Sindh provinces, face contamination of groundwater with high levels of arsenic, causing severe health issues.

Agricultural Runoff:

The use of pesticides and fertilizers in agriculture results in runoff carrying chemicals into water bodies, causing contamination.

Untreated Sewage:

Insufficient sewage treatment infrastructure leads to the direct discharge of untreated sewage into rivers, contributing pathogens and organic pollutants.

Inadequate sanitation facilities in many areas lead to open defecation, contributing to the contamination of water sources with fecal matter.

Lack of Monitoring and Enforcement:

Weak regulatory frameworks, insufficient monitoring, and lax enforcement contribute to ongoing water pollution issues.

Addressing water pollution in Pakistan requires concerted efforts, including the improvement of sewage treatment infrastructure, adoption of sustainable agricultural practices, and strict enforcement of environmental regulations. Public awareness and community involvement are also crucial for long-term solutions to preserve water quality.

4.3. WATER PURIFICATION METHODS:

Several water purification methods are employed to ensure access to clean and safe drinking water. The purification methods of water varies according to the volume of water required for purification. They can be classified broadly as:

1. Purification of water on large scale
2. Purification of water on small scale.

Purification of water on large scale:

For communities where large volume of water is required for consumption, purification is done based on the source and condition of drinking water. Normally large size commercial filters are used for purification of water. The filtration process involves three basic steps:

1. Storage- which leads to natural purification of water as the physical impurities settle down and the pathogens in the water also drops if they are kept in conditions where their growth can be halted.
2. Filtration- where water is passed through certain filters to capture the impurities.
3. Disinfection- which is usually done by chlorination where pathogenic bacteria in water are killed and some metals are destroyed by introduction of chlorine gas in water. Ozone and ultraviolet radiation can be used for this purpose as well.

Purification of water on small scale:

Here are some common techniques which are used for purification of water used for household or domestic purposes:

1. Boiling:

Boiling water kills bacteria, viruses, and parasites, making it safe to drink. It's a simple and effective method but may not remove chemical contaminants.

2. Filtration:

Filtration systems, like those using activated carbon or ceramic filters, physically remove impurities and particles from water. Some can effectively eliminate bacteria and protozoa.

3. Reverse Osmosis:

Reverse osmosis uses a semi-permeable membrane to remove contaminants from water. It's effective against bacteria, viruses, and dissolved salts but may not eliminate all types of pollutants.

4. Ultraviolet (UV) Disinfection:

UV light is used to disinfect water by inactivating bacteria, viruses, and other microorganisms. It doesn't remove particles but is effective against biological contaminants.

5. Chlorination:

Chlorination involves adding chlorine or chlorine compounds to water to kill bacteria and other microorganisms. It is widely used in municipal water treatment but may not eliminate all types of contaminants.

6. Iodine Treatment:

Iodine tablets or solutions can be used to disinfect water, killing bacteria and parasites. However, it may not be suitable for pregnant women or individuals with iodine sensitivity.

7. Activated Carbon Adsorption:

Activated carbon can adsorb organic compounds, chlorine, and some chemicals, improving taste and removing odors from water.

8. Ion Exchange:

Ion exchange involves replacing unwanted ions in water with more desirable ones, often using resin beads. It can help remove certain minerals and metals.

9. Ozonation:

Ozone is a powerful disinfectant that can be used to kill bacteria and viruses in water. It's effective in oxidizing and breaking down organic and inorganic contaminants.

Combining multiple purification methods in a water treatment system is often the most effective approach to ensure comprehensive removal of various contaminants. The choice of method depends on the specific water quality challenges and the desired level of purification.

5. VENTILATION:

LEARNING OBJECTIVES:

At the end of the chapter the students will be able to understand:

- The objectives and importance of ventilation
- Effects of overcrowding on ventilation and human health
- Different methods of ventilation including natural and artificial methods

5.1. OBJECTIVES AND MERITS OF VENTILATION:

- **Fresh Air Supply:**

Ensure a continuous supply of fresh outdoor air to indoor spaces, improving air quality and preventing the buildup of pollutants.

- **Moisture Control:**

Manage humidity levels to prevent the growth of mold and mildew, which can have adverse effects on indoor air quality and occupant health.

- **Temperature Regulation:**

Assist in maintaining comfortable indoor temperatures by removing excess heat and promoting thermal comfort.

- **Contaminant Dilution:**

Dilute and disperse indoor pollutants, such as volatile organic compounds (VOCs) and odors, reducing their concentration within the living or working environment.

- **Exhaust Stale Air:**

Remove indoor air that has become stagnant or laden with pollutants, ensuring a continuous flow of fresh air.

- **Health and Comfort:**

Enhance the overall health and well-being of occupants by providing a well-ventilated environment, reducing the risk of respiratory issues and promoting comfort.

