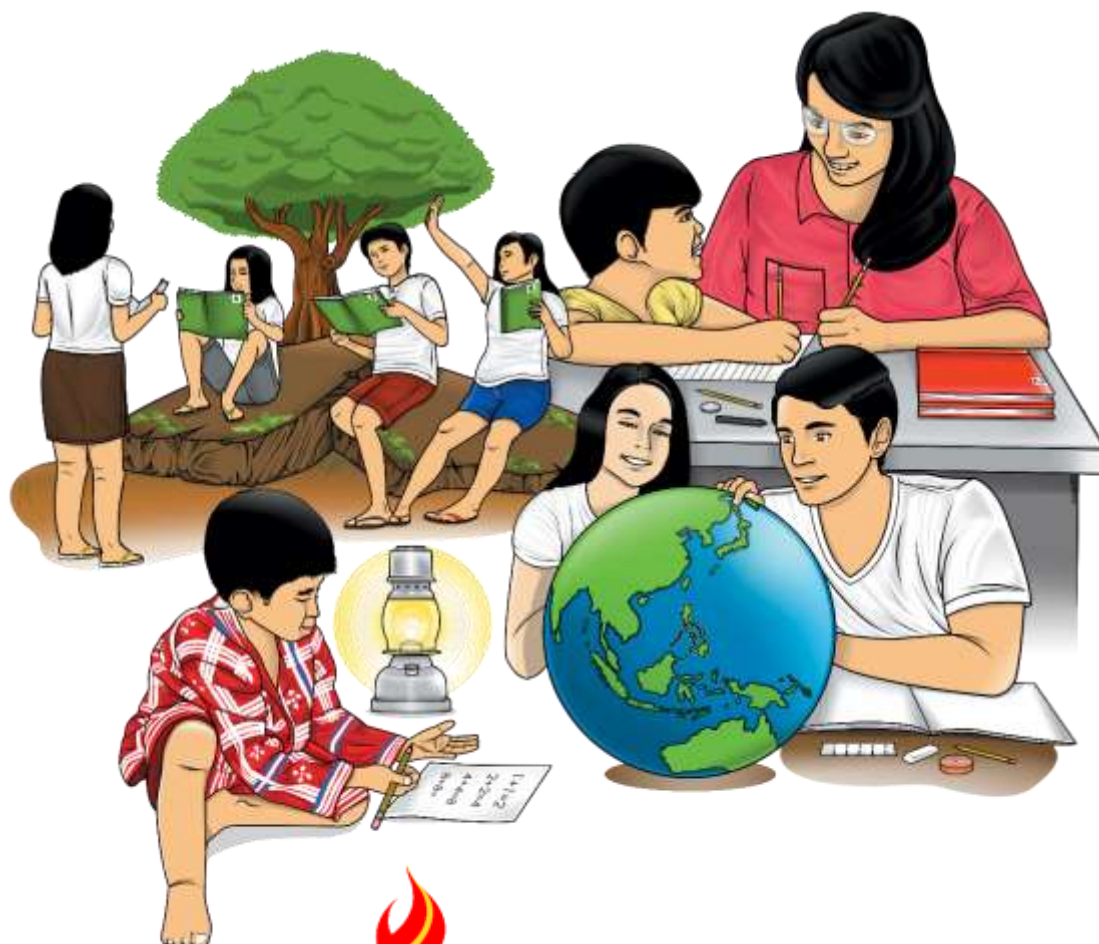


AQUACULTURE EXPLORATORY COURSE

Quarter 2 – Module 10:
**PERFORMING FIRST AID AND TREATMENT ON
BOARD (PFTB)**



AQUACULTURE – Grade 7 and Grade 8

Alternative Delivery Mode

Quarter 2 – Module 10: PERFORMING FIRST AID TREATMENT ON BOARD (PFTB)

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AQUACULTURE EXPLORATORY COURSE

Quarter 2 – Module 10:
PERFORMING FIRST AID TREATMENT ON BOARD
(PFTB)

EXPLORATORY COURSE

GRADE 7 and GRADE 8

Introductory Message

This Self-Learning Module (SLM) is prepared so that you, our dear learners, can continue your studies and learn while at home. Activities, questions, directions, exercises, and discussions are carefully stated for you to understand each lesson.

