

FIRST AID: ETHICAL AND LEGAL ASPECTS, BASIC PRINCIPLES OF PROVIDING IT

Astrazhynski Y. A., Sayanova G. I.

*Department of Foreign Languages
Belarusian State Medical University, Minsk*

Ключевые слова: первая помощь, несчастный случай, травма, сердечно-легочная реанимация, мнемоническое сокращение.

Резюме: Число жертв, связанное с последствиями техногенных и других катастроф, продолжает расти. Одним из способов уменьшения последствий травм является оказание первой помощи очевидцами и сотрудниками спасательных служб, актуальность которого подтверждается многочисленными исследованиями. Целью исследования является изучение этических, правовых аспектов и основных принципов оказания первой помощи на месте происшествия.

Resume: The number of victims associated with the consequences of man-made and other disasters continues to increase. One of the ways to reduce the consequences of injuries is to provide first aid by eyewitnesses and employees of rescue services, the relevance of which is confirmed by numerous studies. The purpose of this research is to study ethical, legal aspects and basic principles of providing first aid on the spot.

Relevance. Unlike medical care, first aid can be provided by any person, and some categories of citizens, such as employees of the Internal Affairs bodies of the Republic of Belarus, employees of the State fire service, rescuers of rescue units and emergency services and a number of other officials present at the scene, are required by law to provide it. Drivers of vehicles and other persons have the right to provide first aid in the presence of appropriate training and skills [1]. However, in the case where a person cannot provide first aid to the victim, his duties include calling specialists to provide qualified medical care — this message also applies to first aid measures [2]. That's why the relevance of the scientific research study is in the constant need of first-aid skills available on the spot by the persons obliged to provide it.

Aim: to determine the ethical and legal aspects and main principles of providing FA; to assess the level of skills of FA provision by the persons obliged to do it, in particular, the students of Belarusian State Medical University.

Objectives:

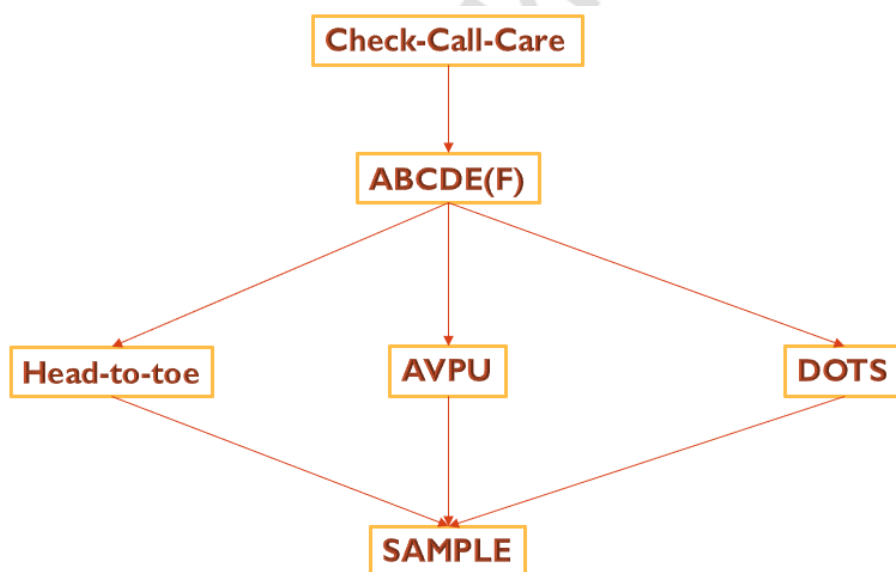
1. To study the ethical and legal aspects of providing first aid on the spot by eyewitnesses and employees of rescue services.
2. To study different mnemonics and basic principles of providing first aid on the spot by eyewitnesses and employees of rescue services.
3. Try to make a universal algorithm of providing first aid on the spot before the arrival of emergency medical services.
4. To conduct a survey among the students of Belarusian State Medical University and to assess the level of their skills in the field of providing first aid.

Materials and methods. Different domestic and foreign scientific articles devoted to this problem, Internet websites, questionnaires and documentary films have been studied. For interviewing the students the online system “Mentimeter” was used.

