Health (condition) VS Wellbeing (lifestyle)

The condition or state of physical, mental, emotional & social wellbeing plus disease control (changeable)

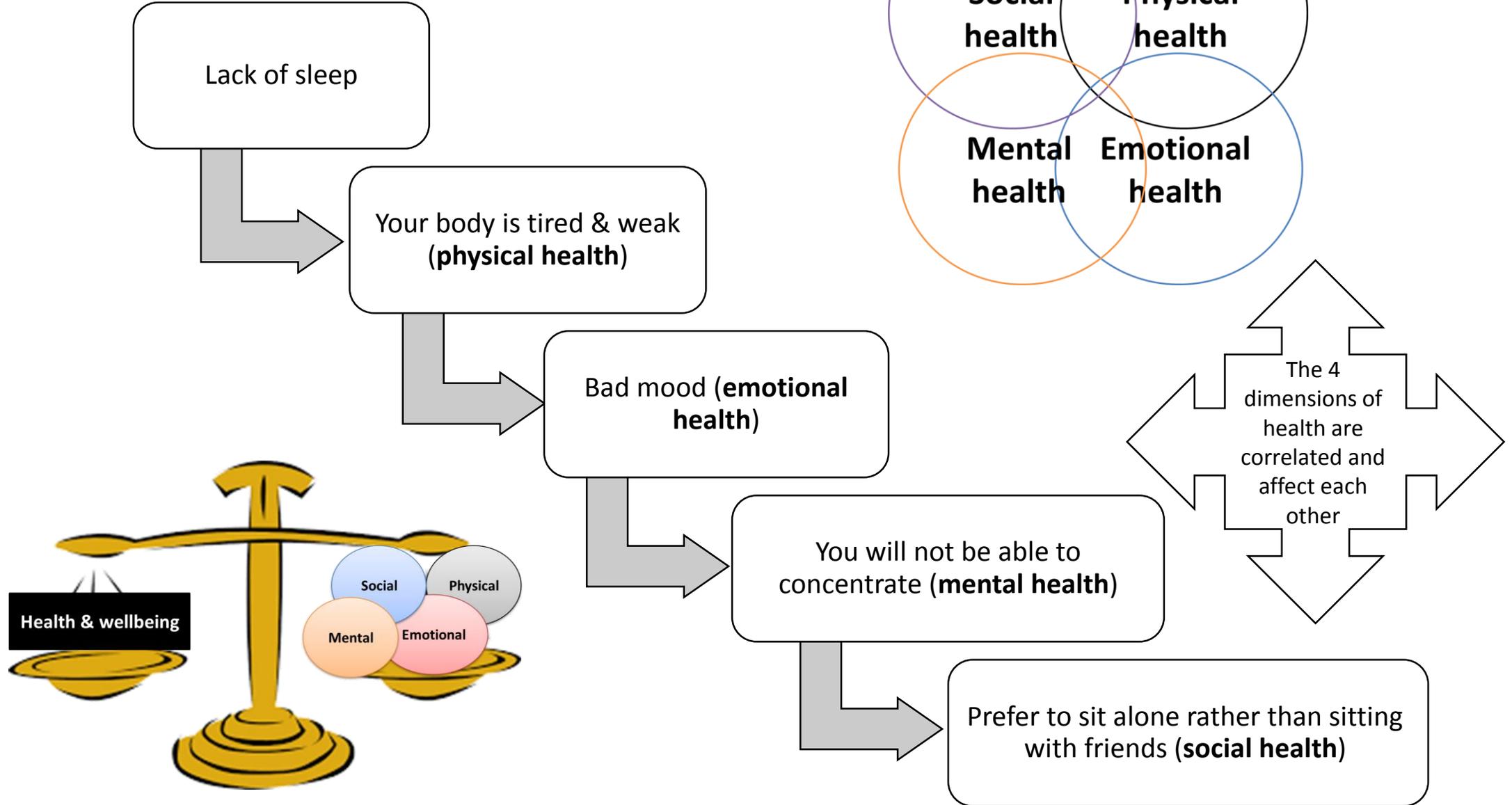The knowledge & choices we make to a healthy lifestyle.

POSITIVE THINKING
EAT BETTER
HEALTHY LIVING
FEEL GOOD
REGULAR EXERCISE

HEALTHY LIFESTYLE
VEGETABLES
FRUITS
HEALTHY FOOD
DIET
FITNESS
SPORT

Disease VS Illness

Disease: affects an organ (physical only), CD/ NCD

Illness: affects a man not just physically but mentally, emotionally or socially
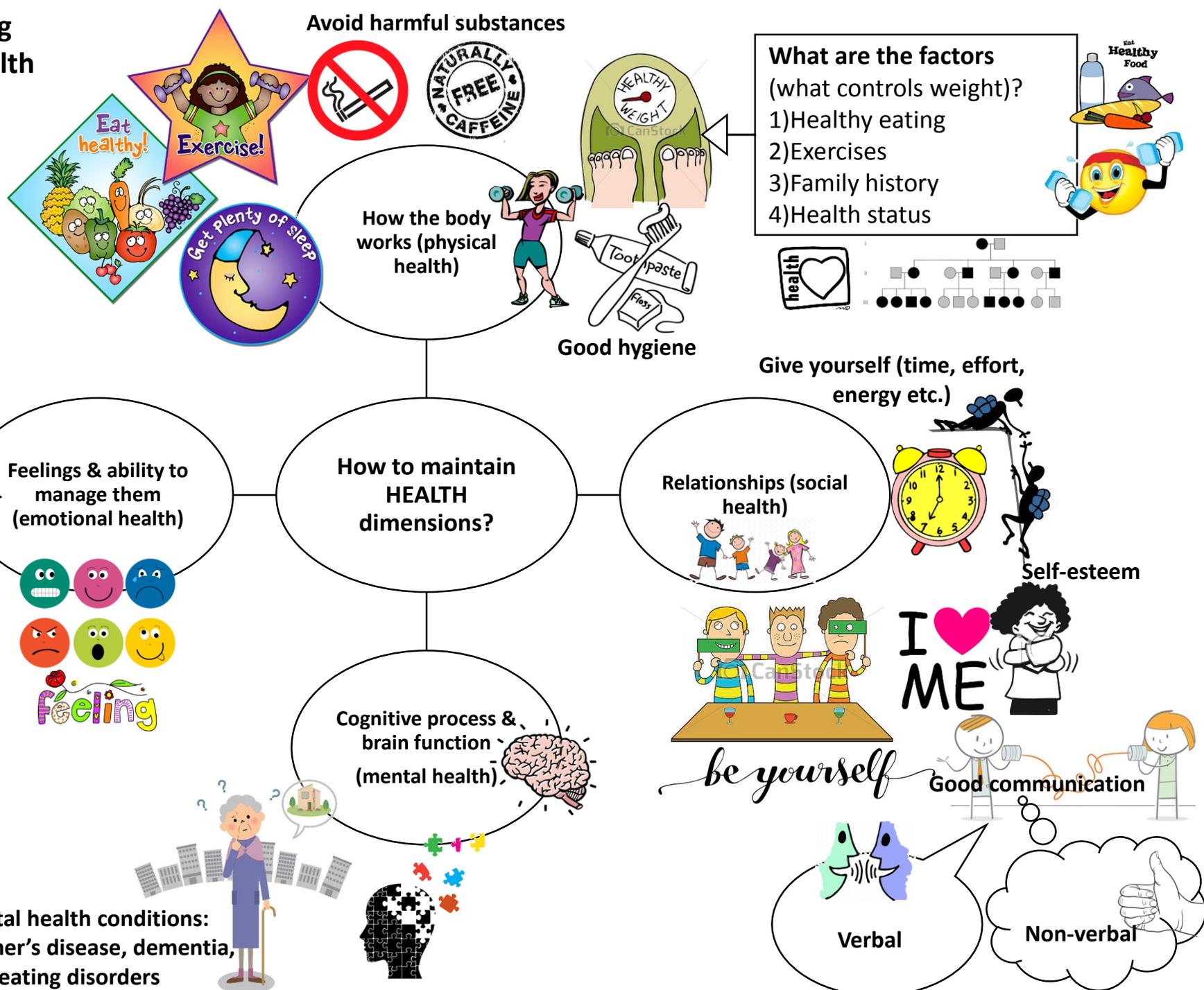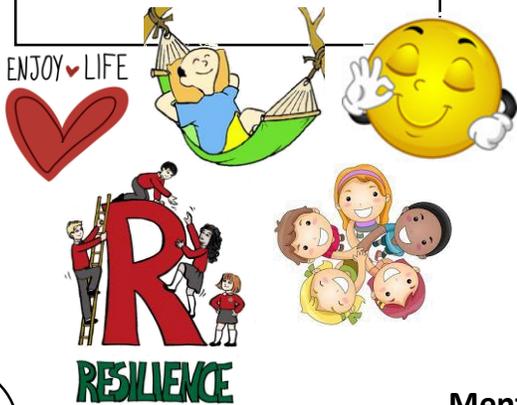
Best of luck: Maitha Taleb Saeed

