

Wounds & Wives-tales: Issue 6 / 2007 • [www.2health.com](http://www.2health.com)

Having scrapes, cuts or nosebleeds are part of any childhood! These minor mishaps seem easy and logical to deal with...however *common sense isn't always common when dealing with wounds - hence wives-tales get created!*



### What's in a kit? some basics...

**Here are a list of basics:** 1) **GLOVES:** to protect against disease transmission and prevent spread of infections. Vinyl gloves are best, since some people are allergic to latex. 2) **DRESSINGS:** sterile pads or roll gauze and placed directly on the wound 3) **BANDAGES:** usually sterile and used to secure dressings or used for slings (i.e. triangular bandage) 4) **CPR FACE MASK OR SHIELD:** used during CPR and mouth-to-mouth to help reduce disease transmission 5) **INSTANT COLD PACK:** used to reduce swelling and pain 6) **ANTISEPTIC PADS:** to clean a superficial wound; use with discretion because of possible allergic reactions or sensitivities



### Bloody wounds (just a few):

**ABRASIONS:** superficial damage to skin and may lead to infection if a large area is affected - Flush the wound with water, cover with dressings and keep cool to prevent swelling

**CUTS:** damage to one or many layers of skin and may lead to infection if deep enough - If superficial, clean the wound and cover, otherwise just cover the wound with dressings. If due to fracture, cover lightly, without pressure and call EMS or go to the hospital

### Non-bloody wounds (just a few):

**FRACTURES & SPRAIN:** damage or break of the bone or ligaments and varies in severity - R-rest, I-immobilize, C-cold compress, E-elevation (if possible). Call EMS or go to the hospital

**STRAINS:** damage to muscles or tendons and varies in severity - R-rest, I-immobilize, C-cold compress, E-elevation (if possible). Call EMS or go to the hospital if severe or debilitating

### first aid scenario #4 Remember your skills?

? 1. What are 5 tips for a proper child car seat installation. 2. Your pregnant relative is conscious & completely choking. How do you help?

*Answer next bulletin*

#### Answer to last month's scenario #3:

**5 essentials in a kit:** Gloves, face mask/ shield, antiseptic towel-ettes, instant cold pack, bandages for bleeding.

**Child with severe allergic reaction:** Remove child from environment that's causing reaction (bees, nuts, perfume, etc.). Call 911/ EMS. If conscious and air passage and/ or breathing is compromised, use the epi-pen (if available). Otherwise, keep child calm and place cold packs around swollen face/ neck (cover packs with cloth). If unconscious, keep airway open and check breathing. If breathing present, turn in recovery position, monitor breathing and wait for EMS. If not breathing, start CPR.

### WIVES-TALES & FIRST AID MYTHS

It's the holiday season and usually a time where different generations gather together and share traditions and personal philosophies. Most family traditions are great to keep however **first aid wives-tales are outdated and usually unsafe! Please see below for the safer alternatives.** Some First Aid our parents did are deemed unsafe now! (Sorry parents - I know you meant well!) I apologize, in advance, if this embarrasses anyone. Please share and have fun reading!

- 1. CHOKING or COUGHING:** **FACT:** Let them cough it out. If choking, wrap arms around their waist (at or above bellybutton) and perform abdominal thrusts with your clasped fists. **MYTH:** Don't hit someone's back because this can cause the object to go down further!. (Back blows on babies or toddlers while their head's down is still okay!). Equally outdated are raising arms or hanging them upside down!?!?
- 2. NOSEBLEEDS:** **FACT:** Pinch or plug the nose and lean the head forward, until bleeding stops. **MYTH:** Tilting the head back is the 'old' way! This may cause the person to choke on the blood clot.
- 3. UNCONSCIOUS & OPENING AIRWAY:** **FACT:** Two fingers under the chin while the other hand on top of the head while tilting the head back is the safer method during the breathing check & CPR. **MYTH:** One hand under the neck during the head tilt is not done anymore!
- 4. BURNED SKIN:** **FACT:** Cool the skin with cool water or a damp, clean, non-stick cloth (except on a deeper third degree burn- call EMS/911). Never remove stuck clothing. **MYTH:** Applying butter or oily substance on burned skin is not the proper protocol. This may cause the heat to stay trapped under the skin, therefore increase severity of burn and lengthen healing time. Applying ice is also not suggested.
- 5. MAJOR BLEEDING:** **FACT:** Apply layers of clean bandages over blood-soaked ones and call EMS or go to the hospital. **MYTH:** Tourniquets or tying tight bandages is not a safe practise because cutting off blood flow to the limb is obviously dangerous and worse!
- 6. HYPERVENTILATING:** **FACT:** Keep person calm and encourage deep breathing. **MYTH:** Using a brown paper bag is only in the cartoons!
- 7. POISONS:** **FACT:** Call Poison Control Centre to get treatment advice. **MYTH:** Don't induce vomiting on your own & don't suck out the poison.
- 8. SEIZURES:** **FACT:** Keep the person safe and stay close by. After the seizure, maintain airway, call EMS, and assess breathing. **MYTH:** Putting anything in their mouth (wallet, spoon, etc.) may actually affect breathing, therefore please don't do it. And don't hold them down either.
- 9. EMBEDDED OBJECTS:** **FACT:** Call EMS or go to hospital. Keep the object in place and secure bandages carefully around the object. **MYTH:** Pulling the object out is counter-productive. It will cause more bleeding and damage. This is a job for surgeons and ER pros!

**FOR MORE MYTH-BUSTING TIPS...PLEASE TAKE A FIRST AID COURSE!**

This monthly 2HEALTH First Aid + Wellness Bulletin helps update your skills and keeps you First Aid savvy. This bulletin is for education only and does not substitute for hands-on First aid training.

2HEALTH helps thousands of people become rescue-confident since 1992.

#### Next month: "Hypothermia & Frostbite"

2HEALTH First Aid & CPR training is fun, hands-on + Red Cross certified. Contact Kavita for questions about this Bulletin, in-home/office First aid training and Kits  
**416.873.8606/ [fristaid@2health.com](mailto:fristaid@2health.com)**

Copyright © 2HEALTH Reproduction of this document or any portion thereof without prior written consent is prohibited