

HEALT RECORD PROFORMA

&

FIRST AID TIPS

*Submitted by*

**Name:** \_\_\_\_\_

**Enrolment No.** \_\_\_\_\_

## HEALTH RECORD PROFORMA



Name - : \_\_\_\_\_

Class - : \_\_\_\_\_

Male/ Female : \_\_\_\_\_

Father's Name : \_\_\_\_\_

Mother's Name : \_\_\_\_\_

Date of Birth : \_\_\_\_\_

Height : \_\_\_\_\_ cms.    Weight : \_\_\_\_\_ Kgms

Blood Group : \_\_\_\_\_

Identification Mark :

\_\_\_\_\_

Vision : Normal / Short sight / Long sight / Reading problem (lazy eye)

Audibility : Normal / Slight deafness / Deafness / Mute

Allergic To : \_\_\_\_\_

Disability (If Any):

\_\_\_\_\_

Any other deformities (if any) :

\_\_\_\_\_

## **FIRST AID**

The immediate physical and medical attention needed by the injured person or given to the same before the proper medical aid arrives is called First Aid. Although it is not the purpose of First Aid to treat the disease but it helps the victim in many ways. It preserves life, prevents aggravation of the disease or trouble, assists in recovery, controls the trouble for some time, and preserves the moral of the victim to fight the trouble. The role of the first aider is over as soon as medical aid becomes available. Sometimes some minor injuries may not require treatment after first aid.

### *TIPS FOR FIRST AID*

The First Aid for most commonly occurring situations is suggested below:

1. Minor Cuts:

Apply a little tincture iodine or spirit and put a clean piece of gauze over it. If the cut is deep cover it with a sterilized dressing and bandage.

2. Bleeding:

In capillary bleeding cover the wound with gauze and bandage tightly. In artery bleeding apply pressure with your thumbs on the bleeding spots at the upper part of the artery.

In vein bleeding, raise the injured part above the level of the heart and press over the part of the vein distal to the wound.

In the case of bleeding from nose throw the head backwards, allow breathing by mouth and keep an ice bag on the Childs nose.

3. Burns:

Cover the burnt part with an antiseptic cream like burnol.

If the clothes catch fire, rap the flames by blanket rug. Give plenty of fluid from mouth as tea or coffee.

Do not apply water. Do not break the blisters. Do not allow the child to run in panic.

4. Drowning:

Put the child on his belly and press him on the back to expel water out of lungs. Start artificial respiration.

Continue for half an hour till respiration is restored.

5. Fainting:

Keep the fainted child flat with head low. Loosen tight clothing, allow fresh air, splash cold water on face, give ammonium carbonate or crushed onion to inhale. On recovery give tea.

6. Dog Bite:

If the dog is unfamiliar and rabid one, contact animal control office.

Dog bite can become infected due to the type of bacteria in the animal's mouth whether the animal is pet or wild. If the bite wound is bleeding apply pressure to the area with cloth until the bleeding stops.

If the wound is not bleeding clean it with soap and water, hold it under running water for several minutes.

Dry the wound and cover it with dry cloth. Call the doctor or take the child to get tetanus injections and antibiotics.

7. Snake Bite:

Immediately tie a handkerchief close to the wound but between the wound and the heart. Encourage bleeding. Keep the part in ice cold water and give stimulants like Tea.

8. Poisoning:

Make the child vomit. Then give milk or tea. But no vomit should be allowed in the case of acid or alkali poisoning.

In the case of acid poisoning give alkali (Lime Water) or milk of magnesia.

In the case of alkali poisoning give soda, lime juice or butter milk.

9. Electric Shock:

Remove the electric contact at once by switching of the current. If need be, stand on dry wood and drag the child away with one hand which is covered by dry cloth.

Start artificial respiration before doctor arrives.

10. Fracture:

Immobilize injured area, apply ice pack wrapped in clean cloth, place splint under area of suspected break. Can use rolled newspaper, magazine or broom stick for splint.

For arm shoulder injury, place splinted arm in the sling with hand above elbow. Bind arm to child's body by wrapping cloth, necktie, belt etc over sling and around upper arm and chest.

11. Sprain or Strain:

Have child rest with affected area elevated, apply ice pack to affected area to combat pain and swelling. If pain continues consult doctor.

School and teachers play key role in their upbringing by providing school health service, routine check-up immunization, free medication, nutrition counseling are the health programme and activities up under school health services. Teacher will be able to prepare good citizens through literacy, different skill development and advocacy. He also prepares them against health hazards in school and home, with the provision of first aid in different emergencies and accidents like drowning, cuts, bites, fainting, burns etc. Teacher can give the knowledge and develop attitude which will enable children to make intelligent health decisions and be a good citizen.



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