1

Lack of sleep

Your body is tired & weak (**physical health**)

Bad mood (**emotional health**)

You will not be able to concentrate (**mental health**)

Prefer to sit alone rather than sitting with friends (**social health**)

Social health

Physical health

Mental health

Emotional health

The 4 dimensions of health are correlated and affect each other

Social   Physical
Mental   Emotional

Health & wellbeing

Best of luck: Maitha Taleb Saeed

2

Avoid harmful substances

How the body works (physical health)

Good hygiene

What are the factors (what controls weight)?
1) Healthy eating
2) Exercises
3) Family history
4) Health status

Positive characteristics:
1) Adapt to change
2) Contentment
3) Ability to build fulfilling relationships
4) Self-confidence & self-esteem
5) Ability to enjoy life
6) Sense of purpose
7) Resilience

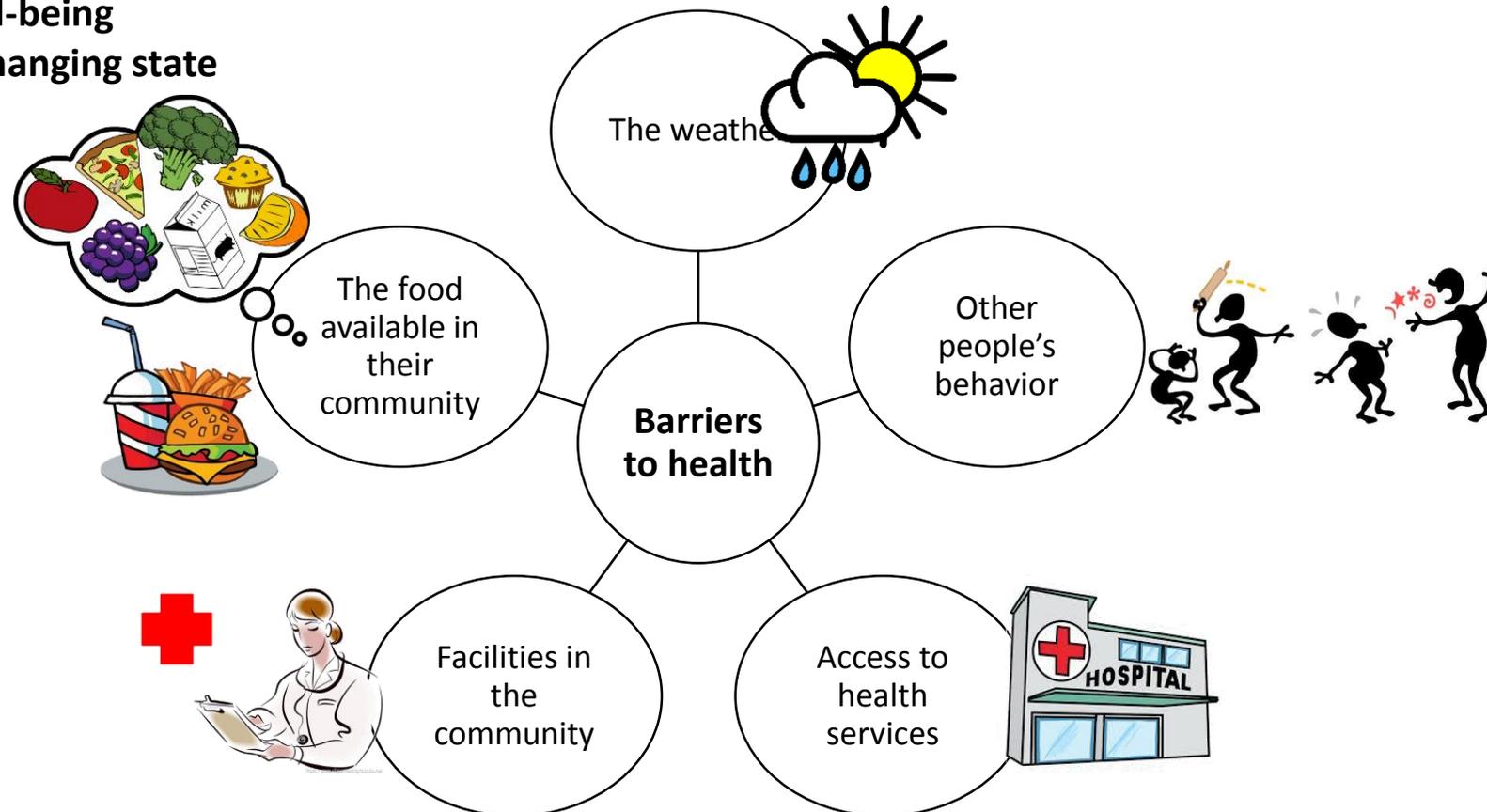**Feelings & ability to manage them (emotional health)**

How to maintain HEALTH dimensions?

