

First Aid In Pharmacy Practice



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Pharmacy Practice

Develops the
professional roles
of Pharmacists



pharmacy
practice+



Asra Hameed (trainee at CDL)

Community Pharmacy



- Most accessible to the public
- Supply medicines in accordance with a prescription
- Sell legally permitted drugs without a prescription (OTC)
- Counselling of patients at the time of dispensing
- Drug information to health professionals, patients and public
- Participation in health-promotion programs



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First Aid

- Provision of initial care for an illness or injury
- Performed by a layperson to a sick or injured casualty
- Until definitive medical treatment can be accessible
- Consists of a series of simple and potentially life-saving skills
- Perform with minimal equipment
- Definition: **"measures to be taken immediately after an accident not with an idea to cure but in order to prevent further harm being done"**



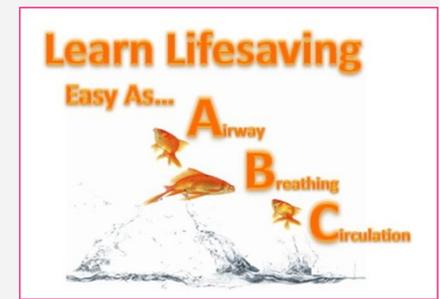
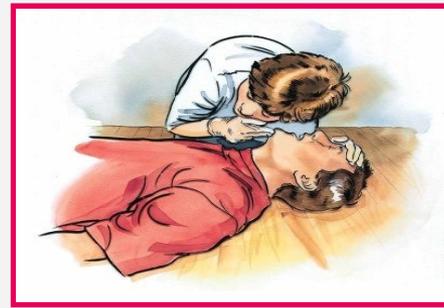
Responsibilities



- Preserve life and provide initial emergency care
- Provide treatment to sick or injured people
- Protect the unconscious
- Prevent the victim's condition from worsening
- Promote the recovery of the sufferer.



