

WILDERNESS FIRST AID OVERVIEW

Take a First Aid Course – Southwestern College gives an Outdoor First Aid class in the spring on T & Th evenings. Adventure 16 and Wilderness Medical Associates give courses periodically. ABCPR & First Aid: www.abcpr.biz or 858-693-3304

DON'T DO ANYTHING THAT YOU HAVE NOT BEEN TRAINED TO DO!

Books:

Field Guide by Jim Morrissey Pub: Wilderness Medical Associates www.wildmed.com
Mountaineering Medicine by Fred Darvill, MD pub: Wilderness Press ISBN 0-89997-207-1
Mountaineering First Aid published by The Mountaineers in Seattle ISBN 0-89886-086-5
Medicine for the Outdoors-Paul Auerbach, MD Little, Brown & Co. ISBN 1-55821-723-1
The Outward Bound Wilderness First-Aid Handbook pub: Lyons & Burford ISBN 1-55821-682-0

I Putting a 1st aid kit together:

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|------------------------------|----------------------------------|
| A. Purpose of the trip | D. Length of trip |
| B. Level of Medical Training | E. Length of time for evacuation |
| C. Destination | F. Size of party |

ADDITIONAL FIRST AID TOOLS

Swiss Army Knife, Tweezers	Needle-nose pliers, Duct tape
New Skin, magnifying glass	Powered <i>Gatorade</i> or <i>Gookinade</i>
Water treatment system	Sanitary napkins
<i>Afterbite</i> or hydrocortisone ointment 1%	PENCIL AND PAPER
Insect repellent containing: Deet, Picardin or oil of eucalyptus.	

Containers: should be for maximum accessibility & protect the contents. Identify Kit.

Blisters: PREVENTION: Dry, comfortable, well-fitting, broken-in boots. Stop & check for HOT SPOTS. Protect reddened areas. TREATMENT: Clean with soap & water. Keep skin intact unless painful. Sterilize pin in flame. Puncture edge of blister & drain. Cut a “donut” of moleskin & apply around the blister. Can use antibiotic cream on open blister. If gets infected, carefully remove top of blister, apply antibiotic cream & put dsq over blister. *Neosporin* has neomycin in it & some people allergic to it. Can use *Bacitracin* instead.

Ticks: Forget matches, etc. Gently grab with tweezers & pull straight out. Cover with oil (butter, cooking oil). Clean with soap & water. Can carry Lyme disease (donut shaped rash, flu like symptoms) Takes a few weeks. Tell your MD where you have been.

Splinters & Cactus: Use a sterile needle to break the skin & lift out. Can grasp splinter with tweezers & pull out. Clean with soap & water.

Small cuts: clean with soap/water, cover with dry dressing or Band-Aid.

Deeper cuts: clean with soap/water, rinse & close with tape/butterfly & apply dressing.

Scalp wounds: bleed profusely. Can tie hair together by twisting hair on each side of cut around your finger & then tie hair together.

Bleeding: direct pressure. May take 10 min. Elevation. Pressure points. Dress & bandage.

Nosebleed: pressure on soft cartilage. Head forward. 10 min. If doesn't stop, put cotton or rolled up cloth into nostril.

Shock: Treat underlying cause if possible. Lie victim down. Keep warm & send for help.

Bruises: Apply cool compress on area & pressure with elastic wrap.

Burns: Cool compresses, can use wet T-shirt. Don't break blisters. Clean carefully & Apply dressing. **3rd degree burns:** don't remove skin or debris. Apply clean dressing.

Heat Problems: Heat cramps: Gently stretch muscle & rest. Large amounts of fluids (electrolytes) or juice good. **Heat Exhaustion:** S & S: tired, pale, moist skin. Nausea & dizziness. Stop, rest & give fluids. **Heat Stroke** S & S: Rapid onset, confused, hot, dry skin with high body temp. TRUE EMERGENCY. Stop & cool quickly. Protect from sun. DO NOT GIVE ASPIRIN OR STIMULANTS.

Cold Injuries Frostnip: Skin turns gray or white. Simple rewarming in field. Superficial Frostbite: Like half-thawed steak. Only rewarm if can maintain warmth. Best to evacuate. Deep Frostbite: Like frozen meat. EVACUATE.

Mountain Sickness S & S: Headache, dizziness, fatigue, shortness of breath, drowsiness & yawning. Tx: Rest, drink fluids & eat light hi carbohydrate foods. Avoid sedatives. If doesn't improve in 2-3 days – DESCEND.

High Altitude Pulmonary Edema S & S: 1-3 days after ascent. Dry cough later producing pink frothy sputum, shortness of breath, chest pain, rapid pulse & blueness of nailbeds & lips. Lung congestion. Tx: DESCEND.

Vomiting: Nothing by Mouth 1st hr. Body trying to rid itself of toxins. Tx: Sm amts of clear fluids (1 oz/15 min). Phenergan. AVOID ASPIRIN OR ALCOHOL.

Diarrhea: Body riding toxins: Clear liquids. Serious if bloody diarrhea or high fever. BRATT diet: bananas, rice, applesauce, tea & toast.

Appendicitis: abdominal pain, usually lower right quadrant, nausea, fever then pain all over abdomen. Tx: must evacuate.

Giardiasis S & S: foul smelling gas, crampy abd pain, diarrhea. Give fluids & evacuate. Need medical attention & prescription meds.

Foreign body in Eye: Rinse. Have victim look down, grasp upper lid & pull out to pull lid up over finger & rotate eyelid so pink area shows. Take out irritant.

Contact Dermatitis: Apply Cortisone cream to control itching. Cool compress may help.

Bug in Ear: Small amount of oil in ear. Flush with water.

Sprains/Strains: Rest, Apply Ice, Compression & Elevation 1st 24 hrs. Then apply heat.

Fracture S & S: pain, deformity, swelling & bruising. Splint as you find it. If head or neck fracture, don't move, support neck & stabilize. Send for help.

Dislocation S & S: usually shoulder. Odd position. Don't try traction unless loss of feeling & mobility below the dislocation. Victim must relax as rescuer applies traction.

Chest Injury: Pain & shortness of breath. Have victim lie down & get help. Can cover an open wound with airtight dressing. Support an impaled object but don't remove it.

Chest Pain: Poss. Heart attack. Steady, constrictive pain lasting more than 10 min. Not relieved with rest or nitroglycerine. Profuse sweating. Clammy skin. S.O.B. Weakness, fainting, N/V, anxiety. STOP. Sit pt. Up. Get help. Anticipate CPR.

Stroke: Ask victim to: Smile, asymmetry, Raise both arms, weakness; Speak sentence, cognitive function. Need evacuation to medical help.

Rattlesnake bite: Pain, swelling at site of bite. Clean with soap/water. Suction with Sawyer device. Keep extremity level with heart. Keep calm. Get help.

Diabetes: Main problem requiring immediate attention is Insulin Shock. Give sugar.