Give yourself (time, effort, energy etc.)

Relationships (social health)

Self-esteem

Good communication

Cognitive process & brain function (mental health)

Mental health conditions: Alzheimer's disease, dementia, eating disorders

Verbal

Non-verbal

3
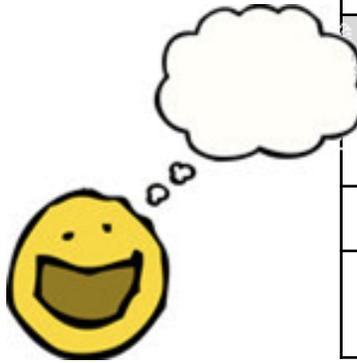
Thoughts vs. emotions		
	Thoughts	**Emotions**
Definition	Cognitive 'thinking' process (what you tell yourself)	Emotional process (what you feel)/ facial expressions
Related to:	Mental health	Emotional health
Examples	Right/ wrong/ okay/ silly	Angry/ tired/ sad/ happy/ embarrassed/ excited

Unit1: Health and well-being

Lesson3: Health is a changing state

The weather

The food available in their community

Other people's behavior

Barriers to health

Facilities in the community

Access to health services

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Unit1: Health and well-being
Lesson4: Healthcare professionals

Healthcare professional	Role description (what they do?)
Nutritionist/ dietitian	Identify nutrition deficiencies (provide: meal plans/ health promotion & education)
Doctor	Assess, diagnose & treat a patient who is sick
Health promoter	Educate people about their health before they develop health problem
Nurse	Provide healthcare to individuals/ families & communities
Paramedic	The first on the scene of an emergency & provide care to the patient
Pharmacist	Works closely with medications and understands their dosage usage & interactions in the body
Physical therapist	Works closely with the patient who has injury or disability to encourage movement
Psychologist	Assess, diagnose & treat psychological illnesses

First aid: emergency help given to the victim until they get fully treated in hospital.
Emergency: dangerous situation that needs immediate action.

Save lives

Useful lifelong skills

What are the benefits of learning first aid?

Benefits to your community (safer local area)

SAFE PLACE.

Improve confidence
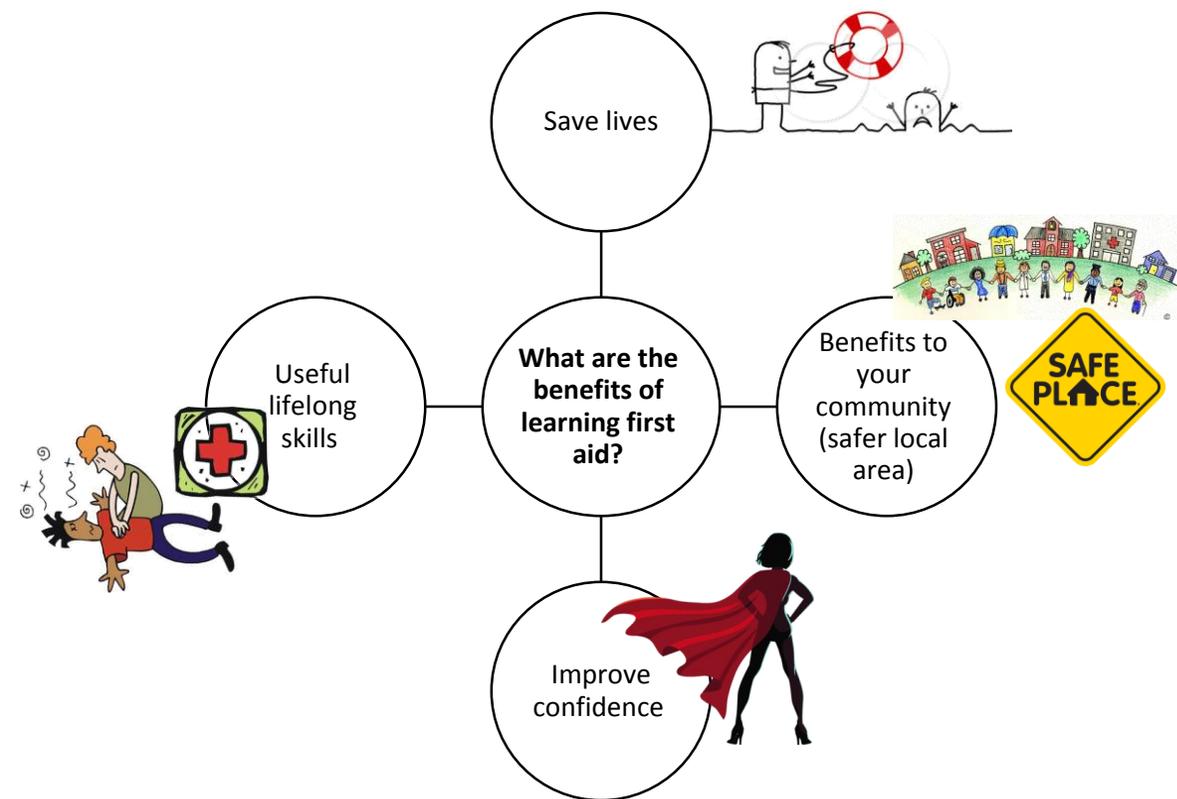
Notes:
- First aiders must be certified & remember to ask for permission before providing help.
- If you want to be certified you can do that in Dubai Center for Ambulance Services (DCAS).

First aid kit contents:

| 1) CPR mask	11) Sterile gauze pads	21) Cold pack
2) First aid manual	12) First aid box	
3) Flashlight	13) Antibiotic ointment	
4) Thermometer	14) Antiseptic wipes	
5) Cream (hydrocortisone ointment)	15) Bandages	
6) Blanket	16) Safety pins	
7) Scissors	17) Plasters	
8) Tweezers	18) Triangular bandage	
9) Eyewash/ eye drops	19) Medical tape	
10) Aspirin	20) Gloves	

6

DR ABC

Danger: **Assess the scene**

(is it safe?/ check for hazards)

Possible hazards:

Traffic

Unstable electric lines

Fire

Smoke
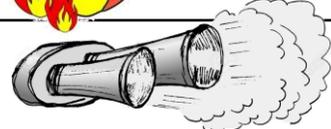
Violent behaviors

Extreme weather

Dangerous fumes

Biochemical products

Falling rocks

How to act during an emergency?

Assess the casualty:
Response (tap the shoulder of the causality and ask: Are you OK?)