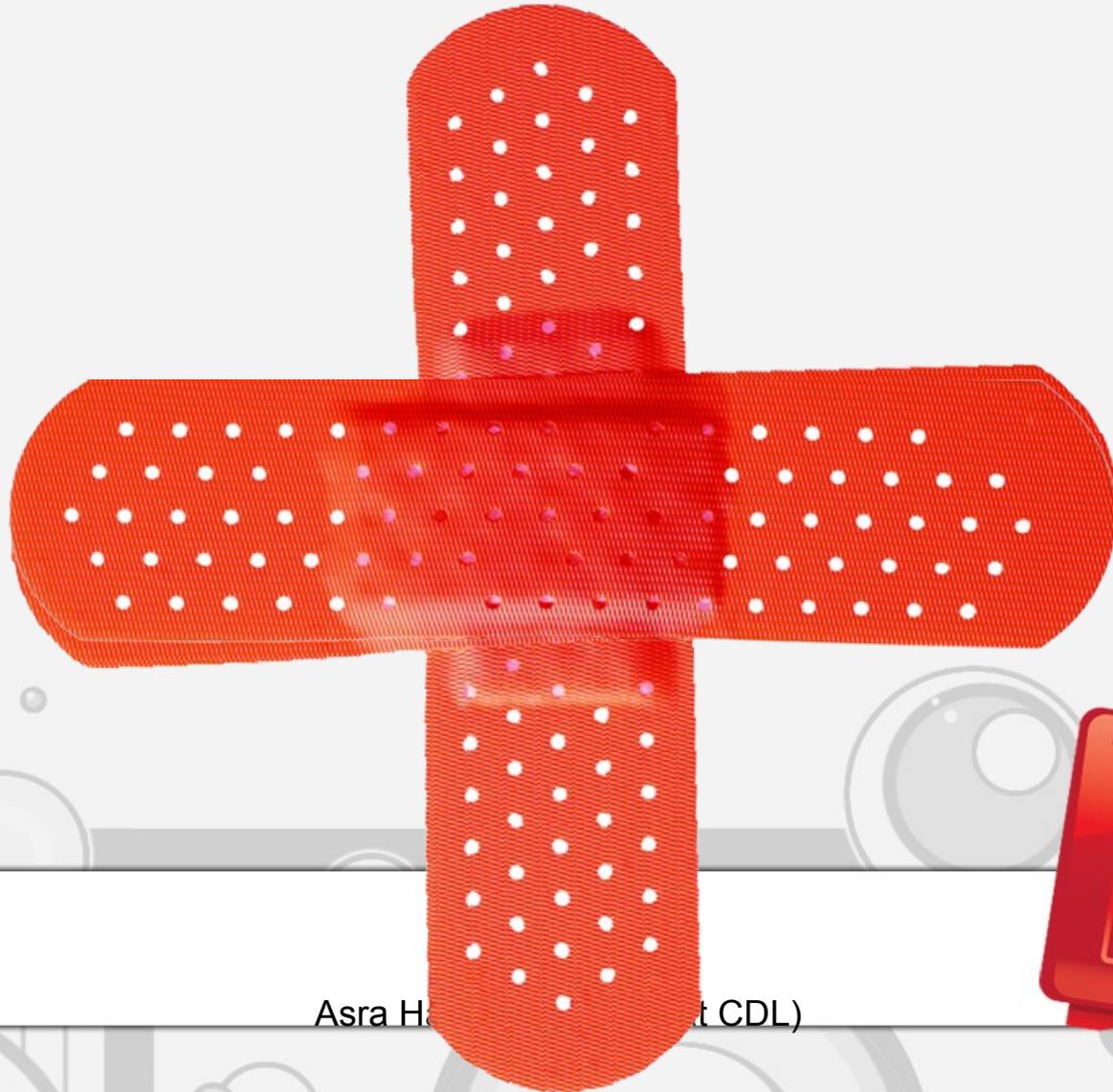
Facts Findings



1. To restore and maintain vital functions.
2. The ABC of basic life support are always the first priority.
 - Airway must be open so that air containing oxygen enters the body
 - Breathing go on so oxygen passes through the lungs into blood stream
 - The heart must circulate the oxygen carrying blood
2. To prevent further injury or deterioration.
3. To reassure the victim and make him or her as comfortable as possible



Four Basic Rules



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Pharmacist and First Aid

- First aid is an essential life skill, especially for healthcare professionals who have regular contact with people in the local community.
- Pharmacists are faced with all sorts of health questions and the public will expect them to know the answers.



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The Role Of Pharmacist In First Aid

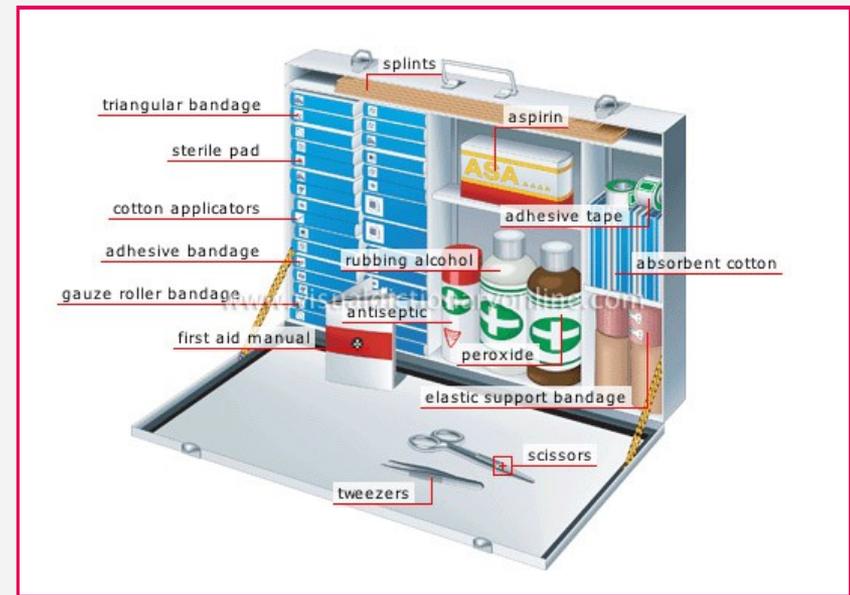
- Treat and help with first aid and minor sports injuries
- Advise on accident and injury prevention
- First aid is easy to learn, easy to remember and easy to do.
- Demonstrate how easy first aid is
- Encourage public attendance on first aid courses
- Inspire people to look at online learning and first aid phone apps