- **Control of Airborne Pathogens:**

Minimize the concentration of airborne pathogens, such as bacteria and viruses, reducing the risk of airborne transmission of diseases.

- **Energy Efficiency:**

Contribute to energy efficiency by incorporating systems that utilize natural ventilation or energy-recovery ventilation to minimize the need for excessive heating or cooling.

5.2. EFFECTS OF OVERCROWDING ON HUMAN BODY:

Overcrowding can have several detrimental effects on the human body, both physical and psychological. Here are some notable impacts:

- **Respiratory Issues:**

Overcrowded spaces may lead to poor ventilation, increasing the concentration of airborne pollutants and reducing oxygen levels, potentially causing respiratory problems.

- **Spread of Infections:**

Overcrowding facilitates the spread of infectious diseases, as close proximity increases the likelihood of person-to-person transmission.

- **Impaired mental health:**

Crowded environments often induce stress, anxiety and depression due to the lack of personal space, constant noise, and a heightened sense of competition for resources.

- **Sleep Disturbances:**

Overcrowded living conditions can lead to disruptions in sleep patterns, affecting the quality and duration of sleep.

- **Increased Risk of Injuries:**

Overcrowded areas may pose a higher risk of accidents and injuries due to congestion, limited mobility, and difficulties in accessing exits.

- **Impaired Immune Function:**

Chronic stress associated with overcrowding can compromise the immune system, making individuals more susceptible to infections and illnesses.

- **Aggravation of Chronic Conditions:**

People with pre-existing health conditions, such as respiratory or cardiovascular diseases, may experience worsened symptoms in overcrowded environments.

- **Uncomfortable temperature:**

Overcrowded spaces can exacerbate heat-related problems, especially in regions with high temperatures, as individuals may struggle to cool down in cramped conditions.

- **Reduced productivity:**

In crowded workplaces, productivity may decline as individuals struggle to concentrate and work efficiently in constrained spaces.

- **Social Tensions:**

Overcrowding can lead to social tensions and conflicts, as people compete for limited resources and personal space.

- **Negative Impact on Child Development:**

Children growing up in overcrowded conditions may experience developmental challenges, both physically and psychologically.

Addressing overcrowding involves implementing measures such as urban planning, improved housing conditions, and efficient crowd management strategies to prevent these health risks and create healthier living and working environments.

5.3. NATURAL AND ARTIFICIAL VENTILATION:

5.3.1. Natural Ventilation:

Natural ventilation relies on passive means to exchange indoor and outdoor air without the use of mechanical systems. Key aspects include:

1. Wind-driven Ventilation:

Utilizes prevailing winds to create pressure differences, encouraging the movement of air through openings like windows and vents.

2. Inequality of temperature (Stack Effect):

Exploits temperature differences to create buoyancy forces, with warmer air rising and exiting through upper openings while cooler air enters from lower openings.

3. Cross-Ventilation:

Involves creating openings on opposite sides of a space to allow air to flow through, promoting fresh air circulation.

4. Ventilation through Openings:

Windows, doors, vents, and other openings are strategically positioned to facilitate the inflow and outflow of air.

5. Atriums and Courtyards:

Architectural features like atriums and courtyards are designed to enhance natural ventilation by creating airflow patterns within a building.

5.3.2. Artificial Ventilation/ Mechanical ventilation:

Artificial ventilation involves mechanical systems to actively control and circulate air within space. Key methods include:

1. Mechanical Exhaust:

Systems like kitchen exhaust fans and bathroom ventilation fans remove stale air and pollutants from specific areas. A vacuum is created due to removal of stale air so fresh air slides inside through windows and doors.

2. Plenum ventilation:

In this ventilation, specially designed fans and blowers are used to force fresh air movement in the room or building.

3. Balanced Ventilation:

Involves a combination of supply and exhaust systems to maintain a balanced airflow, enhancing overall indoor air quality.

4. Air Conditioning:

While primarily aimed at cooling, modern air conditioning systems often include ventilation components to ensure a continuous supply of fresh air. It involves controlling the temperature, humidity and air movement especially to optimize the “condition the air” as the name suggests.

5. Energy Recovery Ventilation (ERV):

ERV systems capture and transfer heat or moisture from outgoing air to incoming air, improving energy efficiency while providing fresh air.

6. Ducted Ventilation:

Utilizes a network of ducts to distribute and control the flow of air, often seen in centralized HVAC systems.

5.3.3. Considerations while using a ventilation system:

Energy Efficiency:

Natural ventilation is often more energy-efficient, while artificial ventilation systems may consume more energy but offer precise control.

Climate and Seasonal Variations:

Natural ventilation effectiveness can vary with climate, whereas artificial systems provide consistent performance.

Building Design:

Architects may incorporate both natural and artificial ventilation elements to optimize airflow and energy efficiency.

Occupancy and Purpose:

The type of ventilation chosen depends on factors such as the number of occupants, the purpose of the space, and local environmental conditions.