Airway (check if there is something blocking the airway)

Breathing (check chest movement/ look, feel, listen for breathing)

Circulation (check heart pulse/ injuries or bleeding)
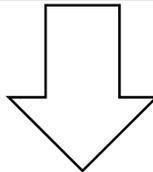
Check for any "medical information jewelry" (tells you about existing medical condition)
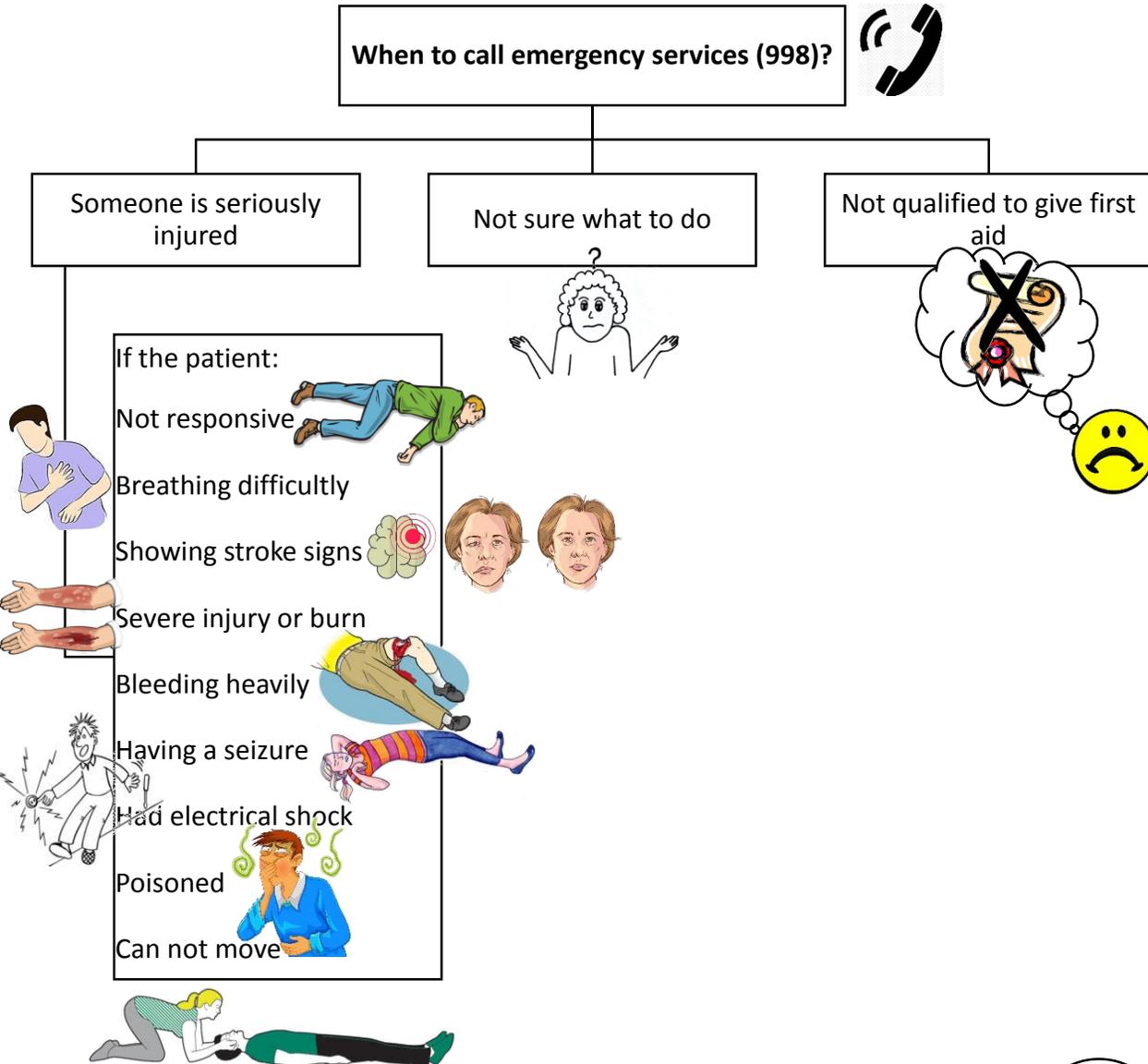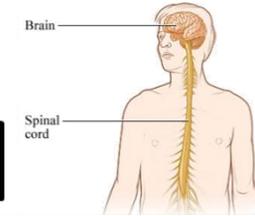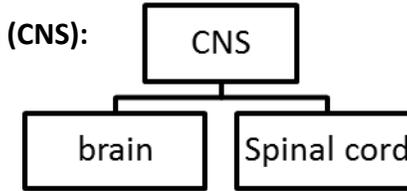
No breathing / Only gasps / No heart beats

Do CPR

Before CPR:

Give one electric shock using **AED** (**A**utomated **E**xternal **D**efibrillator) + Call 998 + put the patient on their back on a flat surface or floor

Best of luck: Maitha Taleb Saeed

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Unit2: Introduction to first aid
Lesson3: Attending the scene of an emergency

When to call emergency services (998)?

- Someone is seriously injured
- Not sure what to do?
- Not qualified to give first aid

If the patient:

Not responsive

Breathing difficultly

Showing stroke signs

Severe injury or burn

Bleeding heavily

Having a seizure

Had electrical shock

Poisoned

Can not move

Lesson4: Head and spinal injuries

Central nervous system (CNS):

CNS
- brain
- Spinal cord

Spinal cord:	Description
Definition	Long, thin, tube-like bundle of nerves.
Function	Deliver nerve signals from the brain to the rest of the body
Location	Extends from the drain stem to the lumbar region

Spinal cord injuries types
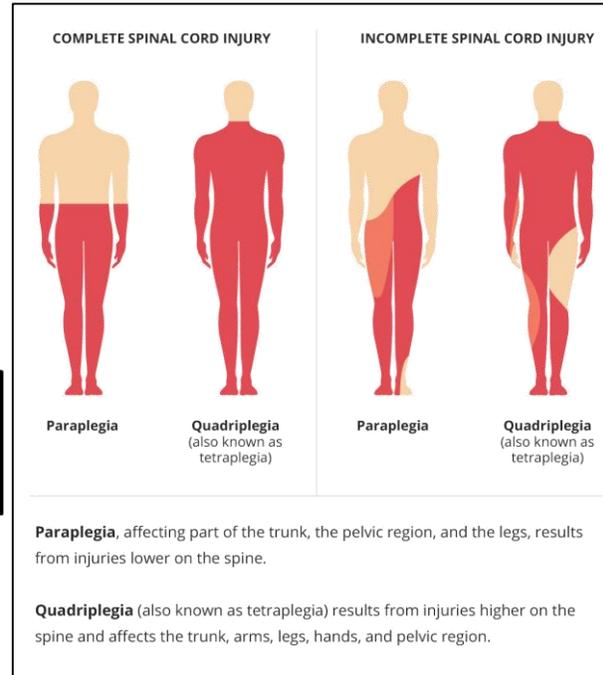- Complete
- Incomplete

Spinal cord injuries happen because:

Traumatic injuries:
Car crash/ sports/ falls/ gymnastics/ violence/ diving in shallow water

Non-traumatic injuries (illnesses):
Cancer/ osteoporosis/ multiple sclerosis/ inflammation/ arthritis

COMPLETE SPINAL CORD INJURY | INCOMPLETE SPINAL CORD INJURY

Paraplegia | Quadriplegia (also known as tetraplegia) | Paraplegia | Quadriplegia (also known as tetraplegia)

Paraplegia, affecting part of the trunk, the pelvic region, and the legs, results from injuries lower on the spine.