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First Aid Kit

- Meets the needs
- Well organized
- Fully stocked
- Readily available at all times
- Contents should be appropriate



First aid kits are available for purchase on pharmacy





Sterile Plasters



Gloves



Antiseptic Wipes



Sterile Bandages



Face Shield



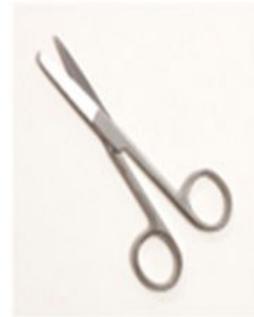
Guidance Card



Safety Pins



Burn Dressing



Scissors



Triangular Bandages



Forceps



**Eye Wash/
Eye Bath**



Eye Patches

Examples Of Different Types Of First Aid



No Breathing

- Administer CPR:

- Lay the person on his or her back
- Give chest compressions
- Tilt head slightly
- Breathe into the person's mouth
- Continue until EMS personnel arrive



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Bleeding

- Stop the flow of blood
- Wear gloves
- Cover the wound
- Apply pressure
- If a body part has been amputated, put it on ice

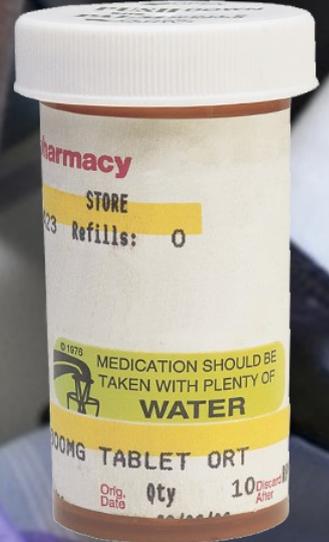
Shock

- Lay the victim down
- Cover
- Raise feet



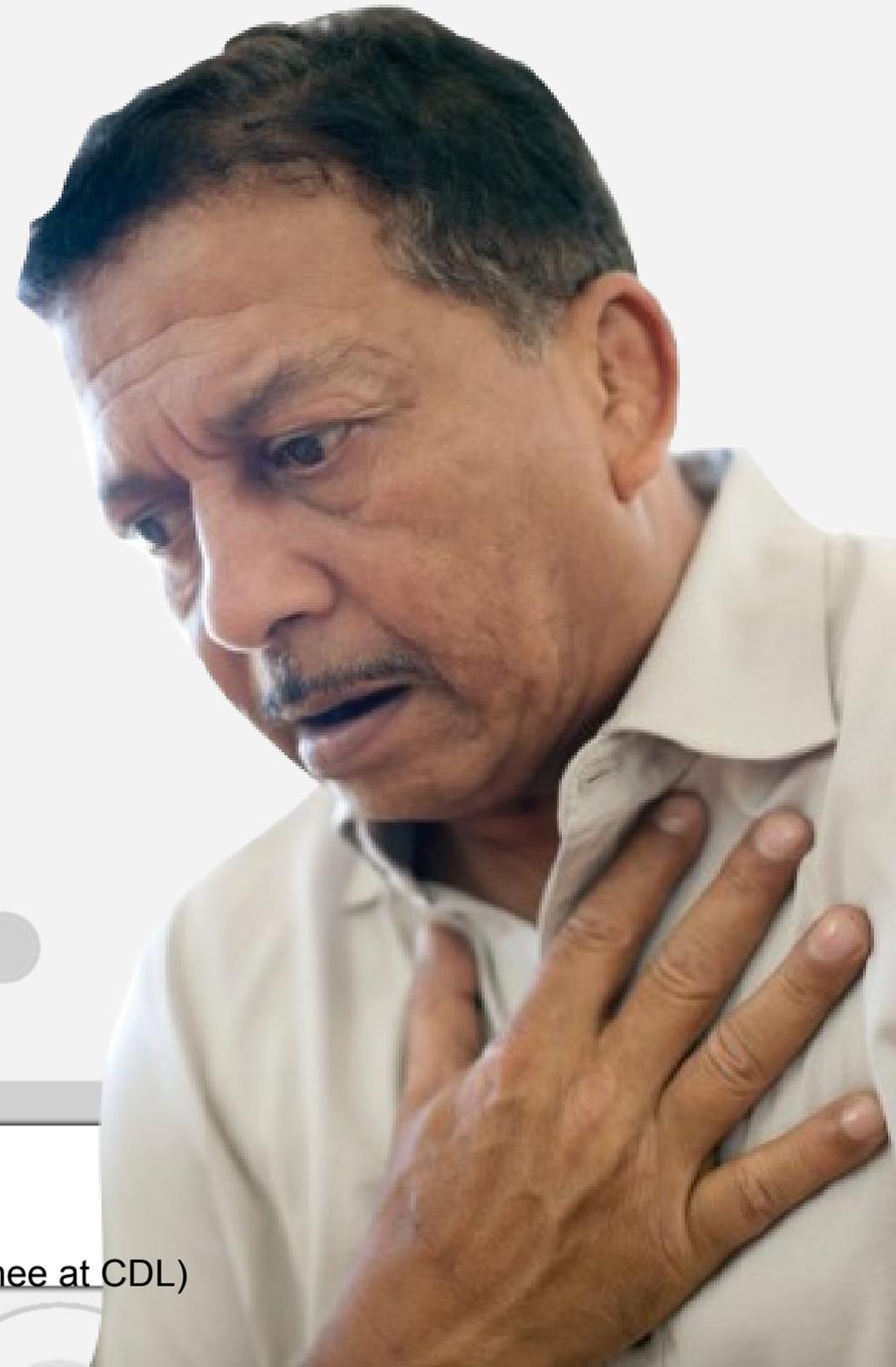
Anaphylactic Shock

- Give the victim medication
- Call for help ASAP
- Start CPR if necessary



Heart Attack

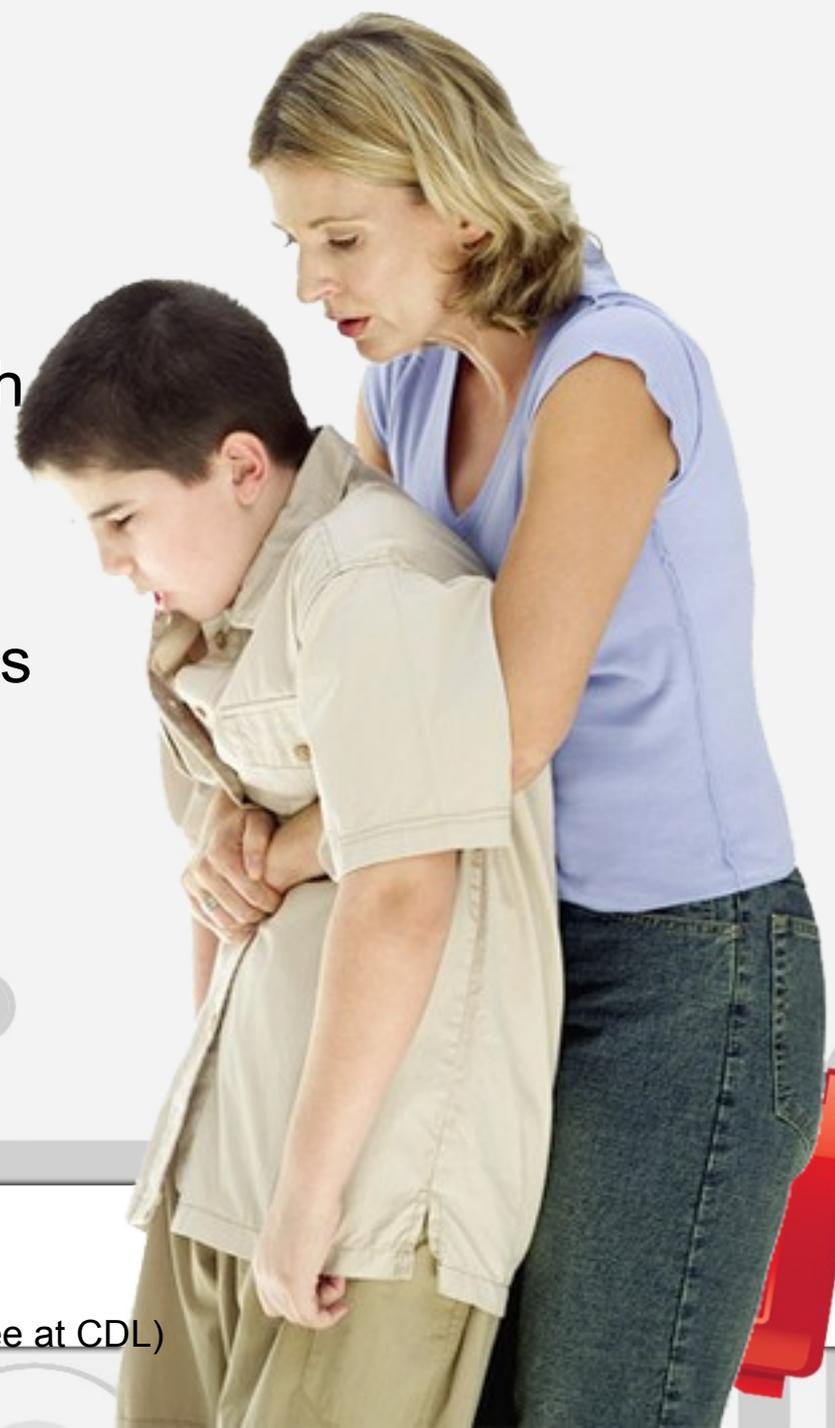
- Call for help ASAP
- Make victim comfortable
- Loosen tight clothing
- Check for medication
- Keep victim still
- Don't give stimulants