An optimal approach often involves a combination of natural and artificial ventilation strategies tailored to the specific needs of the building or space.

6. SOLID WASTE

LEARNING OBJECTIVES:

At the end of the chapter the students will be able to understand:

- The health hazards associated with solid waste
- Various sources of refuse generation
- The different steps of waste management
- Excreta and its disposal

Solid waste or refuse includes garbage (food waste), rubbish (paper, plastics, wood, metal, throw away container, glass), sewage treatment residue and any other unwanted materials generated.

6.1. HEALTH HAZARDS OF WASTE:

Solid waste if allowed to accumulate is a health hazard because:

- a. It causes unpleasant smell and nuisance for the dwellers.
- b. It favours breeding of insects and rodents
- c. Growth of bacteria and pathogens occurs which can cause diseases directly or dissemination through flies.
- d. It can cause spillage in the water causing water pollution

6.2. SOURCES OF REFUSE:

1. street refuse
2. market refuse
3. industrial refuse
4. domestic refuse

6.3. WASTE MANAGEMENT:

Efficient waste collection and management are crucial for environmental sustainability and public health. Encouraging recycling and responsible waste disposal practices helps reduce the environmental footprint associated with waste generation.

The process of waste management include:

1. Segregation
2. collection
3. transportation
4. disposal

Segregation

Waste is often separated into different categories such as recyclables, organic waste, and non-recyclables. This initial sorting helps streamline the recycling process. Ideally, it should be done before collection but in some systems it is done after waste collection.

Efficient waste collection and management are crucial for environmental sustainability and public health. Encouraging recycling and responsible waste disposal practices helps reduce the environmental footprint associated with waste generation.

Waste Collection:

Waste collection involves gathering and transporting various types of waste materials from homes, businesses, and other sources to disposal or recycling facilities.

1. Curbside Collection:
 - *Description:* Residents place their waste in designated bins or bags at the curbside for regular collection by waste management trucks.
 - *Advantages:* Convenient for residents, facilitates regular collection schedules.
2. Container Collection:
 - *Description:* Waste containers are strategically placed in public areas or designated locations for individuals to dispose of their waste.
 - *Advantages:* Encourages proper disposal, helps manage waste in high-traffic areas.
3. Door-to-Door Collection:
 - *Description:* Collection personnel go door-to-door to collect waste directly from households or businesses.
 - *Advantages:* Allows for personalized collection services, ensures widespread coverage.
4. Drop-Off Centers:

- *Description:* Individuals deliver their waste to centralized drop-off points where it is collected periodically.
- *Advantages:* Suitable for areas without curbside collection, promotes community participation.

Transfer of waste:

Collected waste is taken to transfer stations where it is temporarily stored before being transported to a final disposal site or recycling facility.

The mode of transportation can include trucks, trains, or even ships depending on the location and quantity of waste.

Waste Disposal:

1. Landfill:

- *Description:* Waste is buried in designated areas, and modern landfills employ liners and other measures to minimize environmental impact.
- *Advantages:* Common for non-recyclable and non-biodegradable waste.

2. Incineration:

- *Description:* Waste is burned at high temperatures, reducing its volume and generating energy. Emissions are managed to minimize environmental impact.
- *Advantages:* Can generate energy, reduces volume of waste.

3. Recycling:

- *Description:* Waste materials are processed to recover and reuse valuable resources. Common recyclables include paper, glass, plastic, and metals.
- *Advantages:* Reduces the need for raw materials, conserves resources, minimizes environmental impact.

4. Composting:

- *Description:* Organic waste, such as food and yard waste, is decomposed into nutrient-rich compost.
- *Advantages:* Produces a valuable soil conditioner, reduces organic waste in landfills.

5. Waste-to-Energy (WTE):

- *Description:* Waste is used as a fuel to generate energy through processes like incineration or gasification.
- *Advantages:* Generates electricity, reduces reliance on fossil fuels.

6. Biological Treatment:

- *Description:* Microorganisms are used to break down organic waste in anaerobic digesters or aerobic treatment processes.
- *Advantages:* Converts organic waste into useful by-products like biogas or fertilizers.

6.4. EXCRETA

Methods of Excreta Collection and disposal:

Flush Toilets:

Description: Most common in urban areas, toilets use water to flush human waste through a sewer system to a treatment facility.

Advantages: Convenient and widely used in urban settings.

Pit Latrines:

Description: Simple, shallow pits in the ground for collecting and decomposing human waste.

Advantages: Suitable for areas without access to sewer systems, cost-effective.

Chemical Toilets:

Description: Use of chemicals to treat and break down human waste in portable toilets.

Advantages: Useful in temporary or remote locations.

Dry Toilets:

Description: No water is used for flushing; waste is collected and treated without water.

Advantages: Water-saving, suitable for areas with water scarcity.

Composting Toilets:

Description: Human waste is collected and processed into compost, which can be used as a soil conditioner.