Each SLM is composed of different parts. Each part shall guide you step-by-step as you discover and understand the lesson prepared for you.

Pre-tests are provided to measure your prior knowledge on lessons in each SLM. This will tell you if you need to proceed on completing this module or if you need to ask your facilitator or your teacher's assistance for better understanding of the lesson. At the end of each module, you need to answer the post-test to self-check your learning. Answer keys are provided for each activity and test. We trust that you will be honest in using these.

In addition to the material in the main text, Notes to the Teacher are also provided to our facilitators and parents for strategies and reminders on how they can best help you on your home-based learning.

Please use this module with care. Do not put unnecessary marks on any part of this SLM. Use a separate sheet of paper in answering the exercises and tests. And read the instructions carefully before performing each task.

If you have any questions in using this SLM or any difficulty in answering the tasks in this module, do not hesitate to consult your teacher or facilitator.

Thank you.

LO 3. Manage Wounds, Bleeding and Burns

COMPETENCY CODES:

- Manage wounds, bleeding and burns. (TLE_AFAFCAP9-12PFTB-IIIe-19)



What I Need to Know

This module was designed and written with you in mind. It is here to help you master the nature of Aquaculture. The scope of this module permits it to be used in many different learning situations. The language used recognizes the diverse vocabulary level of students. The lessons are arranged to follow the standard sequence of the course. But the order in which you read them can be changed to correspond with the textbook you are now using.

After going through this module, you are expected to:

1. Control severe external bleeding in real or simulated situation;
2. Identify symptoms and signs of severe internal bleeding;
3. Apply appropriate action to casualty with severe internal bleeding in real or simulated situation;
4. Identify signs of wound infections in real or simulated situation; and
5. Provide appropriate action in managing wound infections in real or simulated situation.
6. Apply appropriate First Aid procedures to casualty suffering from burn;
7. Assess the severity of burn in terms of depth, position and size in accordance with established procedures;
8. Apply correct method of treatment for burns in real or simulated situations.



What I Know

Write **TRUE** if the statement is correct and **FALSE** if the statement is incorrect.

_____ 1. Bleeding are wounds associated with other injuries beneath the skin.

- _____ 2. Internal bleeding occurs when blood vessels within the body are ruptured and blood escapes out of the circulatory system.
- _____ 3. If the wound is on a limb, raise it in a supported position to reduce blood flow to the injured area.
- _____ 4. A wound infection occurs when germs, such as bacteria, grow within the damaged skin of a wound.
- _____ 5. More severe wound infections require less medical attention.
- _____ 6. Burn can be categorized as all severe.
- _____ 7. Run cool running water over the burn for about 5 minutes.
- _____ 8. Remove the burned clothing immediately.
- _____ 9. Sunburns are categorized as first degree.
- _____ 10. Third degree burns damage nerve and blood vessels.



What's In

FOUR PIX ONE WORD

By analyzing the pictures, guess the mystery word. Write the word in the box provided below.



--	--	--	--	--	--	--	--



--	--	--	--	--



What's New

Find and encircle all the words below that are hidden inside the Puzzle box. The words can be found horizontally or vertically.

BLEEDING INFECTION INTERNAL BURNS
WOUND BLOOD EXTERNAL

W	O	U	N	D	Z	C	B	E	R	B
B	U	R	N	S	K	L	L	S	I	L
X	V	B	N	M	C	V	O	C	B	E
I	N	F	E	C	T	I	O	N	C	E
W	E	R	T	G	B	N	D	M	S	D
A	S	D	F	G	H	N	B	J	N	I
I	N	T	E	R	N	A	L	C	B	N
W	D	B	N	C	X	Z	U	I	K	G
E	X	T	E	R	N	A	L	X	B	V



What is It

BLEEDING

Generally, bleeding is of a minor nature and includes small cuts, grazes, etc. However, bleeding may be severe and life threatening if a large vein or artery has been injured – e.g. the jugular vein in the neck. Some wounds are associated with other injuries beneath the skin – e.g. an organ injured by a stabbing; broken bones which have pierced the skin.