Quadriplegia (also known as tetraplegia) results from injuries higher on the spine and affects the trunk, arms, legs, hands, and pelvic region.

The effects of spinal cord injury depends on:
1) The severity of the injury.
2) Which part of the spinal cord is affected.

Notes:
✓ The higher the injury occurs the more severe the effects. (paralysis)
✓ **Paralysis**: lose the ability to move or feel anything.
✓ Spinal cord injuries are more common in young adults (16-30) because they take more risks.

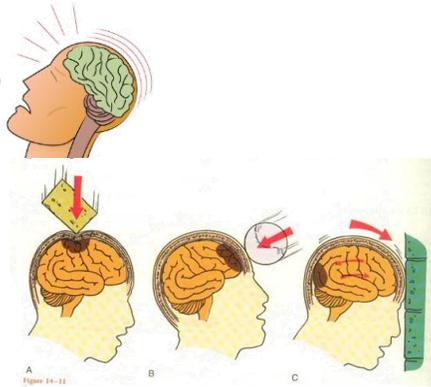| Spinal vs head injuries		
	Spinal injuries	Head injuries
Signs & symptoms	✓ Sharp pain in the neck/ back/ head. ✓ Numbness/ tingling/ loss of sensation (paralysis). ✓ Breathing difficulty. ✓ Loss of bladder and bowl control. ✓ Weird position or twisted neck or back.	✓ Unconsciousness/ unresponsiveness ✓ Concussion ✓ Seizures ✓ Vomiting ✓ Amnesia (memory loss) ✓ Blood or clear fluid coming from ears & nose ✓ Sudden swelling or bruising around both eyes or behind the ears ✓ Pupils with unequal sizes ✓ Walking/ speaking or staying awake difficulties
First aid (what to do to help the casualty?)	1. Do not move the victim. 2. Call an ambulance. (998) 3. Keep the person still by holding the victim's head & placing towels/ cushions/ cloths on both sides. 4. Stop any bleeding. 5. Give CPR if required (if the casualty not breathing) 6. If the person is vomiting roll them to their side (recovery position) 7. For head injuries apply ice pack on swelling areas.	

Say 'hi'   Support my face   Lift leg   Roll me over

9
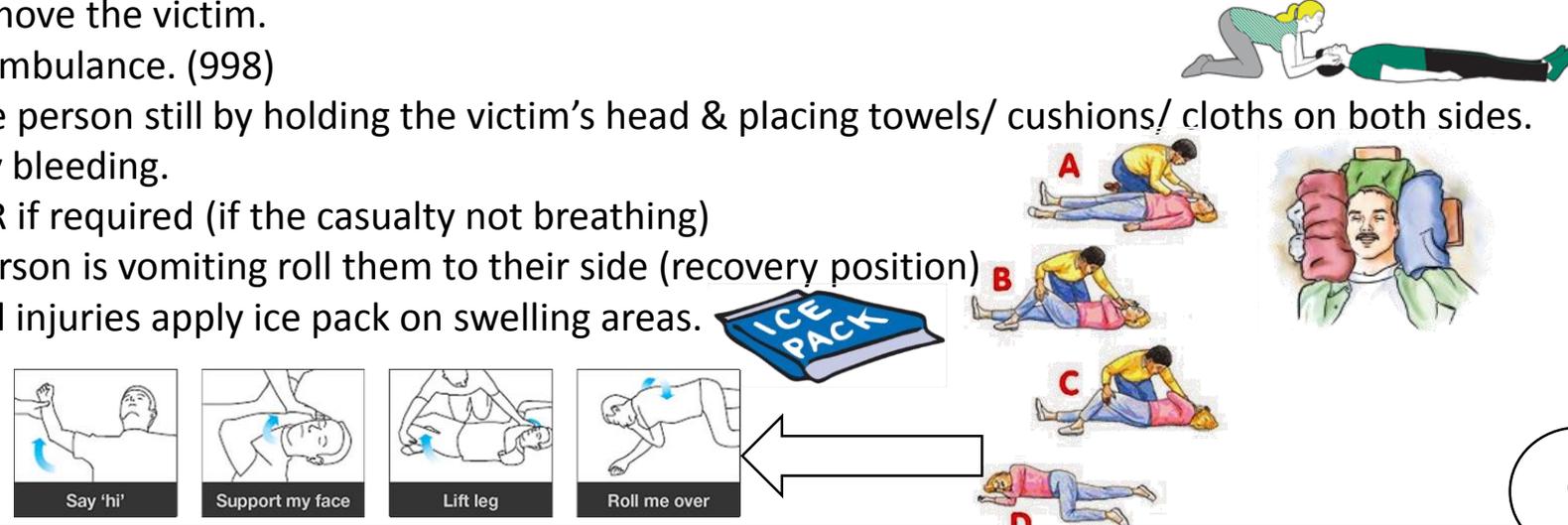
Unit2: Introduction to first aid
Lesson4: Head and spinal injuries

Head injuries: any trauma to the scalp/ skull/ brain.

Head injury can be:

Closed: Hard blow that did not break the skull.	Open (penetrating): An object broke the skull.
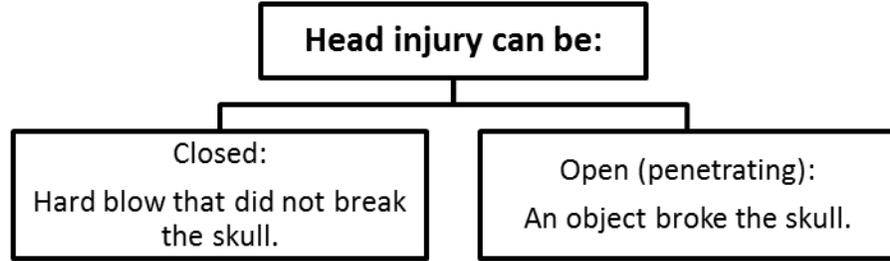
Common head injuries:
Concussion (when the brain is shaken)
Scalp wounds
Skull fractures

Head injuries may cause bleeding:
In the brain tissue.
In the layers that surround the brain.

Head injuries Don'ts:
Do not wash a deep head wound or heavily bleeding.
Do not remove any object sticking out of a wound.
Do not move the person.
Do not shake the person.
Do not remove a helmet if you suspect a head injury.

Prevention of head injuries:
use safety equipment:
Helmet
Hard hat
Seat belt
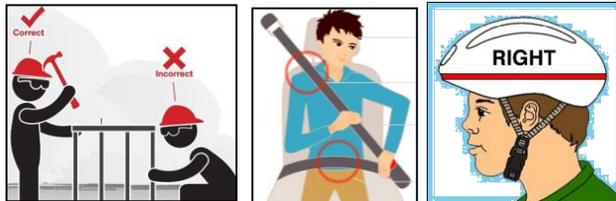
Unit2: Introduction to first aid
Lesson5: Arterial, venous and capillary bleeding
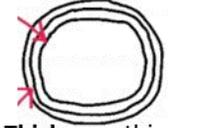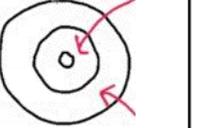
What makes up your circulatory system?

