

Course Material

The training program will start with a detailed introduction of "The Golden Hour" concept and its importance in Emergency First Aid. The Trimodal Death Incidence after major traumas will be explained graphically. The concept of 'one need not be a doctor to save lives' and limbs will be explained in detail. The significance of quick and efficient action will be emphasized as each passing minute will decrease the chances of survival of the emergency victims.

The signs and symptoms of Acute Heart Attack will be explained step by step with detailed differentiation from gastric symptoms. Initial first aid measures to be taken before the arrival of an ambulance will be explained with examples.

The cause of mortality and morbidity after major trauma will be enumerated by pictorial explanation. Different types of bleeding will be discussed using the relevant pictures. Appropriate First Aid measures to be taken to arrest the bleeding will be explained. Different types of dangerous internal bleeding situations inside the human body will be highlighted.

Types of Head injuries will be explained and methods to recognize serious head injuries involving Brain will be explained showing clear pictures. Immediate steps of first aid and the importance of early CT Scan brain will be emphasized. Role of wearing Helmet while driving a two wheeler will be explained with statistics. Steps Not to be taken after a serious head injury will be enumerated.

Serious Thoracic, Abdominal and Pelvic trauma will be discussed in detail with an emphasis on early evacuation to appropriate hospitals after first aid. Importance of an early X Ray, Ultrasound and Pelvic Binders will be discussed with rationale. The role of "Log Rolling Technique" after suspected spinal trauma will be explained in detail.

Causes, incidence and complications of Brain Stroke will be discussed in detail. Early signs of detection of paralytic stroke as per Cincinnati Scoring system will be explained pictorially. The significance of the time interval before definitive therapy after brain clot will be explained with reasons. The complications of therapy and post treatment physiotherapy's significance will be highlighted.

The principles of management of Suicidal, Accidental or Homicidal chemical poisonings will be discussed next. Sequences of the symptoms and signs of serious poisoning will be shown pictorially. Immediate first aid steps will be explained in detail before the arrival of the ambulance. The procedure of stomach wash and eye care after chemical poisoning will be discussed.

Types of Indian Poisonous snakes will be shown and explained. Important first aid methods to be followed after a suspected poisonous snake bite will be discussed in detail. How to identify the poisonous snake bite by examining the bite marks will be shown pictorially and explained. The importance of timely administration of Anti Snake Venom to the Victim will be highlighted along with its complications.

In addition to all the above topics, management of Stress, usefulness of Yoga, Thermal Injuries, Eye Trauma, Drowning accidents and Sunstroke management will also be discussed in an interactive lecture cum Demonstration method. At the end all the participants are encouraged to ask all their doubts and share their experiences with others.