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Choking

- Ask a person to speak or cough
- Deliver 5 back blows
- Perform abdominal thrusts
- Repeat sequence of back blows and abdominal thrusts



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If Abdominal Thrusts Don't Work

- **Call for help ASAP**
- **Finger sweep**
- **Abdominal thrusts**
- **Check ABCs**
- **Perform CPR if not breathing**



Electrical Shock

Don't touch!

Turn power off

Call for help ASAP

Remove person from live wire

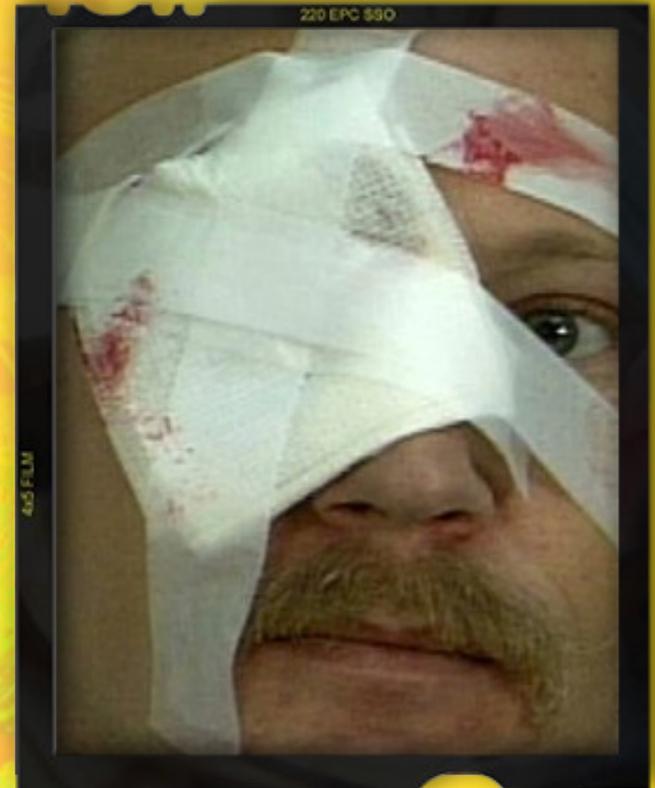
Check for breathing



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Eye Injuries

- Splashes
- Particles in eye
- Blow to eye
- Cuts near eye
- Penetrating objects