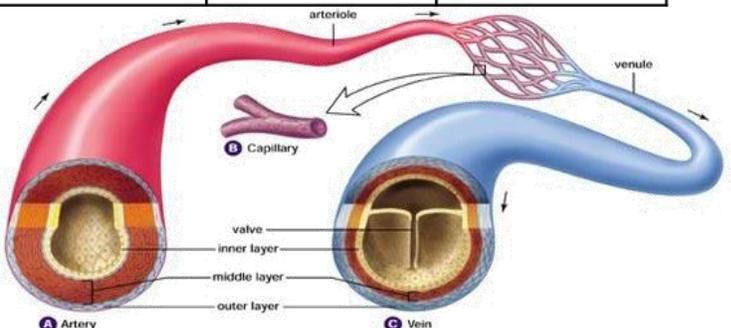| Transportation system		Circulatory system	
	Road/ street		**Blood vessels:** Veins/ Arteries/ capillaries
	Car		Blood
	Engine		Heart

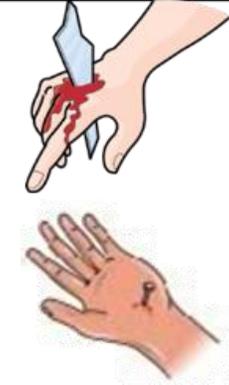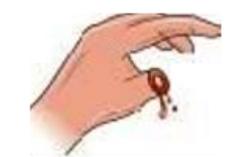Blood flows through blood vessels, which from the closed system called the "circulatory system"

Best of luck: Maitha Taleb Saeed

10
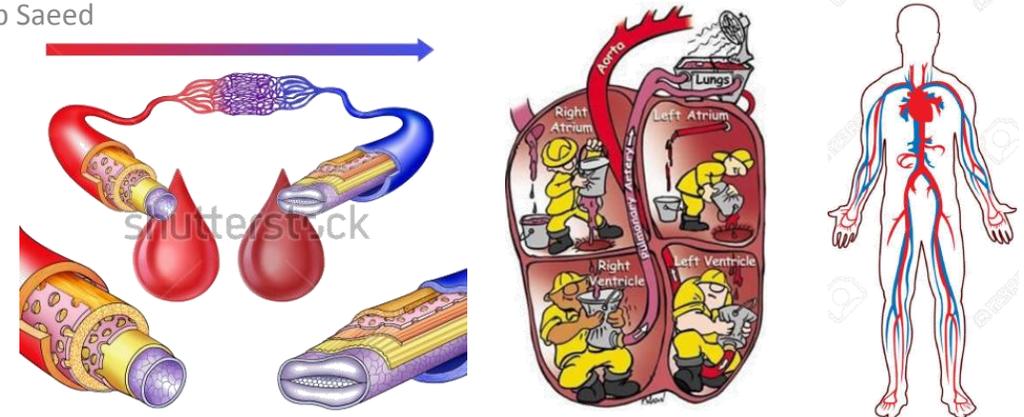
Blood vessel	Vein	Artery	Capillary
Cross section			
	Thickness: thin outer wall and muscle layer Lumen: large	Thickness: thick outer wall and muscle layer Lumen: large	Thickness: a single layer of cells Lumen: very small
Blood color	Dark red	Bright red	Both
Bleeding type			
How blood acts?	✓ Oozing ✓ Steady, slow flow	✓ Spurting ✓ Pulsating flow	✓ Slow flew ✓ Clot by itself
How serious is it?	Slightly serious injury & rarely result in death	Very serious, the cut will bleed very fast & the patient may die in minutes	The cut clot and stops by itself
What does it do? (function)	Return blood into the heart	Take blood out of the heart	Exchange gases & provide cells and tissues with nutrients

Note: veins have صمامات valves that stop blood from flowing back.

Category of soft tissue injury	Description/ definition	Types/ examples	Picture
Abrasion كشط	Scraping/ grazing the skin on a rough surface	Knees/ elbow/ hands	
Laceration تمزيق	Cut/ tear in the skin	If it is deep it may damage nerves & blood vessels	
Avulsion قلع	The tissue is torn away		
Puncture وخز	Penetrating of flesh by sharp object such as: knife/ splinter	**Perforated** (if the object goes through the body & out the other side) **Impaled** (if the object stays in the body & sticking out)	
Amputation بتر	Complete removal of tissue from the body	Limbs such as legs/ arm/ fingers	

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بنشر التاير
tyre puncture
tyre
Puncture وحَزَ
impaled طعَن
Nail
perforated تقب
(الأداة الحادة تدخل من جهة و تخرج من الجهة الأخرى)

Amputation
بَتَرَ
الباء مع الباء
والتاء مع التاء

Avulsion : قلع

laceration قَطع
لوكنتى تمسكين بسكين
فينتج بالعادة جرح قطعية

Abrasion
تقشير / كشط
grazing/scraping بشارة
sounds like

| Soft tissue injury type	Amputation	Puncture injuries
First aid	1) Call 998 2) Get first aid kit + wear PPE (personal protective equipment, such as: gloves) 3) Try to stop the bleeding using a dressing and a bandage	
	For amputated part: A. Wash it B. Wrap it with a clean cloth C. Put it inside a plastic bag D. Put the plastic bag inside another one that is full of cold water & ice	If there is something sticking out of the wound: Do not pull it! But fix it by wrapping a bandage around it.

Step 1   Step 2

Step 3

12
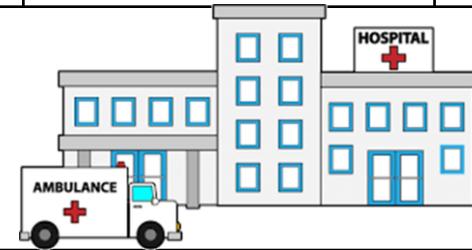
Unit2: Introduction to first aid
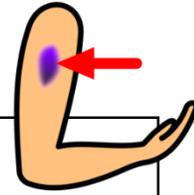**Lesson7: Applying a dressing to a wound**

Bleeding types

(wounds/ injuries/ cuts)
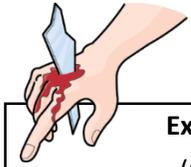
External bleeding

(Open injuries):

The skin is broken & blood comes out

Internal bleeding

(Closed injuries):

The blood is entrapped inside (bruise)

Dressings vs. bandages:

	Dressing	**Bandages**
What is used for?	Stops bleeding	Applies pressure/ keeps the dressing in place
Examples	Gauze pads/ plaster/ clean cloth	Gauze rolls/ triangular bandages/ elastic bandages/ clean cloth

When to call emergency services for bleeding?
1) There is a lot of bleeding.
2) You can not stop bleeding.
3) The person is showing signs of shock.
4) Suspect head/ neck/ spine injury.
5) You do not know what to do.