Results and its discussion. It was revealed that the interviewed students ignore the actions that should not be performed during the provision of first aid measures. Here is the list of main actions, which should be remembered while providing first aid [3]:

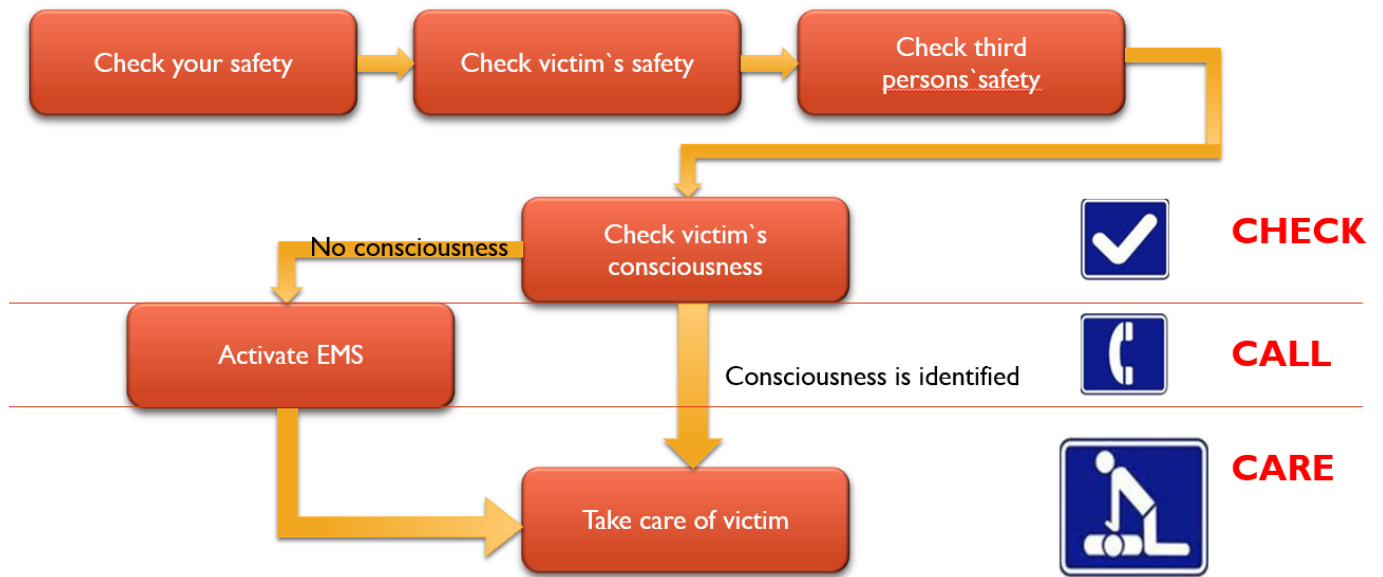
1. Not panic
2. Safety concerns
3. To stop the action of the damaging factor
4. Identify the leader
5. Find out the circumstances
6. Assess the condition of the victim and act
7. Activate EMS
8. Do no harm
9. Act quickly
10. Transfer the victim to the care of qualified medical personnel

The universal algorithm of providing first aid on the spot before the arrival of EMS might look like this (picture 1):



Pic.1 – The universal algorithm of providing first aid

There is a number of procedures that should be used while providing first aid: Check-Call-Care, ABCDE(F), Head-to-toe, AVPU, DOTS, SAMPLE. Check-Call-Care is one of the most important procedures because this procedure takes into account the safety of the incident participants (picture 2).

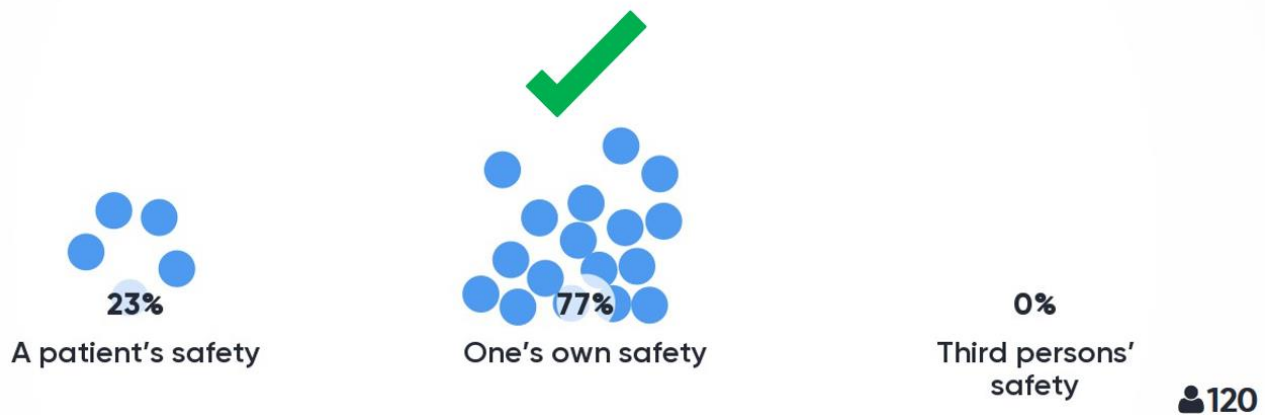


Pic. 2 – Check-Call-Care procedure

A large number of the students interviewed made a mistake when building a chain of security checks for participants of the incident [4] (picture 3).