EXTERNAL BLEEDING

For severe bleeding, take these first-aid steps and reassure the injured person.

1. Apply direct pressure to the bleeding wound

- Apply firm pressure over the wound.
- Use a sterile or clean bulky pad and apply it firmly with hand pressure. Apply a bandage to keep the dressing in place.
- If bleeding is severe, DO NOT waste time looking for suitable padding, but be prepared to use the patient's



hand or your hand to hold the wound together if the patient is unable to do this unaided.

2. Raise the injured area

- If the wound is on a limb, raise it in a supported position to reduce blood flow to the injured area.
- If an arm is injured, you could apply an arm sling or elevation sling.



3. If a foreign body is embedded in the wound

- DO NOT remove it but apply padding on either side of the object and build it up to avoid pressure on the foreign body.
- Hold the padding firmly in place with a roller bandage or folded triangular bandage applied in a criss-cross method to avoid pressure on the object.



4. Keep the patient at total rest

Even if the injury involves the arm or upper part of the body, the patient should rest in a position of greatest comfort for at least 10 minutes to help control the bleeding.

5. Seek medical assistance

- If the wound appears to be minor and the patient is able to travel by car, arrange an urgent appointment with a local doctor to assess and treat the injury.

INTERNAL BLEEDING

Internal bleeding is often difficult for the first aider to recognize. This type of bleeding can occur without an obvious wound and can be very serious as it is difficult to stop without surgical intervention. Internal bleeding occurs when blood vessels within the body are ruptured and blood escapes out of the circulatory system. It may follow such incidents as a blow to the head, chest, or abdomen due to a fall or being struck by a vehicle. Internal bleeding should be suspected when blood is seen in vomit, urine, sputum or feces.

Signs and Symptoms

- rapid and 'gasping' breaths
- increasing thirst
- frothy red blood coughed up from the lungs, blood-stained vomit like 'coffee grounds', red or rust-colored urine, or dark feces like tar
- pale, cold, sweaty skin

How you can help

1. Place the patient at total rest

- Assist the patient into the position of greatest comfort.
- Cover the patient with a blanket to maintain body heat.
- Place protective fabric underneath the patient if the surface is rough, cold or hot – e.g. a coat if the patient is lying on a road.

2. Call an ambulance.

While waiting for the ambulance:

- Manage any other injuries.
- Ensure that all restrictive clothing has been loosened, especially at the neck and waist.
- Keep any bystanders clear.
- Reassure the patient.
- DO NOT allow the patient to eat, drink or smoke.

How to recognize and treat an infected wound

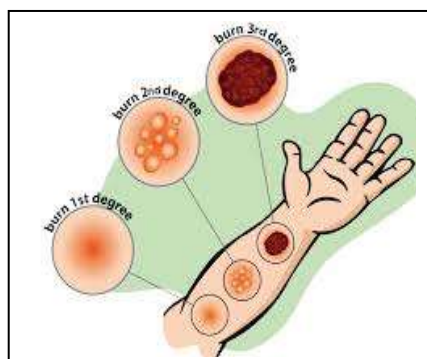
A wound infection occurs when germs, such as bacteria, grow within the damaged skin of a wound. Symptoms can include increasing pain, swelling, and redness. More severe infections may cause nausea, chills, or fever.