**Unit2: Introduction to first aid**
Lesson7: Applying a dressing to a wound

How to control "stop" external bleeding?
1. Get a first-aid kit
2. Wear PPE (**P**ersonal **P**rotective **E**quipment) such as gloves
3. Apply dressing and press with your palm to stop the bleeding
4. Apply a second dressing over the first one if needed
5. Wrap a bandage around the dressing to keep it in place
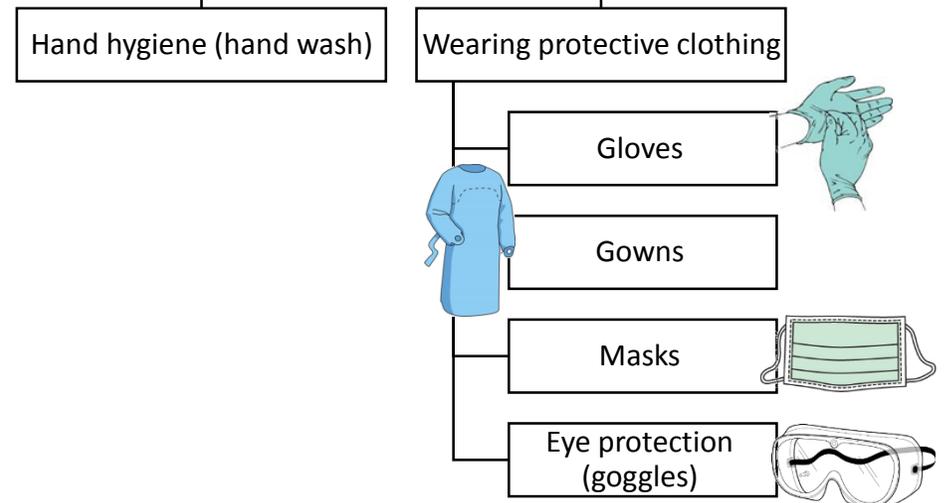
If the cut is small (capillary bleeding)
1. Wash under running water
2. Apply dressing such as plaster
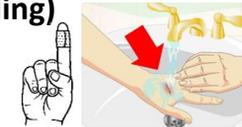
Lesson8: Hygiene and infection control

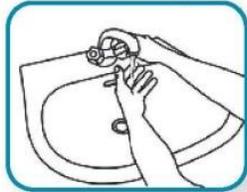**How to protect yourself & casualty from cross infection "contamination"?**

Protecting yourself & patient from infection

Hand hygiene (hand wash)   Wearing protective clothing

Gloves

Gowns

Masks

Eye protection (goggles)

Best of luck: Maitha Taleb Saeed

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How to wash and dry hands with liquid soap and water

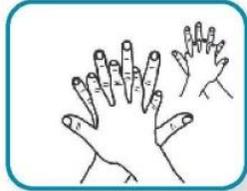Duration of the entire procedure: **40–60 secs.**

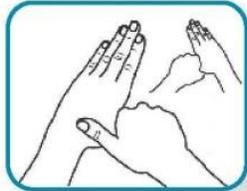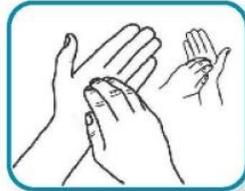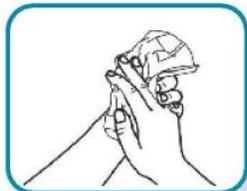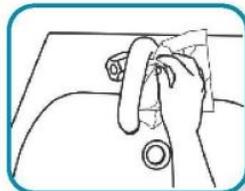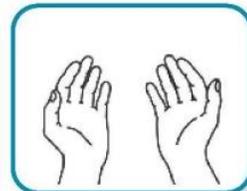|	
Wet hands with water	apply enough soap to all hand surfaces
rub hands palm to palm	right palm over left dorsum with interlaced fingers and vice versa
palm to palm with fingers interlaced	backs of fingers to opposing palms with fingers interlocked
rotational rubbing of left thumb clasped in right palm and vice versa	rotational rubbing, backwards and forwards with clasped fingers of right hand in palm and vice versa
rinse hands with water	dry thoroughly with single use towel
use towel to turn off faucet	…and your hands are safe.
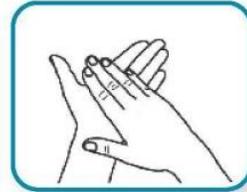
How to wash hands properly?	
1	Wet your hands
2	Apply soap
3	Rub hands palm to palm
4	Rub one hand over the other with fingers interlaced
5	Rub palm to palm with fingers interlaced
6	Rub back of fingers with the opposite palm, fingers interlocked
7	Rotational rubbing of thumb against opposite palm
8	Rotational rubbing of clasped fingers against the opposite palm
9	Rinse hands with water
10	Dry hands with a towel
11	Use the towel to close the tap

Best of luck: Maitha Taleb Saeed

How to remove gloves safely?
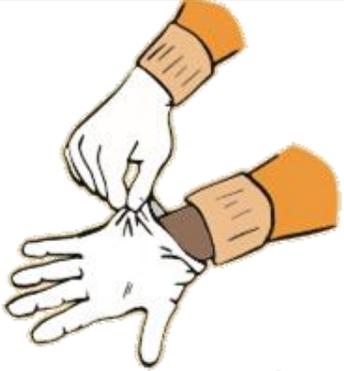
1) Grasp the inside of one glove & careful not to touch bare skin.
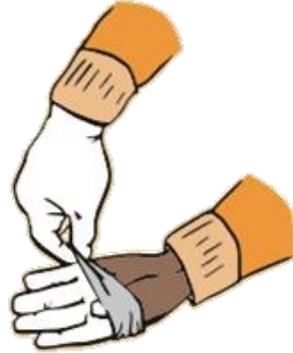
2) Peel off the glove turning it inside out.

3) Hold the removed glove with gloved hand.

4) Peel off the second glove by inserting your fingers inside it.

