

FIRST AID IN THE LESSON PROCESS AND ITS SIGNIFICANCE

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Abstract. The article reveals the features of first aid that every person in our society should know how to provide first aid to himself and others, and proper first aid, provided in a timely manner, will save the lives of a large number of people

Keywords: an organism, a physiological process, open wound, closed wound, types of first aid.

Introduction. There is no doubt that a healthy and long life was the ancient dream of mankind. From this point of view, the main task facing any society is to realize this dream of mankind, that is, to create conditions for people to live a healthy and long life.

What is health? There are many definitions of this concept, and their content is determined by the professional point of view of the authors. A comprehensive and concise definition was adopted by the All-Union Health Society in 1948: "Health is not only the absence of disease and physical defects, but also complete physical, mental and social development." Human health is the result of a complex interplay of social, environmental and biological factors. The contribution of various influences on health is as follows: heredity - 20%, environment - 20%, level of medical care - 10%. Mating style - 50%.

Due to the requirements of our profession, we communicate with a large number of people, especially teachers. The topic of these conversations in many cases goes back to medical information, especially first aid. It is known that the right first aid provided in time makes it possible to save the lives of many people. Everyone in our society should know how to give first aid to themselves and those around them.

First aid for injuries depends on the type, nature and severity of the injury. It should be noted that the victim can provide first aid to himself (if his state of health permits) or to the people around him.

Wounds may be open or closed. With closed wounds, damage to soft tissues, muscles or tendons is possible without damage to the skin and mucous membranes. With closed wounds, symptoms such as aggravation of the wound in the form of lacerations, ruptures of the flesh, stretching of the tendons are observed. To eliminate or reduce them, it is enough to compress the injured area.

With open wounds, the skin or mucous membranes are necessarily damaged. Open wounds can be superficial or deep. Scuffs and scratches are superficial wounds.

They cause pain, swelling, bleeding and infection of the body. To eliminate these complications, it is often enough to treat the damaged area with iodine. Before treatment with iodine, it is necessary to clean the wound from pieces of clothing, broken glass. When blood leaks from the wound after treatment with iodine, the wound is closed with a sterile bandage.

With deeper open injuries, in addition to pain and the risk of infection, bleeding is also observed. Depending on the type of damage to the blood vessels, three types of bleeding can occur: capillary, venous and arterial bleeding. With capillary bleeding, dark red blood oozes from the wound. Often stops with iodine treatment. If the bleeding does not stop, a sterile dressing should be applied to the wound. In venous bleeding, dark red blood flows slowly, depending on the size of the damaged vein. A tourniquet is not applied when bleeding from a vein. It is enough to treat the wound with iodine, and then apply a sterile pressure bandage.

When an artery is damaged, pale red blood comes out of a vein. Since the blood in the artery flows at a high speed (1-1.5 m / s) and pressure (70-120 mm Hg), therefore, in case of arterial bleeding, it is necessary to immediately stop the blood with a tourniquet. A tourniquet is usually placed on the thigh for a leg injury and on the shoulder for an arm injury.

There are certain rules for laying the harness, which are as follows:

1. The bandage is placed 10-15 cm above the wound;
2. If the blood stopped after the first bandage and the pulse disappeared, the next bandages are wound weaker;
3. After winding the rope, the set time (hours, minutes) is written on a piece of paper and attached to the rope;
4. An iodine solution is applied to the affected area and a sterile dressing is applied;
5. The dressing is applied for a maximum of 2 hours. If during this time it is not possible to deliver the victim to the hospital, the tourniquet is slightly loosened and the wound bleeds within 10-15 seconds. Then it is enriched again, the new time is written on a piece of paper and attached to a thread.

Otherwise, if the tourniquet is left for more than 2 hours, the lower leg or arm may become necrotic and die.

The tourniquet should not be applied to the wrist or calf. Because there are two bones in these places, and an artery passes between them. Therefore, stopping the bleeding with a tourniquet will not work.

When bleeding from the carotid artery, when rendering first aid to stop the blood, the artery is firmly pressed with the thumb to the body of the cervical spine below the wound. After stopping the bleeding, without removing the finger, a hard roller is placed there and tied with a bandage.

A bone dislocation is a complete dislocation of the articular surface. When the bone protrudes, the shape of the joint changes, pain and movement disorders appear. When providing first aid, the joint is tightly bandaged, the mobility of the bones is limited, and the patient is immediately taken to the hospital.

When a bone breaks, a large and sudden force can cause the bones to crack and break completely. There is a difference between closed and open bone fractures. When closing the bone, the skin is not damaged. The shape of the broken bone changes, severe pain appears, the skin may turn blue (due to rupture of small blood vessels). In this case, in addition to pain for the body, as a result of the displacement of the sharp ends of a broken bone, damage to soft tissues and blood vessels can occur. To prevent them, it is necessary to immobilize a broken bone with splints when rendering first aid. When splinting with splints, 2 joints are immobilized below and above the fracture site, and in case of fractures of the shoulder and femur, 3 joints are immobilized.

An open bone fracture can cause severe pain, bone deformity, and bleeding. As a result, the soreness of the body leads to the development of shock, as a result of the displacement of the sharp ends of the broken bone, further damage to tissues and blood vessels occurs, infection and blood loss occur in the wound. To prevent them, in the absence of arterial bleeding, the wound is treated with an iodine solution and a sterile bandage is applied. Then, as shown above, 2 or 3 joints above and below the broken bone are immobilized with splints.

If there is arterial bleeding from the affected area, first aid should be given to immediately stop the bleeding. Then the wound is treated with an iodine solution, a sterile dressing is applied and the broken bone is immobilized with splints. It should be noted that with closed and open fractures of the bones, the victim cannot be moved until the bones are immobilized with splints. Otherwise, as mentioned above, soft tissues and blood vessels may be injured as a result of the displacement of the sharp ends of the broken bone. In the absence of ready-made splints for immobilization, you can use a board, wood, wood, a broken bone, as a splint, you can use a horn or any other hard material.

Pneumothorax can develop as a result of air entering the pleural cavity, in addition to the risk of infection of the chest wound. Pneumothorax, in turn, can cause difficulty or stop breathing. To prevent it, a sterile hermetic bandage is applied to the stabbing wounds of the chest. To do this, the wound is treated with an iodine solution. 3-4 layers of a sterile bandage or napkin, cotton wool are applied to the wound, and then a piece of airtight material (cellophane) and tightly tied with a bandage.

With a head injury, a concussion can occur along with pain. Therefore, the victim should be carefully laid down and not moved. With open wounds of the head, the area around the wound is treated with an iodine solution, and then a cap-shaped sterile bandage is applied to the head, that is, a hippocratic cap.

Conclusion. In case of fractures of the pelvic bones, it is impossible to apply a splint. In this case, when transporting the victim to the hospital by car, a sanitary stretcher with a side or hard plywood should be used. In the absence of a board or plywood, the victim is taken lying on his stomach on a sanitary stretcher. In addition to the above injuries, emergencies are possible, such as sun or heat stroke, frostbite, carbon monoxide poisoning, food poisoning, suicide. need to provide first aid.

In the case of first aid in case of sun exposure or in case of heat, it is necessary to quickly remove the victim from the place to a cool place, remove warm clothes, and wash the body with cold water.

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