Advantages: Environmentally friendly, reduces water usage.

Biogas Digesters:

Description: Anaerobic digestion of human waste in specialized tanks that produce biogas for energy.

Advantages: Generates energy, reduces environmental impact.

Sewage Treatment Plants:

Description: Centralized facilities that treat and purify wastewater from flush toilets before releasing it into natural water bodies.

Advantages: Effective in urban areas, reduces water pollution.

Septic Tanks:

Description: On-site systems that treat and dispose of sewage. The tank allows for settling and microbial breakdown of waste.

Advantages: Suitable for areas without access to centralized sewage systems.

Choosing the appropriate method depends on factors such as population density, infrastructure availability, and environmental considerations. Sustainable sanitation practices aim to minimize the environmental impact while ensuring public health and hygiene.

7. TYPES OF INFECTION AND WAYS OF DISINFECTION

LEARNING OBJECTIVES:

At the end of the chapter the students will be able to understand:

- The basic definitions used in context of infectious diseases.
- The different types of infection.
- Various ways of disinfection.
- Routes of transmission of infection

7.1. BASIC DEFINITIONS:

INFECTION: Entry and multiplication of a micro-organism inside the human body is called infection.

INFESTATION: presence of a micro-organism on the surface of human body is called infestation.

STERILIZATION: it is a process that leads to complete destruction of all forms of microbial life including bacterial spore.

DISINFECTION: it is a process that eliminates many or all pathogenic microorganisms, except bacterial spores, on non-living objects.

ANTISEPTIC: It is a process that eliminates many or all pathogenic microorganisms, except bacterial spores from the surface of human body.

7.2. TYPES OF INFECTIONS:

- **Bacterial Infections:**

Description: Caused by bacteria, such as Streptococcus or Escherichia coli.

Examples: Strep throat, urinary tract infections.

- **Viral Infections:**

Description: Caused by viruses, like influenza or HIV.
Examples: Common cold, flu, COVID-19.

- **Fungal Infections:**

Description: Caused by fungi, such as Candida or ringworm.
Examples: Athlete's foot, yeast infections.

- **Parasitic Infections:**

Description: Caused by parasites, including protozoa or worms.
Examples: Malaria, giardiasis.

- **Prion Infections:**

Description: Caused by misfolded proteins, leading to rare neurodegenerative diseases.
Examples: Creutzfeldt-Jakob disease.

7.3. WAYS OF DISINFECTION:

Chemical Disinfectants:

Description: Use of chemicals to kill or inactivate microorganisms on surfaces.
Examples: Bleach, hydrogen peroxide, alcohol-based sanitizers.

Heat Sterilization:

Description: Applying heat to destroy or deactivate microorganisms.
Examples: Autoclaving in healthcare settings, boiling water for drinking.

UV-C Radiation:

Description: Use of ultraviolet-C (UV-C) light to disinfect surfaces and air by disrupting the DNA of microorganisms.
Examples: UV-C lamps in healthcare and air purification.

Ozone Treatment:

Description: Ozone gas is used to disinfect air and surfaces by destroying microorganisms.

Examples: Water treatment, air purification.

Filtration:

Description: Mechanically removing microorganisms through filters, commonly used in air and water purification.

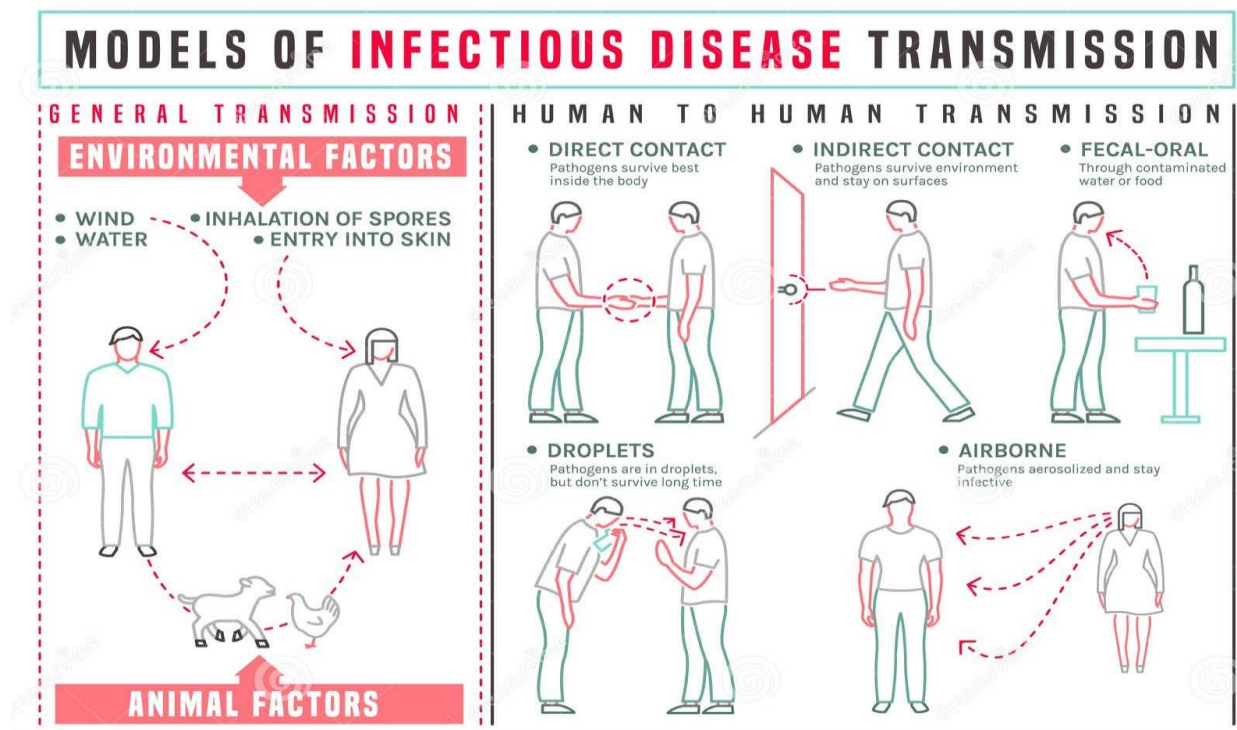
Examples: HEPA filters, water filtration systems.

