



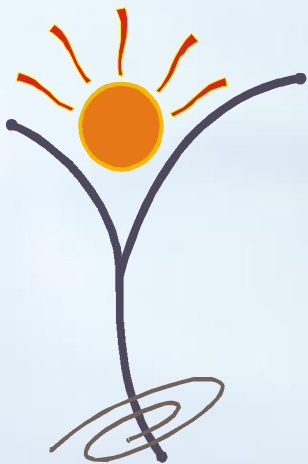
# 4 Minutes that can save a Life

## PREVIEW

This contains  
only 21 slides.

Complete slideshow  
will be shown only at  
the workshop.

*Contact EduHeal Foundation to  
conduct workshops in your school.*



# EDUHEAL FOUNDATION

• LEARNING FOR LIFE •

103, Taj Apartment, Ground Floor, Ring Road, Near Safdarjung Hospital, New Delhi - 29.  
Ph: 011-26161014, website : [www.eduhealfoundation.org](http://www.eduhealfoundation.org), e-mail : [info@eduhealfoundation.org](mailto:info@eduhealfoundation.org)



# Introduction to interactive slideshow

- EduHeal Foundation presenter will be guiding you through the slideshow. These interactive tests will help you to explore your first aid know-how in various emergency scenarios. These are listed in the **pre - assessment paper** given to you . The slides range from what to do at the scene of an accident to how to treat scalds and burns.....  
If you have any doubts / questions, write them down and ask Dr Sandeep during practical session or just before exam.  
Try to see max. slides in the given time

# TOPICS



S.NO	TOPIC	CATEGORY
1	ASTHMA	CHILD
2	ALLERGY	CHILD
3	BROKEN LIMB	CHILD
4	CHOKING	CHILD
5	CONVULSIONS	CHILD
6	DROWNING	CHILD
7	EYE INJURY	CHILD
8	HEAD INJURY	CHILD
9	HEAT STROKE	CHILD
10	HYPOTHERMIA	CHILD
11	<b>COMMON COMPLAINTS</b>	CHILD
11A	NOSE BLEED	CHILD
11B	SUNBURN	CHILD
11C	CRAMP	CHILD
11D	FAINT	CHILD
11E	WOUND	CHILD
11F	WOUND	CHILD
11G	INSECT BITE	CHILD
12	POISONING	CHILD
13	<b>CPR</b>	CHILD
14	CHOKING	CHILD

15	BACK INJURY	ADULT
16	CONCUSSION [Head bang]	ADULT
17	ELECTRIC SHOCK	ADULT
18	BLEEDING	ADULT
19	FRACTURE	ADULT
20	HEART ATTACK	ADULT
21	BURN	ADULT
22	SPINAL INJURY	ADULT
23	STRAIN AND SPRAIN*	ADULT
24	STROKE	ADULT
25	ALLERGY	ADULT
26	CHOKING	INFANT
27	<b>CPR</b>	INFANT
28	HYPOTHERMIA	INFANT
29	<b>ACCIDENT SCENE</b>	

# Asthma

- A young child having an asthma attack will be frightened and need assistance. Unfortunately, there is no outright cure for asthma so the best advice is prevention. For children, this means avoiding allergens which may trigger an attack



# 1. Asthma



Q 1-1. A boy is playing ball with his school friends when he says he can't breathe properly.  
What might suggest he is having an asthma attack?

- Extreme difficulty in breathing and a grey-blue tinge to the skin.
- A "stitch" in his side.
- Puffiness around the eyes.

## Answer 1-1



The correct answer is - Extreme difficulty in breathing and a grey-blue tinge to the skin.

These are typical symptoms of asthma.



Q 1-2. The boy's teacher wants to help but what can she do?

- Offer him reassurance.
- Give him a drink.
- Help him take any medication he has.

## Answer 1-2



The correct answer is - Help him take any medication he has.

**Yes** - well done! Encourage him to use any medication he has.



Q1-3. What further action should the teacher take? (Choose one option)

- She should suggest to the boy he rejoins his friends in the game but call a doctor if it's his first attack.
- She should sit down quietly with the boy until he has fully recovered and call a doctor if it's his first attack.
- She should sit down quietly with the boy until he has fully recovered then suggest to the boy he rejoins his friends in the game.