What is the priority in giving FA?

Mentimeter

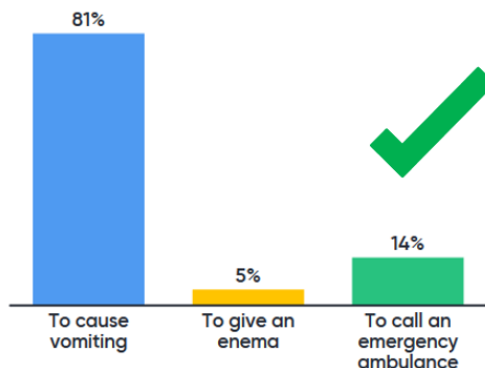


Pic. 3 – “The chain of security checks”-question

Most of the students interviewed also failed to make the right answer to the question about actions performed in case of oral poisoning (toxicological first aid) [5] (picture 4). But the basic knowledge about fractures (in our research – dislocation of the shoulder) was revealed (picture 5).

What is performed primarily in case of oral poisoning?

Mentimeter

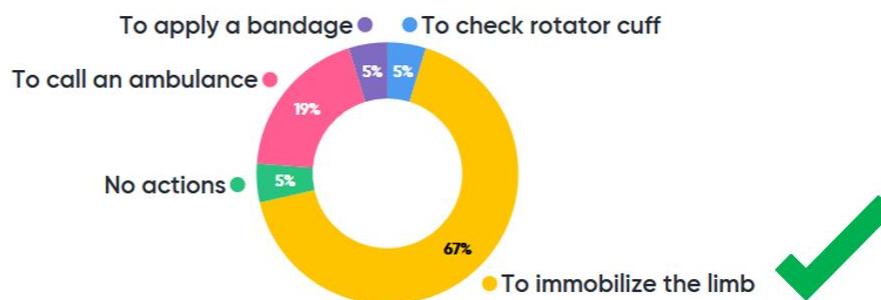


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Pic. 4 – Action-question about oral poisoning

What is performed first in case of dislocation of the shoulder?

Mentimeter



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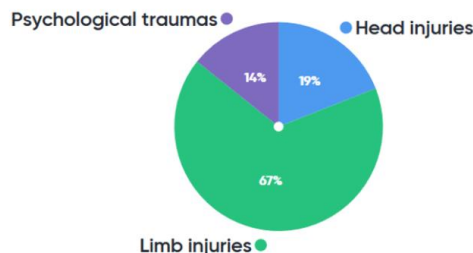
Pic. 5 – Action-question about the dislocation of the shoulder

The students were also asked about the frequency of injuries [6]. The results were as follows (picture 6).

And the most important question was asked: how well do students know the rules of providing first aid? The interest is attracted by the fact that the majority of students (87%) know the rules for first-aid treatment at an average level. Only 9% know them thoroughly, and 4% admit that they do not know them (picture 7).

What injuries are the most common?

Mentimeter

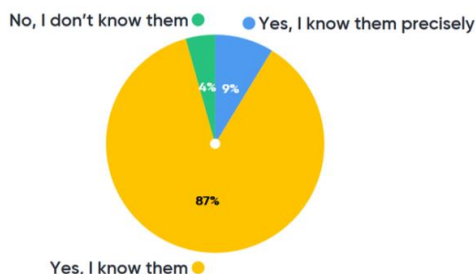


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Pic. 6 – The common injuries

How well do you know the rules of providing first aid?

Mentimeter



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Pic. 7 – The knowledge of the students in the field of providing first aid

Conclusion: first aid - a set of urgent measures carried out by a person who suddenly fell ill or suffered from external factors before its transfer, if necessary, under the care of qualified medical personnel [7]. The survey among the students has shown that there is an urgent need to improve the skills of providing first aid. Skill improvement can be achieved through additional seminars, workshops and testing, because “A picture is worth a thousand words” [8]. First aid has a leading role in providing medical care to the population because the life of an injured person depends on the accuracy and timeliness of first aid on the spot.

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