Boiling and Pasteurization:

Description: Heating liquids to kill or inactivate harmful microorganisms.

Examples: Boiling water for drinking, pasteurizing milk.

7.4. ROUTES OF TRANSMISSION OF INFECTIONS:



Direct Contact Transmission:

Description: Transfer of infectious agents through physical contact between an infected person and a susceptible individual.

Examples: Touching, kissing, or sexual contact.

Indirect Contact Transmission:

Description: Spread of infections via contaminated surfaces or objects.

Examples: Touching a doorknob or surface with infectious droplets, then touching the face.

Airborne Transmission:

Description: When a person infected with disease having respiratory transmission breathes, the pathogens are released in air and remain suspended in the air in the form of respiratory droplet. The Inhalation of these tiny respiratory droplets or dust particles containing infectious agents leads to air borne transmission.

Examples: Respiratory infections like tuberculosis, COVID-19.

Droplet Transmission:

Description: Direct Transmission of infections through respiratory droplets produced when an infected person coughs, sneezes, or talks.

Examples: Influenza, common cold.

Fecal-Oral Transmission:

Description: Ingestion of infectious agents via contaminated food, water, or surfaces.

Examples: Foodborne illnesses, waterborne diseases like cholera.

Vector-Borne Transmission:

Description: Infections transmitted through the bite of vectors like mosquitoes, ticks, or fleas.

Examples: Malaria (mosquitoes), Lyme disease (ticks).

Perinatal or Vertical Transmission:

Description: Transmission of infections from a pregnant woman to her baby during childbirth or through breastfeeding.

Examples: HIV, syphilis.

Bloodborne Transmission:

Description: Transfer of infectious agents through contact with infected blood or blood products.

Examples: HIV, hepatitis B and C.

Zoonotic Transmission:

Description: Transfer of infections from animals to humans.

Examples: Avian influenza, Lyme disease.

Understanding these routes of transmission is crucial for implementing effective preventive measures, such as hand hygiene, vaccination, and proper sanitation, to control the spread of infections. Public health interventions often focus on interrupting these transmission routes to minimize the risk of outbreaks and protect the community.

8. COMMUNICABLE DISEASES

LEARNING OBJECTIVES:

At the end of the chapter the students will be able to understand:

- The different types of infections affecting the respiratory tract.
- The different types of infections affecting the gastrointestinal tract.
- Some common vector borne diseases.
- Common sexually transmitted infection.
- Expanded program on immunization (EPI) and epidemiology of some infectious diseases covered under EPI.

Communicable diseases, also known as infectious or contagious diseases, are illnesses caused by microorganisms such as bacteria, viruses, parasites, or fungi. These diseases can spread from person to person, directly or indirectly, and may also be transmitted through animals, insects, or contaminated food and water. Here are some common examples of communicable diseases:

8.1. Respiratory Infections:

Influenza (Flu): A viral infection affecting the respiratory system, causing symptoms like fever, cough, and body aches.

Tuberculosis (TB): A bacterial infection primarily affecting the lungs, leading to persistent cough, chest pain, and weight loss.

Measles, chicken pox, Rubella: Viral infections causing symptoms like fever and skin rash.

8.2. Gastrointestinal Infections:

Cholera: Caused by the bacterium *Vibrio cholerae*, leading to severe diarrhea and dehydration, often transmitted through contaminated water or food.