Here are some of the most common symptoms associated with a wound infection:

1. High fever
2. Feeling of overall malaise
3. Green, cloudy or odorous drainage
4. Increasing and continual pain from wound
5. Redness around the wound area
6. Swelling of wounded area
7. Hot skin around the wound
8. Loss of function and movement

Burns are thermal injury caused by exposure to excess heat. It is a damage to the skin or other body parts that is caused by extreme heat, flame, contact with heated objects, or chemicals. Medically, the depth of a burn is categorized as first, second, or third degree depending upon its severity.

Severity of Burn



- **First degree burn** - is superficial and causes local inflammation of the skin. Sunburns often are categorized as first-degree burns. The inflammation is characterized by pain, redness, and a mild amount of swelling. The skin may be very tender to touch.



- **Second-degree burns** - are deeper and, in addition to the pain, redness and inflammation, blistering of the skin also occurs.

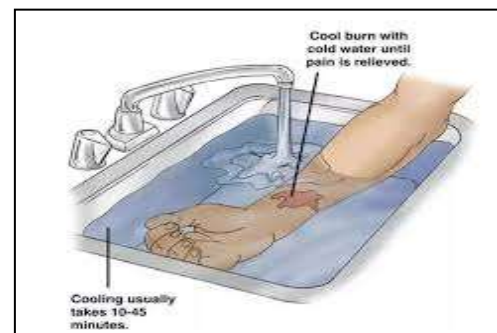


- **Third-degree burns** - are deeper still, involving all layers of the skin, in effect killing that area of skin. Because the nerves and blood vessels are damaged, third-degree burns appear white and leathery and tend to be relatively painless.



For minor burns, including first-degree burns and second-degree burns limited to an area no larger than 8 centimeters in diameter, take the following action:

- **Cool the burn.** Run cool running water over the burn for about five minutes. This helps stop the burning process and decreases pain and swelling. Do not put ice on a burn. Do not rub a burn, because this can worsen the injury. Do not break blisters as this can increase the risk of infection at the burn site.



- **Cover the burn.** Cover the burned area with a clean bandage that will not stick to the burned site. This helps decrease the risk of infection and decreases pain.



- **Protect the burn.** Keep the burn site clean with gentle washing with soap and water. Do not apply any ointments to the burn site unless instructed by your physician. Never apply butter, greases, or other home remedies to a burn before discussing with your physician, as these can increase the risk of infection as well.

For major burns, emergency medical help. Until an emergency unit arrives, follow these steps:

- **Don't remove burned clothing.** – However, do make sure the victim is no longer in contact with smoldering materials or exposed to smoke or heat.
- **Don't immerse large severe burns in cold water.** – Doing so could cause a drop in body temperature (hypothermia) and deterioration of blood pressure and circulation (shock).
- **Check for signs of circulation (breathing, coughing or movement).** – If there is no breathing or other sign of circulation, begin CPR.
- **Elevate the burned body part or parts.** – Raise above heart level, when possible.
- **Cover the area of the burn.** – Use a cool, moist, sterile bandage, clean, moist cloth or moist cloth towels.



What's More

Complete the table below:

FIRST AID STEPS FOR EXTERNAL BLEEDING	SIGNS AND SYMPTOMS OF INTERNAL BLEEDING	FIRST AID FOR BURN
1	1	1
2	2	2
3	3	3
4	4	4
5	5	5



What I Have Learned

- Severe wound infections require prompt medical attention, particularly those that occur along with other symptoms, such as fever, feeling unwell, or discharge and red streaks coming from the wound.
- A wound infection occurs when germs, such as bacteria, grow within the damaged skin of a wound.
- Bleeding is of a minor nature and includes small cuts, grazes.
- External bleeding may be severe and life threatening if a large vein or artery has been injured – e.g. the jugular vein in the neck.
- Internal bleeding occurs when blood vessels within the body are ruptured and blood escapes out of the circulatory system. It may follow such incidents as a blow to the head, chest, or abdomen due to a fall or being struck by a vehicle.
- Internal bleeding should be suspected when blood is seen in vomit, urine, sputum or feces.
- Burn is the partial or complete damage on skin caused by heat.
- It's category depends upon the severity of the burn from first-degree, second-degree and third-degree.
- Damage to the skin typically moist / wet and red and a mild amount of swelling in the first and second degree burn. Blistering of the skin also occurs.
- Cooling the burn to stop the burning process, cover the burn to decrease the risk of infection are the first aid in treating first-degree and second-degree burn.
- First aid in treating burn should be done properly to avoid the burn to worsen.
- Do not break blisters as this can increase the risk of infection at the burn site.