Burns

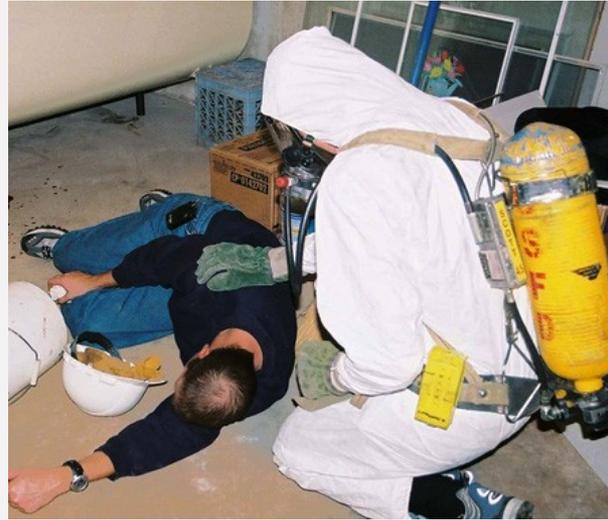
- First-degree burns—Reddened, painful skin
- Second-degree burns—Blistering
- Third-degree burns—Charring, deep tissue damage

third

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Exposure To Hazardous Materials and Poisoning Cases

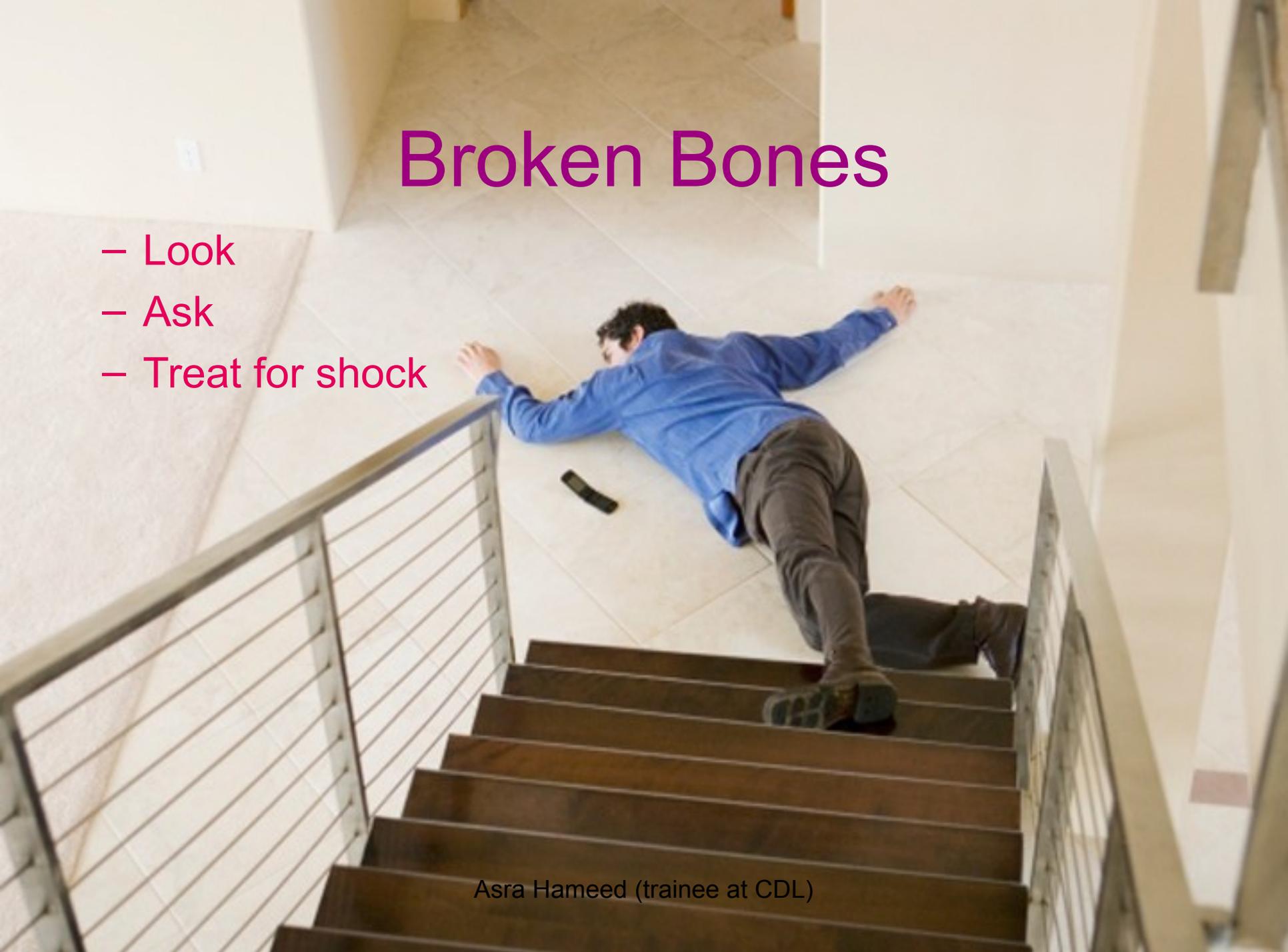
- Eyes
- Skin
- Inhalation
- Ingestion



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Broken Bones

- Look
- Ask
- Treat for shock



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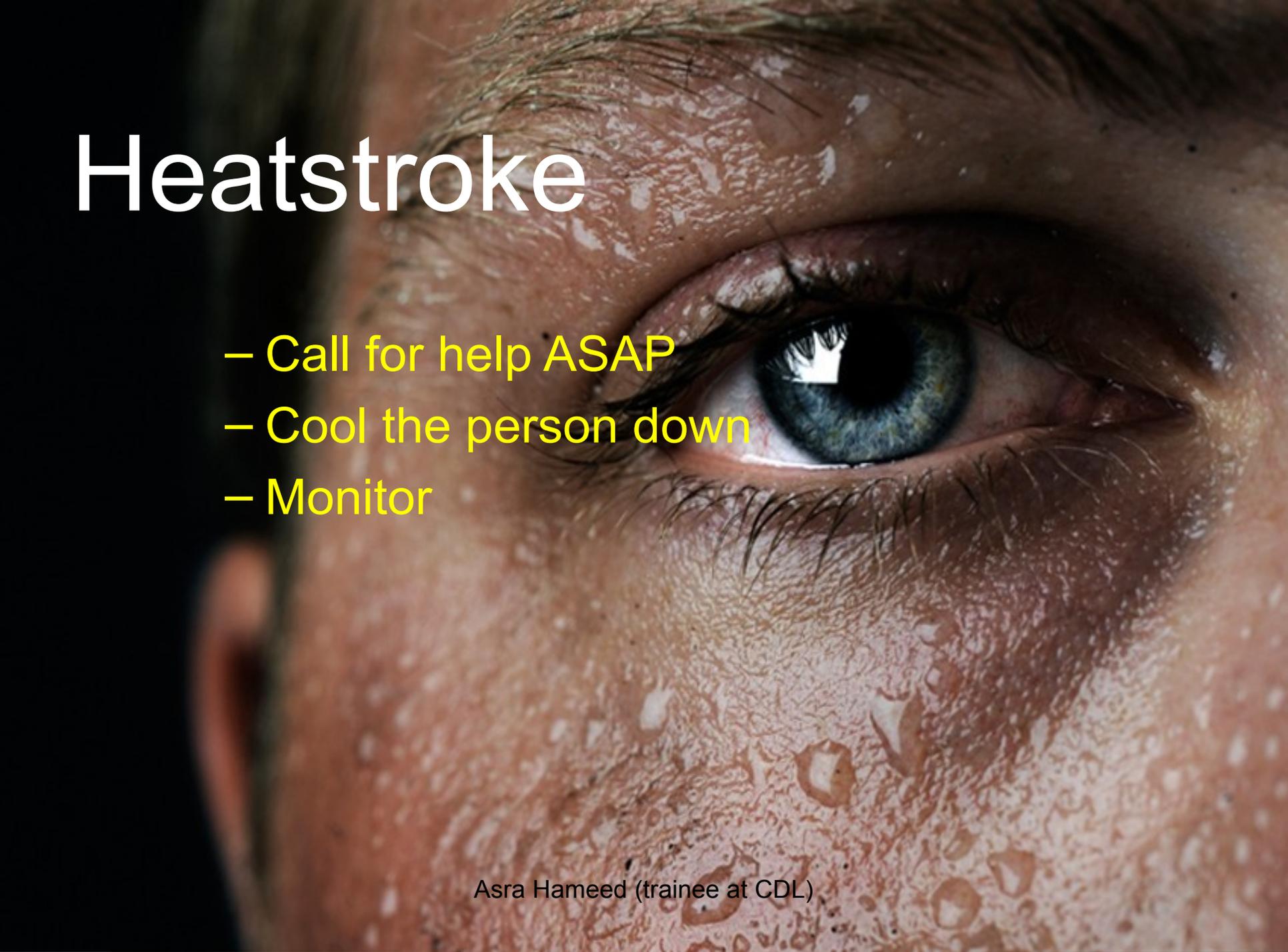
Heat Exhaustion