Salmonellosis: Bacterial infection causing symptoms like diarrhea, abdominal cramps, and fever, often linked to contaminated food.

Polio: A viral infection that can lead to paralysis, prevented through polio vaccines.

Hepatitis A: Caused by a virus and often spread through contaminated water or food, leading to symptoms like jaundice and fatigue.

8.3. Vector-Borne Diseases:

Malaria: Caused by parasites transmitted through the bites of infected mosquitoes, leading to symptoms like fever, chills, and flu-like illness.

Dengue Fever: A viral infection transmitted by Aedes mosquitoes, causing high fever, severe headaches, and joint pain.

8.4. Sexually Transmitted Infections (STIs):

HIV/AIDS: A viral infection affecting the immune system, primarily transmitted through unprotected sexual contact, contaminated needles, or from mother to child during childbirth.

Chlamydia, Gonorrhea, Syphilis: Bacterial infections transmitted through sexual contact, leading to various symptoms and complications if untreated.

Preventive measures for communicable diseases include vaccination, good hygiene practices, safe food and water practices, vector control, and early detection and treatment. Public health efforts globally focus on controlling the spread of these diseases and reducing their impact on communities.

8.5. EXPANDED PROGRAM ON IMMUNIZATION (EPI)

The Expanded Program on Immunization (EPI) is a global initiative aimed at providing routine immunization to protect individuals, especially children, against vaccine-preventable diseases. The program, initiated by the World Health Organization (WHO) in 1974, focuses on increasing vaccination coverage and reducing the incidence of preventable illnesses. Here are key aspects of EPI and some diseases targeted by it:

8.5.1. OBJECTIVES OF EPI:

- **Preventable Disease Control:**

EPI aims to control and eliminate vaccine-preventable diseases through widespread vaccination coverage.

- **Community Health Improvement:**

Enhance community health by protecting individuals from diseases that can cause severe illness, disability, or death.

- **Global Health Equity:**

Promote equity in vaccine access, ensuring that all individuals, regardless of geographical location or socioeconomic status, have access to essential vaccines.

- **Immunization Infrastructure Strengthening:**

Build and strengthen immunization systems, including vaccination delivery, cold chain maintenance, and surveillance for vaccine-preventable diseases.

- **Disease Eradication:**

Contribute to global efforts in eradicating certain diseases, such as polio, by achieving high vaccination coverage.

8.5.2. Vaccination Schedule of EPI and diseases covered:

Time of vaccination	Name of vaccine	Diseases covered
At birth	Oral Polio vaccine (OPV-0)	Polio
	BCG	Tuberculosis
	Hepatitis B vaccine	Hepatitis B
At 6 months	OPV-I	Polio
	Pentavalent vaccine	Combination of DPT (diphtheria, pertussis, tetanus), hepatitis B, haemophilus influenza type B (HiB)

	Rota vaccine	Diarrhea associated with rote virus
	Pneumococcal vaccine	Pneumococcal pneumonia
At 10 months	OPV-II	Polio
	Pentavalent vaccine	Combination of DPT (diphtheria, pertussis, tetanus), hepatitis B, Hemophilus influenza type B (HiB)
	Rota vaccine	Diarrhea associated with rote virus
	Pneumococcal vaccine	Pneumococcal pneumonia
At 14 months	OPV-III	Polio
	IPV (Inactivated Polio vaccine)	Polio
	Pentavalent vaccine	Combination of DPT (diphtheria, pertussis, tetanus), hepatitis B, Hemophilus influenza type B (HiB)
	Pneumococcal vaccine	Pneumococcal pneumonia
At 9 months	Measles vaccine	Measles
	Typhoid vaccine	Typhoid
At 15 months	MR	Measles and rubella
At 4 years	dT	Diphtheria and tetanus

8.6. Epidemiology of Common Communicable Diseases:

8.6.1. TUBERCULOSIS (TB):

TB is a significant global health concern, with high prevalence in some regions, particularly in parts of Asia and Africa.

Causative Agent: Mycobacterium tuberculosis.

Transmission: Airborne transmission through respiratory droplets when an infected person coughs or sneezes.

Risk Factors: Close and prolonged contact with individuals with active TB, weakened immune system, and conditions like HIV/AIDS contribute to higher susceptibility.

Clinical features: patients give history of prolonged fever which is low grade (<100 F) for more than 2 to 3 weeks along with cough, loss of appetite and weight loss. Disease can be confirmed by Xray in case of pulmonary tuberculosis.

Prevention: BCG vaccine is used for prevention in children. Use of mask and maintaining distance with infected individuals can help in prevention of disease. The most effective way to control the disease is timely and active management of the person infected with tuberculosis.

Treatment involves a combination of antibiotics taken for an extended period.

8.6.2.DIPHTHERIA:

Diphtheria has become rare in many developed countries due to vaccination programs. However, it is still common in children under 5 years of age residing in under developed countries.

