First Aid

- **First aid –** is the temporary & immediate care given to a person who is injured/sick.
- It includes recognizing life threatening conditions & taking effective action to keep the injured/sick person alive & in the best possible condition until medical treatment can be obtained.
- It does not replace permanent medical treatment.

- In primary survey the first thing to do is to make sure the scene is safe
  - Electrical shock
  - Active haemorrhage
  - Fire
  - And other related cases

In primary survey identify threatening situations like

- Airway obstruction, chest injuries with breathing difficulties , severe internal or external haemorrhages
- What's the ABCDE survey
- **A=airway obstruction…** asses he airway. Can the patient talk and breath freely?? If obstructed the steps to follow are…chin lift jaw thrust, suction, intubation
- Always be aware for cervical injuries

- **B=breathing…**adequate or not?? If in adequate he steps to follow are decompression, closure of open chest injuries
- **C=circulation…**asses the circulation, stop external haemorrhage, administer blood if available ,in cade of cardiac failure CPR(cardiac pulmonary resuscitation)
- **D=disability…** rapid neurological assessment

  A=awake P=painful response V=verbal U=unresponsive
- **E=exposure…**undress the patient and look for any injuries

AIDS
HIV

HIV AND AIDS

- **HIV** is the name of the virus that depress the body's immune system
- **AIDS** is the last stage of HIV infection when the immune system is very weak
- What are the **symptom** of hiv??
- Non specific like fever, sore throat, headache etc.
- Infection like eye infection oral yeast infection

HIV TESTING METHODS

- **RAPID TEST**… sample is taken from saliva or blood from a finger prick. Result available with in 5-40 mints.
- A positive test always require another test
- **STANDARDIZED TEST**… sample taken from vein. result available within a few days.
- Treatment … HAART allow body to re build its immune system

What if I am pregnant or want to become pregnant??

- Baby can become infected too…during pregnancy breastfeeding or birth
- Talk to your doctor about ways to reduce the chance of spreading infections.

Can I lower my chance of getting HIV even after being exposed t the virus

- In cases like rape unprotected sex or unfortunately the condom broke???
- There are medicines called preventive medicines that you should start within 3 days of being exposed
- Will not wrk in someone who always get involved in risky business
- Or if you have wounds or sores on your genitalias risk gets high.

Staging

- Measure t cell or CD4
- T cell or CD4 count below 200 …AIDS develops
- Stage **1.>**200

  2.200-499

  3.50-199

  4.<50

DIABETES
bad diet
lifestyle
stress
no exercise

Diabetes mellitus

- Term describe several diseases of abnormal carbohydrate metabolism that are characterized by hyperglycaemia
- Two types of diabetes
- Type 1… pancreas does not make enough insulin
- Type 2…combination of peripheral resistance to insulin action and an inadequate compensatory response of insulin secretion by the pancreatic β cells ("relative insulin deficiency").
- Insulin is a hormone that helps body to absorb and us glucose

- DX- symptoms and blood tests
- Symptom…high blood sugar levels which manifest with excessive thirst, feeling tired, needing to urinate frequently, loosing weight and blurred vision.

Dx

- 1.random blood glucose level 200 and above
- 2.a fasting glucose level of 126 and above
- 3. after OGTT(oral glucose tolerance test) a carbohydrate load blood glucose rises up to 200 and high.
- Normal blood glucose level is between 70-120

Hypertension

Hypertension

- Elevated blood pressure…blood pressure the pressure the blood applies t the walls of the arteries.
- Although hypertension is a common health problem with occasionally devastating outcomes, it typically remains asymptomatic until late in its course
- Common symptoms are occipital headache dizziness visual difficulty

Blood pressure: 4 Categories, in mmHG

Normal	Pre-hypertension	Stage 1 HTN	Stage 2 HTN
<=120/80	Systolic 120-139	Systolic 140-159	=>160/100
	Diastolic 80-89	Diastolic 90-99	

- Has to be a sustained one

- Complication of HTN
- Heart disease and stroke … variety of disorders
- Treating HTN usually stars with life style changes which include reduce amount of salt in diet, lose weight, avoid drinking too much alcohol, stop smoking.
- Medications are also available.

- Read about **food poisoning**, **alcohol intoxication**(alcohol abuse ,dependence) **marijuana addiction** and **smoking**.
- How they treated

- These are most likely to appear on the interview and written exam.

Cholera

- Diarrehal illness caused by gram negative bacteria V.cholera.
- Cholera is characterized by severe, watery diarrhea which can rapidly lead to dehydration an death in un treated patients.
- Complication is through massive fluid and electrolyte loss.
- Treatment is correction of hypovolemic dehydration.
- Oral or intravenous volume repletion.
- Antimicrobial therapy…antibiotics
- Prevention…contaminated food and water is the main root of transsmition

Oral rehydration solution

- Composed od odium chloride, trisodium citrate or bicarbonate, potassium chloride, and glucose.
- Effective in all types of diarrhea.
- cheap and easy to administer.

Oral hygiene care

- Brushing thoroughly after every meal of twice daily
- Use dental floss.
- Replace toothbrush once you have a=had cold to prevent re infection.
- Fluoride containing toothpaste good or bad?

Nutrition

- Nutritional problems in Eth. Include
- 1.macronutrient deficiency…protein energy malnutrition
- 2.miicronurient deficiency iron deficiency disorders, VitD deficiency (rickets) etc.