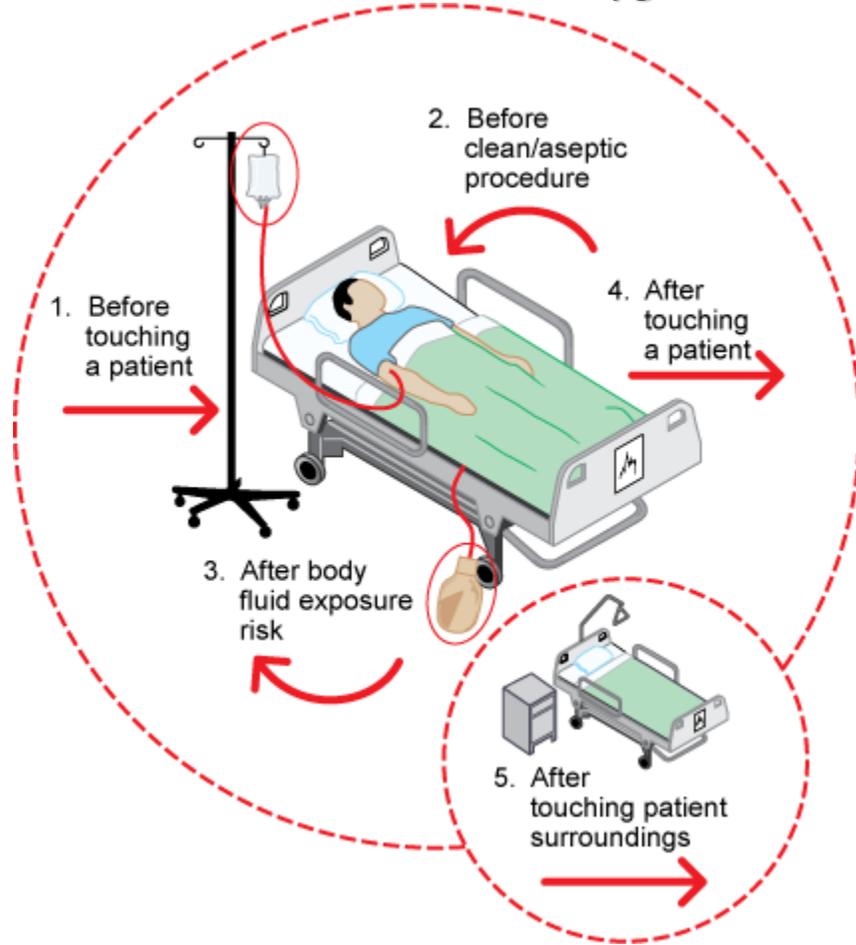5) Turn the glove inside out leaving the first glove inside the second.

6) Dispose the gloves safely (don't reuse the gloves)
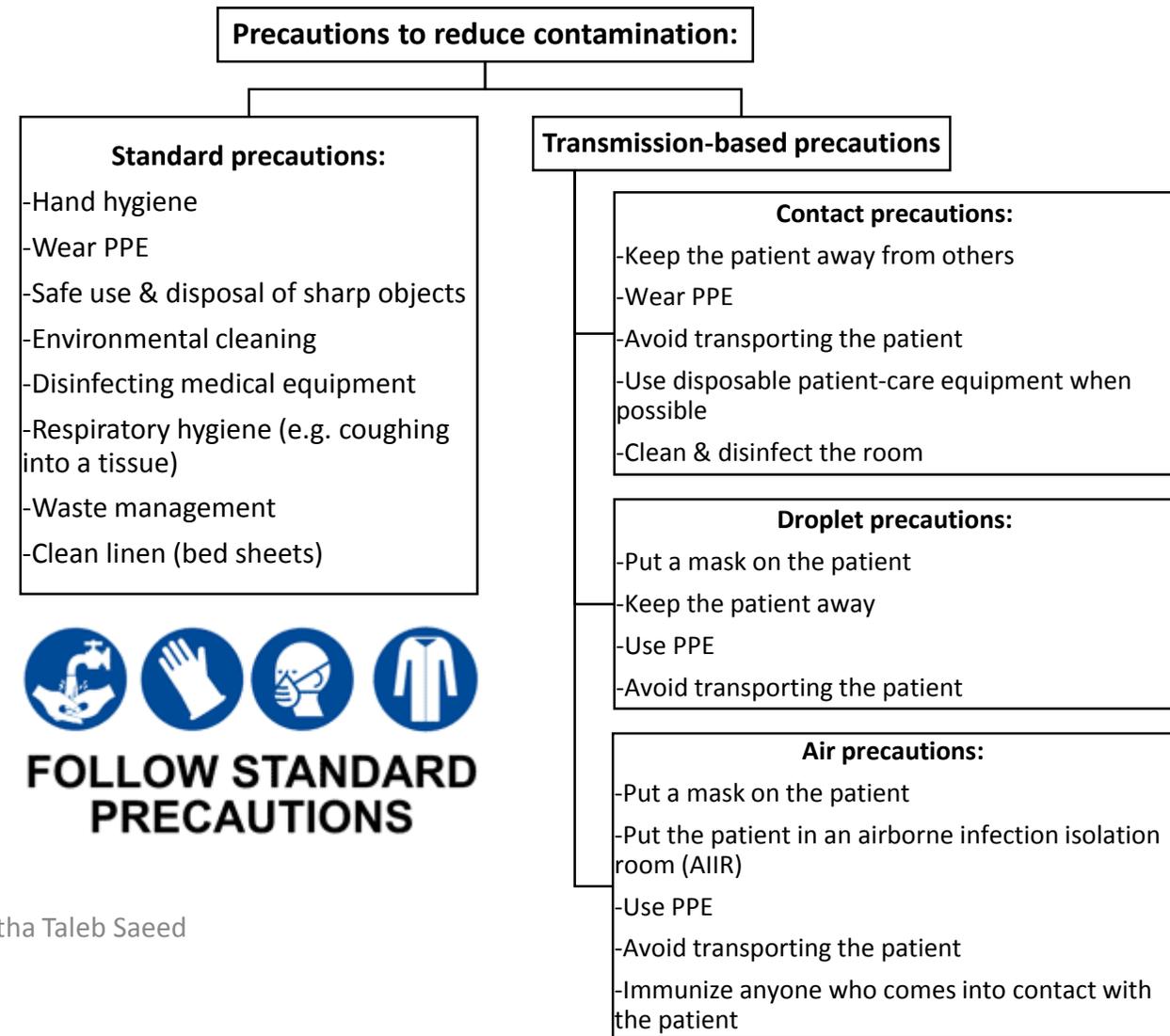
7) Wash your hands immediately.

How to reduce the spread of disease in a clinical setting?
Washing hands (hand hygiene)

5 moments for hand hygiene

To protect the patient from your germs	To protect yourself & healthcare environment from patient's germs
1,2	3,4,5

Precautions to reduce contamination:

Standard precautions:
-Hand hygiene
-Wear PPE
-Safe use & disposal of sharp objects
-Environmental cleaning
-Disinfecting medical equipment
-Respiratory hygiene (e.g. coughing into a tissue)
-Waste management
-Clean linen (bed sheets)

Transmission-based precautions

Contact precautions:
-Keep the patient away from others
-Wear PPE
-Avoid transporting the patient
-Use disposable patient-care equipment when possible
-Clean & disinfect the room

Droplet precautions:
-Put a mask on the patient
-Keep the patient away
-Use PPE
-Avoid transporting the patient

Air precautions:
-Put a mask on the patient
-Put the patient in an airborne infection isolation room (AIIR)
-Use PPE
-Avoid transporting the patient
-Immunize anyone who comes into contact with the patient

FOLLOW STANDARD PRECAUTIONS

Best of luck: Maitha Taleb Saeed

When to use precautions?
When a disease is already present to reduce the risk of it spreading further.

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"Let me guess...it's contagious!"