Causative Agent: *Corynebacterium diphtheriae*.

Transmission: Respiratory droplets, close contact with an infected person, or by touching items contaminated with bacteria.

Risk Factors: Lack of immunization, crowded living conditions, and poor hygiene increase the risk.

Clinical features: patients present with fever, sore throat and hoarseness of voice along with difficulty in breathing and swallowing. The throat examination shows a thick gray membrane covering the throat. (shown in fig)



Figure 5 Strongly adherent psuedomembrane of diphtheria

Prevention: DTP or DTaP vaccines provide protection. Antitoxin and antibiotics are used in treatment.

8.6.3. TETANUS:

Tetanus is present worldwide, but the highest incidence is in areas with limited access to healthcare and immunization.

Causative Agent: *Clostridium tetani* (produces tetanus toxin).

Transmission: The bacteria enter the body through wounds or cuts, where they produce a potent toxin.

Risk Factors: Inadequate immunization, contaminated wounds, and lack of proper wound care increase the risk.

Clinical features: patients present with a rigid stiff body with inability to open mouth (lock jaw as shown in fig). Later stages involve even the respiratory muscles which makes it difficult to breath.

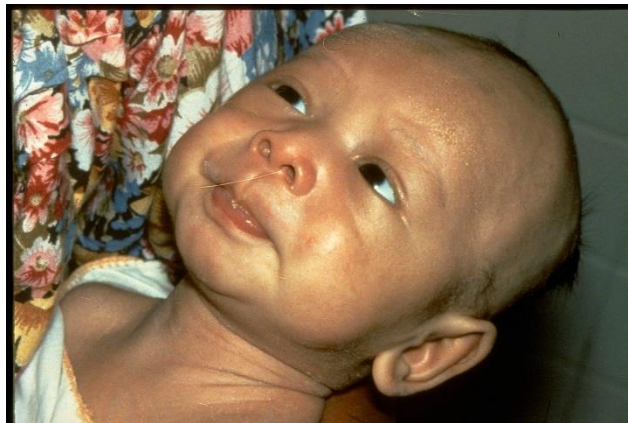


Figure 6. lock jaw due to tetanus

Prevention: Timely administration of Tetanus toxoid vaccines are effective in prevention and development of tetanus. Wound care and post-exposure prophylaxis are essential.

8.6.4. POLIO (POLIOMYELITIS):

Polio has been eradicated from all the countries world over except Pakistan and Afghanistan.

Causative Agent: Poliovirus (types 1, 2, and 3).

Transmission: Fecal-oral route, often through contaminated water or food.

Risk Factors: Lack of vaccination, poor sanitation, and hygiene increase the risk of transmission.

Clinical features: the signs and symptoms of polio varies case to case. Some children only get fever, headache, muscle aches and pains but never develops paralysis while only a few children develop paralysis of lower limbs.

Prevention: Oral polio vaccine (OPV) or inactivated polio vaccine (IPV) provides protection.

8.6.5.WHOOPING COUGH (PERTUSSIS):

Pertussis is present worldwide, with periodic outbreaks even in well-vaccinated populations.

Causative Agent: Bordetella pertussis.

Transmission: Respiratory droplets from infected individuals.

Risk Factors: Incomplete or lack of vaccination, waning immunity, and close contact with infected individuals increase the risk.

Clinical features: children usually present with history of fever along with spells of excessive cough with a characteristic “whoop” sound.

Prevention: DTP or DTaP vaccines are effective. Antibiotics may be used for treatment and post-exposure prophylaxis.

8.6.6.MEASLES:

Measles remains a significant public health concern, with outbreaks occurring in areas with low vaccination coverage.

Causative Agent: Measles virus.

Transmission: Airborne transmission through respiratory droplets or direct contact with nasal or throat secretions.

Risk Factors: Lack of immunization, crowded living conditions, and malnutrition increase susceptibility.

Clinical features: there is a history of fever, cough initially which are later followed by a generalized reddish rash all over the body.



Figure 7. generalized maculopapular rash of measles

Prevention: MMR vaccine provides protection. Since the disease spread through droplet and airborne, use of mask and keeping a distance from the case can save from acquiring the disease. There is no specific antiviral treatment; supportive care is essential.

Global efforts, including vaccination programs and improved healthcare, have made significant strides in reducing the burden of these diseases. However, challenges like vaccine coverage gaps, emerging infectious diseases, and health disparities continue to impact their epidemiology.

9. FAMILY PLANNING:

LEARNING OBJECTIVES:

At the end of the chapter the students will be able to understand:

- The purpose and need of family planning.
- Different methods that can be used for family planning including temporary methods, permanent method and emergency contraception.

9.1. NEED OF FAMILY PLANNING:

Population Control:

Family planning helps control population growth, ensuring that the rate of population increase aligns with available resources.

Health of Infants:

Proper spacing of pregnancies and limiting family size contribute to reduce the risk of infant mortality and low birth weight.

