



Lecturer /Assist. Prof.Dr. Kareem Fattah Aziz

Lecture 13

.....

Nursing opportunities will be available to nurses who hold a BSN or higher include:

- Clinical Nurse Educator
- Public Health Nurse
- Home Health Nurse
- Travel Nurse
- Forensic Nurse
- Nurse Advocate
- Hospice Nurse or geriatric
- Nurse Writer



NURSECHAT.ORG/
Military
NURSE
Roles & Responsibilities



1. apply direct pressure

2. elevate the injured area

4. apply a pressure bandage

5. apply a tourniquet

only as a last resort

how to control bleeding

3. apply pressure at pressure points

first aid tutorial



Principles of First Aid

- Preserve Life. Or protective life ...
 - Prevent Deterioration. ...
 - Promote **Recovery**. ...
 - Taking immediate action. ...
 - Calming down the situation. ... calm the situation
 - Calling for medical assistance. ...
 - Apply the relevant treatment.
-



Why CPR Certification for Nurses is necessary?

1.Understanding of Good laws

Understanding of such legal regulations gives nursing students the ability to know how their limitations in helping patients.

2.CPR gives nurses confidence to attend to medical emergencies

The **CPR and first aid certification course** are critical for any health practitioner more so nursing students who are not entirely familiar with the field and the regular medical practices. The course offers skills on the chain of survival in attending to cardiac arrest victims.

3.Working in teams

Nursing requires a great deal of teamwork with colleagues, victims and others . Nursing students who take up CPR training learn the importance of well-coordinated teams in saving lives, especially at the face of emergencies.

4.Recognizing the Signs of Cardiac Arrest

Taking up a CPR and first aid course presents the ability to recognize the signs of a victim experiencing cardiac arrest. The course offers knowledge on what the cardiac arrest victims undergo and its management in restoring normal breathing and heartbeat.

5.Assessing victims for signs of life

Nurses should be in a position to check out evaluate the patient and check on the vitals to understand if they are alive or dead. The training gives the students or nurses the ability to provide a proper medical history of patients as they call for specialized attention.

6.Skills in Performing CPR

CPR skills are fundamental to any medical practitioner. CPR classes for nurse's place nursing students at an advantage as they can recognize emergency cases that need CPR.

7.Giving Rescue Breathes

Rescue breaths apply to cases of a severe asthma attack, carbon monoxide poisoning, drug overdose, and choking accidents. CPR classes for nurses offer skills and knowledge on how to give rescue breaths to victims effectively. The training will provide skills with on when and how to perform rescue breathing alongside CPR to revive victims.

8.The Use of AED

The ability to use the **automated external defibrillator** (AED) is a critical skill for a nursing student and any other medical practitioner. AED is used to restore the normal heart rhythms in cardiac arrest victims. Without it, it is impossible to revive or to return life for the victim. The device is easy to use. However, training is mandatory.



A Practical Guide Emergency First Aid for Nurses:

1. It is vital for nurses to know what to do when faced with an emergency.
2. They should know what to do with a victim of a road accident or someone with an injury as simple as a burnt finger or others.
3. Stay as calm as possible, but also what to do while waiting for help to arrive.
4. They should provide first aid care as quickly as possible.
5. This time is called (golden time to save life.)

.....

Basic Life Support

DRS ABCD action plan

D		Check for Danger Make sure it is safe for you, the casualty and bystanders.
R		Check for a Response Use a talk and touch technique to check for a response. Talk: "Can you hear me?", "Open your eyes". Touch: squeeze shoulders firmly
S		Call 000 Send for help Shout for help or send someone to call Triple Zero (000). If required, send for help at the earliest possible stage.
A		Open the Airway Use the head tilt and chin lift technique to open the airway. If blocked, turn the casualty onto their side and clear their airway.
B		Check for Breathing Look, listen and feel for normal breathing. — If not breathing or not breathing normally, commence CPR.
C		Commence CPR Give 30 compressions followed by 2 rescue breaths . If unable or unwilling to give rescue breaths, give compression only CPR.
D		Attach a Defibrillator (AED*) Attach an AED* as soon as available and follow the prompts. *AED: Automated External Defibrillator

Continue CPR until the casualty responds or normal breathing returns.

How to deal with Cuts to avoid infection or complications:

1. Clean the wound and stop the bleeding. Thorough cleaning reduces the risk of infection and certain complications like tetanus.
2. Remember that have to stop bleeding by applying gauze or a clean piece of cloth to the wound gently.
3. You can add more gauze if blood not stop by continue applying pressure.
4. Puncture wounds, cuts, or amputations may cause external bleeding that needs immediate medical attention. If you can stop, do quickly or at least pressure the wound or bleeding until medical help arrives so the patient's chances of surviving may increase .

Major Roles of Nurse in Disasters

1. Determine size of the event
2. Define health needs of the affected groups
3. Establish priorities and objectives
4. Identify actual and potential public health problems
5. Determine resources needed to respond to the needs identified
6. Collaborate with other professional disciplines, governmental and non-governmental agencies
7. Maintain a unified chain of command or leadership.
8. Communication and prepare requirements and medical team ,

References:

Available at <https://www.ihna.edu.au/blog/2017/08/emergency-care-first-aid-nurses/>
<https://www.nursebuff.com/first-aid-guide-for-nurses/>
accessed at 21-4-2921