Two types of nutritional deficiency

- Primary …inadequate protein calorie and nutrient intake.
- Secondary…malnutrition following infections, injury, chronic disease, excessive nutrient loss due t diarrhoea, HIV, Malnutrition syndromes.
- Marasmus and kwashiorkor
- Malnutrition diseases characterized by wasting of muscle mass and depletion of body fa stores.
- Treatment for severely affected children REMOSAL
- Consists of modified ORS, glucose, Na, K, Mg, Z, and Cu
- Commercially available

Millennium development goals

1.Eradicate extreme poverty and hunger

2.Promote gender equality

3.Achive universal primary education

4.Reduce child mortality

5.Improve maternal survival

6.Combat HIV, malaria and other diseases

7.Ensure environmental susceptibility

Develop a goal partnership for development

Obesity

obesity

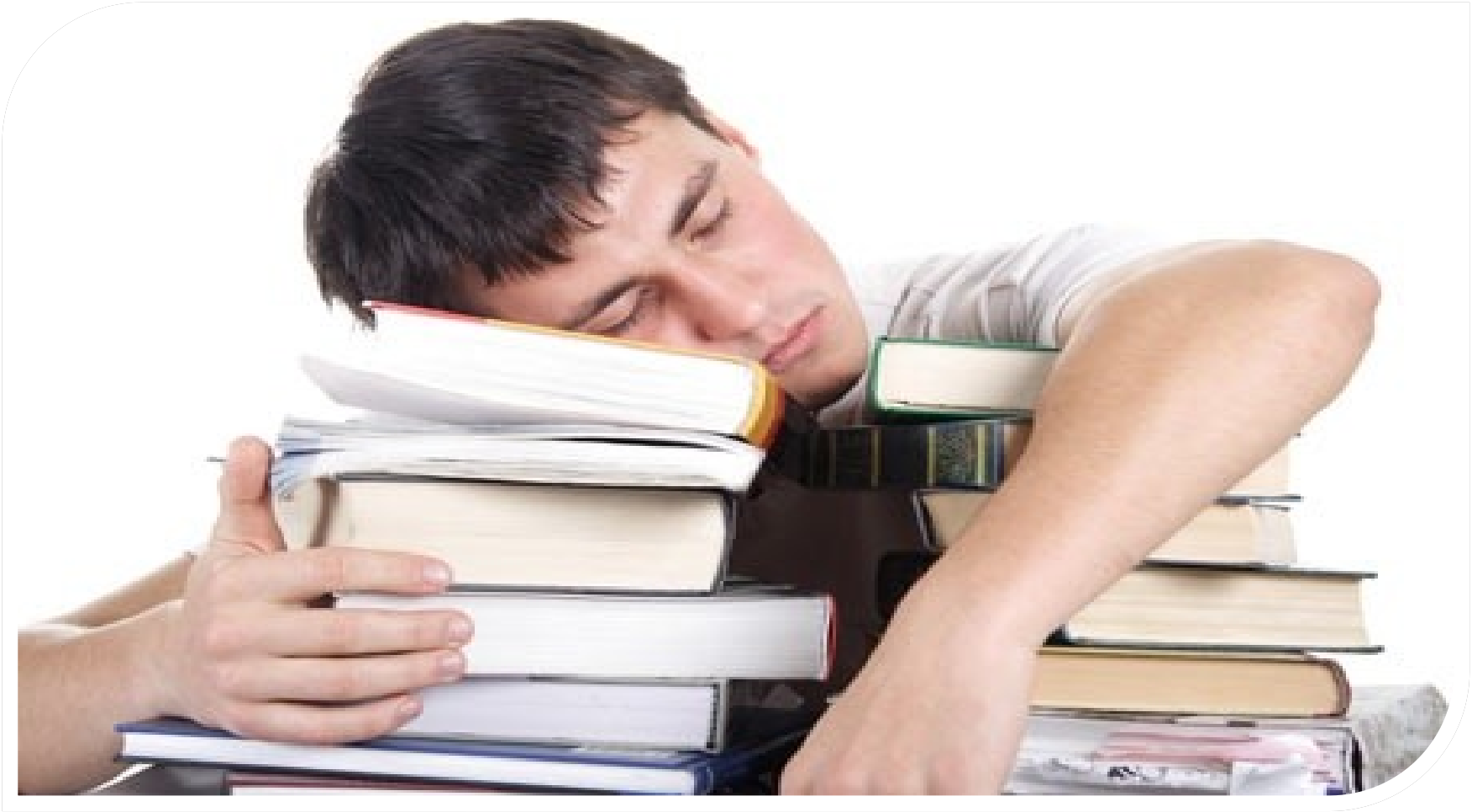
- Obesity is a chronic disease that is increasing in incidence.
- It is called a disease because it is a causative factor for a whole lot of diseases including hypertension, diabetes mellitus, heart disease, dyslipidaemia, stroke, sleep apnoea…
- The distinction between overweight and obesity is made on the basis of body mass index
- Body weight ÷ (height in meters)2

Classification

- Underweight BMI<18.5
- Normal weight ,, 18.5-24.9
- Overweight ,, 25.0-29.9
- Obesity class I ,, 30.0-34.9
- Obesity class II ,, 35.0-39.99
- Obesity class III ,, >40

- Etiology…sedentary life style, increased calorie intake, some medication like insulin, smoking cessation, although uncommon some obese patents have endocrine disorders such as Cushing syndromes.

Read…



ANY
QUESTIONS
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