

PARENTS HAND-OUT: FIRST AID FOR SELF-INJURY

NOTE: These first-aid tips are taken from the Red Cross guide to first aid.

In all cases of serious injury, seek medical attention. This information is provided as a service only.

Shock

Severe cuts and burns can cause a body to go into physiological shock. Fluid loss causes the body to reduce blood flow to the extremities in order to protect vital organ systems. Basically, the body starts shutting down – untreated shock can kill.

SYMPTOMS OF SHOCK

- Restlessness/irritability
- Altered consciousness (dizziness, feeling faint, nausea)
- Pale, clammy, moist skin
- Rapid breathing
- rapid pulse

TREATING SHOCK

- Call 999. Shock is a serious condition requiring immediate medical treatment. It can kill.
- Have the young person lie down
- Control external bleeding
- Keep your young person comfortable to reduce the stress on body systems
- Help maintain body temperature; if your young person seems cold, cover him/her with a blanket
- Reassure your young person
- Unless head, neck, or back injuries or broken bones are suspected, elevate your young person's legs about 12 inches
- Don't raise the young person's head
- Do not give your young person food or drink, even though he/she is likely to be thirsty

Burns

Critical burns that need immediate medical attention include those where breathing difficulty is present, where more than one body part is affected, or where the head, neck, hands, feet, or genitals are involved. All chemical, explosion, electrical, and third-degree burns, especially if they cover more area than the palm of the hand, should be evaluated by a medical professional.

IMMEDIATE TREATMENT OF BURNS

- Run cold water over burned area for 15 minutes, if possible
- Do NOT put any creams or greases on the burned area
- Do not pop any blisters. Cover the burn with a light gauze dressing
- If blisters pop, apply a light antibiotic ointment and dress as above

First-degree burns, those that merely redden the skin, can usually be treated successfully at home. Keep the area moist and covered.

Second-degree burns cause reddening and blistering of the skin. If they are moderately large, they require medical attention.

Third-degree and worse burns involve charring or whitening of the skin. The burn has penetrated through the entire thickness of skin layers. These burns should always be treated professionally.

With all burns – take young person to A & E immediately.

Cuts and lacerations

Most cuts can be dealt with at home. There are two exceptions to this:

- 1) If you can't stop the bleeding, or
- 2) If your young person is going into shock.

IF YOU CAN'T STOP THE BLEEDING

If a cut won't stop bleeding, first try pressing cloths or paper towels directly on top of the wound. On top of that, place a large object (like a balled-up sock), and wrap the entire thing tightly in an Ace bandage. Keep the wound above the level of your young person's heart and check it in ten minutes; if it's still bleeding, re-wrap it and go to A & E. If your person is feeling the symptoms of shock, call 999.

Watch for redness or heat spreading outward from the wound; these are signs of an infection and should be treated by a doctor. Other signs of infection include swollen lymph glands, increased pain, and fever. If your young person starts running a fever, go to the doctor immediately.



SESSION 1: WEEKLY EVALUATION FORM

NAME

DATE

1. I FOUND THIS SESSION TO BE (please tick)

NOT INFORMATIVE NEUTRAL QUITE INFORMATIVE VERY INFORMATIVE

2. I FEEL THAT THE GROUP FACILITATORS WERE (please tick)

NOT INFORMATIVE NEUTRAL QUITE INFORMATIVE VERY INFORMATIVE

3. I WOULD HAVE LIKED MORE INFORMATION ON

4. WE WOULD WELCOME FURTHER COMMENTS ON THE SESSION AS THIS INFORMS OUR PRACTICE, THANK YOU.

5. IS THERE ANYTHING FROM THIS SESSION THAT YOU WOULD LIKE THE GROUP FACILITATORS TO DISCUSS WITH YOU BY PHONE IN MORE DETAIL? (please tick)

YES, PLEASE PHONE ME THIS WEEK NO