- Third-degree burns appear white and leathery and tend to be relatively painless because the nerves and blood vessels are damaged.



What can I do

Read the statement carefully. Analyze whether the statement is a First Aid for BLEEDING or for treating an infected WOUND and BURN. Draw a straight line towards the picture where the statement belongs.

1. Seek medical assistance
2. Apply direct pressure to the bleeding wound
3. Before beginning, ensure that all necessary equipment is clean.
4. Raise the injured area.
5. Clean the cut or scrape by running warm water over it for several minutes.
6. If a foreign body is embedded in the wound, DO NOT remove it but apply padding on either side of the object and build it up to avoid pressure on the foreign body.
7. Keep the patient at total rest
8. To remove debris, either use tweezers or carefully and gently rub the wound with a soft, damp cloth.
9. Allow the skin to air-dry before covering it with gauze or a bandage.
10. Thoroughly wash the hands with soap and warm water, then rinse and dry them.
11. Use a cool, moist, sterile bandage, clean, moist cloth or moist cloth towels.



12. Cover the burned area with a clean bandage that will not stick to the burned site.



Assessment

Write **TRUE** if the statement is correct and **FALSE** if the statement is incorrect.

- _____ 1. Bleeding are wounds associated with other injuries beneath the skin.
- _____ 2. Internal bleeding occurs when blood vessels within the body are ruptured and blood escapes out of the circulatory system.
- _____ 3. If the wound is on a limb, raise it in a supported position to reduce blood flow to the injured area.
- _____ 4. More severe infections require no symptoms.
- _____ 5. A wound infection occurs when germs, such as bacteria, grow within the damaged skin of a wound.
- _____ 6. More severe wound infections require less medical attention.
- _____ 7. Severe wound infections require prompt medical attention.
- _____ 8. Internal bleeding should be suspected when blood is seen in an open wound.
- _____ 9. During an internal bleeding, while waiting for the medical response, allow the patient to eat, drink or smoke.
- _____ 10. External bleeding may be severe and life threatening if a large vein or artery has been injured.
- _____ 11. Sunburn is categorized as third degree burn.
- _____ 12. Bandage can be used as cover for burn?
- _____ 13. Burn that damages the nerves and vessels is categorized as first degree burn
- _____ 14. Immersing large, severe burns in water can cause blister.
- _____ 15. Breaking blisters can increase the risk of infection.



Additional Activities

Analyze the given situation and write down on the table provided the recommended first aid:

Situation No. 1:

While cutting the grasses on the fishpond dike, the bolo suddenly slipped and hit your shin, the bleeding is severe:

Situation No. 2:

One of the fishpond workers was bumped by a cab carrying aquaculture feeds and fell hard on the ground. Suddenly he felt dizzy and pale from pain and starting to vomit blood-stained like coffee grounds:

Situation No. 3

While pouring hot water in the mug, it breaks and the water splash on Kathleen's right thigh. Her skin turns red and developed blisters:



Answer Key

1. FALSE
2. TRUE
3. TRUE
4. TRUE
5. FALSE
6. FALSE
7. TRUE
8. FALSE
9. TRUE
10. TRUE

What I Know

1. TRUE
2. TRUE
3. TRUE
4. FALSE
5. TRUE
6. FALSE
7. TRUE
8. FALSE
9. FALSE
10. TRUE
11. FALSE
12. TRUE
13. FALSE
14. TRUE
15. TRUE

Assessment

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