Maternal Health:

Family planning allows women to plan pregnancies, promoting safe deliveries and reducing the risk of unsafe abortions, maternal morbidity and mortality.

Economic Stability:

Family planning supports economic stability by enabling families to allocate resources more effectively and invest in the education and well-being of their children.

Environmental Sustainability:

A controlled population can help mitigate environmental challenges by reducing the demand for resources and minimizing the impact on ecosystems.

9.2. OBJECTIVES OF FAMILY PLANNING PROGRAM:

Family planning programs contribute to the well-being of individuals, families, and communities by addressing a range of health, social, and economic factors. These programs play a crucial role in achieving sustainable development goals and improving overall quality of life. Their objectives are as follows:

Access to Contraceptive Methods:

Ensure widespread availability and accessibility of a variety of contraceptive methods to meet the diverse needs and preferences of individuals.

Education and Awareness:

Promote education and awareness about family planning, including information about contraceptive methods, their benefits, and potential side effects.

Improve Maternal and Child Health:

Improve maternal and child health outcomes by promoting healthy timing and spacing of pregnancies, reducing the risk of maternal and infant mortality.

Empowerment of Women:

Empower women to make informed choices about their reproductive health, fostering gender equality and autonomy in decision-making.

Community Engagement:

Engage communities in discussions about family planning, addressing cultural and societal norms, and encouraging open dialogue.

Integration with Healthcare Services:

Integrate family planning services with existing healthcare programs to ensure that individuals have access to reproductive health services within the broader healthcare system.

Quality of Care:

Ensure the provision of high-quality family planning services, including counseling, follow-up, and support for individuals using contraceptive methods.

Research and Innovation:

Support research and innovation in family planning to develop new and improved contraceptive methods, address emerging challenges, and enhance overall effectiveness.

Government Policies and Legislation:

Advocate for supportive government policies and legislation that facilitate access to family planning services and promote reproductive rights.

Global Partnerships:

Foster international collaboration and partnerships to share best practices, resources, and expertise in promoting family planning on a global scale.

9.3. GENERAL METHODS OF FAMILY PLANNING:

There are various methods of family planning, each offering different levels of effectiveness, convenience, and suitability based on individual preferences and health considerations. Here are general methods of family planning, categorized into different types:

9.3.1. Barrier Methods:**Male Condom:**

A sheath worn over the penis to prevent sperm from entering the vagina. It is easily accessible, provides protection against sexually transmitted infections (STIs), and is reversible.

Female Condom:

A pouch inserted into the vagina to prevent sperm from reaching the cervix. Like the male condom, it provides protection against STIs.

Diaphragm:

A shallow, dome-shaped device inserted into the vagina to cover the cervix and block sperm. It is used with a spermicide and must be fitted by a healthcare professional.

9.3.2. Hormonal Methods:

Birth Control Pills (oral contraceptive pills):

Oral contraceptives containing hormones (estrogen and/or progestin) to prevent ovulation and alter cervical mucus. They require daily intake and are highly effective when used correctly.

Birth Control Injection:

Injectable hormones (progestin) administered every three months to prevent ovulation and alter cervical mucus.

Birth Control Implant:

A small rod inserted under the skin of the upper arm, releasing progestin to prevent pregnancy for up to several years.

Intrauterine contraceptive Device (IUCD):

A T-shaped device inserted into the uterus, either hormonal (containing progestin) or copper, to prevent pregnancy. Hormonal IUCDs can last for several years.



Figure 8. intrauterine contraceptive device (IUCD)

9.3.3. Permanent Methods:

Sterilization (Tubal Ligation or Vasectomy):

Surgical procedures that permanently block or cut the fallopian tubes in women (tubal ligation) or the vas deferens in men (vasectomy) to prevent the union of sperm and egg.

9.3.4. Natural Methods:

Fertility Awareness-Based Methods (FAMs):

Tracking menstrual cycles, monitoring basal body temperature, and observing changes in cervical mucus to identify fertile and non-fertile periods.

Withdrawal Method (Pull-Out Method):

The man withdraws his penis from the vagina before ejaculation to prevent sperm from entering.

Lactational Amenorrhea Method (LAM):

Relies on exclusive breastfeeding to suppress ovulation in the postpartum period.

9.3.5. Emergency Contraception:

Emergency Contraceptive Pills (Morning-After Pill):

Pills taken after unprotected intercourse to prevent pregnancy. They work by delaying ovulation or interfering with fertilization.

Copper IUCD Insertion:

The copper IUD can be inserted within a few days of unprotected intercourse to prevent pregnancy.

Each family planning method has its advantages, disadvantages, and considerations. It's important for individuals or couples to consult with healthcare professionals to determine the most suitable method based on their health, lifestyle, and reproductive goals. Comprehensive and accurate information about family planning methods empowers individuals to make informed choices.

10. Reference:

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