1. Move to cool place
2. Lay victim down
3. Elevate feet
4. Loosen clothing
5. Give fluids
6. Apply cool compresses



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Heatstroke

A close-up photograph of a person's face, focusing on the eye and skin. The skin is covered in numerous small, clear droplets of sweat, indicating heat. The person has a blue eye and is looking directly at the camera.

- Call for help ASAP
- Cool the person down
- Monitor

Fainting

- Check for breathing
- Administer CPR if necessary
- Call for help ASAP
- If conscious, lay the victim down with feet elevated



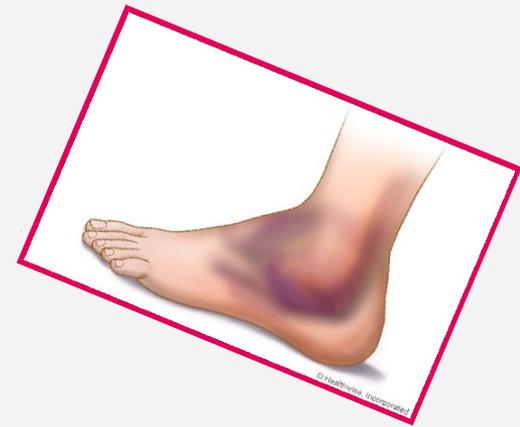
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Epileptic Seizures



- Remove victim from hazards
- Check for breathing
- Nothing in the mouth
- Keep comfortable
- Call for help ASAP

Sprain



KEY POINTS To Remember!

- Medical emergencies can happen anytime.
- Act quickly, calmly, and correctly.
- Consider being certified in first aid and CPR.



Approved List of Medicines for First Aid Kit

Medicines

Albendazole 400mg

Diclofenac gel

Paracetamol 500mg

Chewable Antacid

Ibuprofen 400mg

Promethazine 10mg

Cetirizine 10mg

Chlorpheniramine 4mg

Pheniramine 25mg

Approved Indications

Routine de-worming

Musculo-skeletal pain

Symptomatic treatment of pain

Hyperacidity/gastric pain

Musculo-skeletal pain

Allergy symptoms, motion sickness

Allergy symptoms

Allergy symptoms

Allergy symptoms



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Approved List of Medicines for First Aid Kit

Medicines

Vitamin B complex

Vitamin C 250mg

Multivitamins

Oral Rehydration Salt (ORS)

Metoclopramide 10mg

Povidone Iodine/Betadine

Hydroxypropyl Methylcellulose Eye Drops

Methylcellulose Eye Drops

Silver Nitrate gel 0.2%

Approved Indications

Nutritional supplements/vitamin. B deficiency

Vitamin C deficiency disorders

Nutritional supplements/vitamin deficiency

Dehydration

Symptomatic treatment of nausea and vomiting

Wound dressing

Artificial tears for dryness of eyes

Artificial tears for dryness of eyes

Dressing of minor cuts and burns



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Approved List of Medicines for First Aid Kit

Medicines

Silver Sulphadiazine Cream

Methyl Salicylate Ointment

Calamine Lotion

Chlorhexidine

Lozenges

Pain Balms

Glycerin

Boroline

Approved Indications

Treatment of minor cuts and burns

Topical application for musculo-skeletal pain

Topical application for symptomatic allergy

Antiseptic

Sore throat/cold symptoms

Topical application for pain management

Skin protectant

Antiseptic



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Significance Of First Aid In Community Pharmacy (Conclusion)

- To save the life in case of emergency
- To minimize the risk of further damage
- First aid also leads to serve humanity
- First aid gives secure environment
- First aid facilities also provide self confidence
- Last but not the least, who safe one life in case of emergency, safe the life of mankind



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