# Answer 1-3



**The correct answer is - She should sit down quietly with the boy until he has fully recovered and call a doctor if it's his first attack.**

- **Yes,  
She should sit down quietly with the boy and keep offering reassurance. If it is his first attack, she ought to ring the doctor.**



Q1-4 If an asthma attack takes place Indoors, what should you do?

- Close windows to keep out traffic fumes.
- Make sure the room is free of smoke and is well ventilated.
- Get the child outside into the fresh air.



Answer : 1-4



The correct answer is- Make sure the room is free of smoke and is well ventilated.

- **Yes**, make sure the room is well ventilated



# 1. First Aid –Asthma

From this test you should have learned some of the most important things to do if a child has an asthma attack.

- First, the symptoms of an attack are extreme difficulty in breathing and a grey-blue tinge to the skin.
- Second, you should help the child take any medication he has.
- Third, you should sit quietly with the child and offer him reassurance. If it's his first attack, call a doctor.
- Last, you should make sure the room is well ventilated if the attack happened indoors.

# 2. Allergy

Q 2-1 A girl is sharing a snack with her friend when she suddenly shows signs of anaphylactic shock, a potentially fatal condition. What is anaphylactic shock?

- Something to do with peanuts.
- A severe allergic reaction.
- A kind of asthma.



# Answer 2-1



- You chose b - A severe allergic reaction.
- **Yes**, anaphylactic shock is a severe allergic reaction to a specific drug, an insect or marine animal sting, or the ingestion of a particular food such as peanuts.





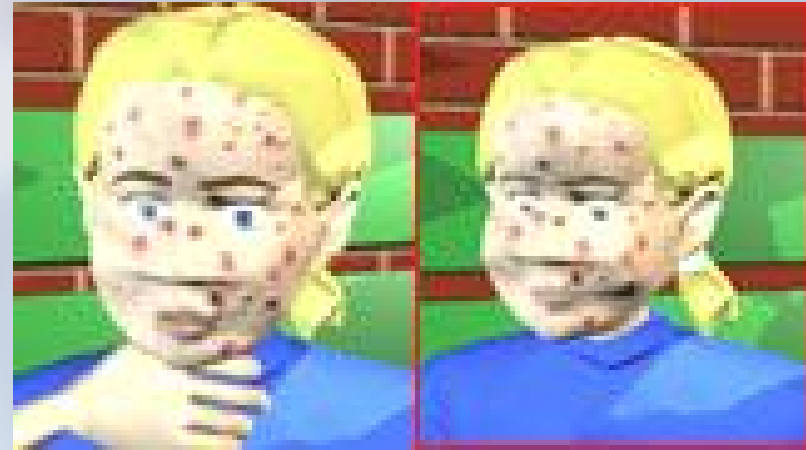
Q 2-2 What symptoms are you likely to see? (Choose one option)

- Swelling of face and neck plus breathing difficulties.
- Swelling of face and neck plus pale skin.
- Pale skin and breathing difficulties.



# Answer 2-2

- You chose a -  
Swelling of face and neck plus breathing difficulties.
- **Yes**, these are typical symptoms.





Q 2-3. What are the principle dangers from anaphylactic shock?

- Obstructed breathing and extreme low blood pressure.
- Headache and confusion.
- Vomiting and diarrhoea.



# Answer 2-3



- You chose a - Obstructed breathing and extreme low blood pressure.
- **Yes**, these are the life-threatening symptoms - swelling in the throat can obstruct breathing, and lowered blood pressure can result in unconsciousness.





Q 2 - 4. What can you do for a child who is having an anaphylactic shock?

- Call an ambulance, reassure the child and help her into a supported position.
- Cool the child with wet towels, put her in the recovery position and call an ambulance.
- Call an ambulance and give the child a hot, sweet drink



# Answer 2-4

- You chose a - Call an ambulance, reassure the child and help her into a supported position.
- **Yes**, this is right. It is vital to call 102 as quickly as possible and by putting the child in a supported position you are helping her to breathe.

