

2. Basic First Aid Every Parent Should Know

At a Glance...

Parents will use first aid when an unexpected health problem or emergency occurs with their child.

Time Required

45 minutes to 1 hour

Core Concepts

- Parents should be prepared and have a plan for emergencies
- Every family should have a Home Health Center

Objective

Parents will review their first aid skills and the components of a First Aid Kit.

Materials

- Flip chart and markers or chalkboard and chalk

- "What Should Be in My Home Health Center and First Aid Kit?" (C-2-a)

Instructions

1. List on flip chart or chalkboard:

Be Prepared for an Emergency

- CPR
- Home Health Center and First Aid Kit
- Medical self-care book
- Emergency phone numbers
- Hospital and other emergency and medical resources
- Emergency room
- Social security number of child and self and health insurance information

2. Gather examples of essential items in a First Aid Kit. Ask a pharmacist to help provide some of these items.

Facilitator's Script



We would all like to think we will never have a medical emergency, but it pays to be prepared and to have a plan just in case. There are things you can do at home, and there are times when you need to seek medical help. **Only you can be the judge of how severe or urgent a problem is. Trust your judgment and use common sense.**

Let's review how to be prepared for an emergency with your child.

Look at the list that you have written on the chalkboard or flip chart of how to be prepared for an emergency. Review each item.

- **CPR (cardiopulmonary resuscitation):** CPR can save a life when someone has stopped breathing. Every second counts in this critical situation. Take a CPR class offered by a local branch of the American Red Cross, the YMCA, a hospital or community organization. Make sure that any daycare providers you use for your children are CPR-certified.
- **Home Health Center and First Aid Kit:** Create a Home Health Center in your home and a First Aid Kit in your car. Components of the Home Health Center and First Aid Kit will be discussed later in this session.
- **Medical Self-Care Book:** Use a medical self-care book to learn what to do for common ailments and to determine when to see a doctor or use the emergency room. You can buy a medical self-care book at any bookstore.
- **Emergency Lists:** Keep a list of emergency phone numbers posted by each phone: 911, your doctor, child's doctor, Poison Control Center (1-800-288-9999), pharmacist, and someone to call if you need backup so you can leave your other children home safely in an emergency.
- **Hospital and Other Emergency and Medical Resources:** Learn where the hospital and other emergency and medical resources are in your community.
- **Emergency Room:** Only go to the emergency room (ER) for care when you have a truly life-threatening situation. Know when to call your doctor or to visit an outpatient or after-hours care clinic instead. If you go to an ER for a nonemergency, chances are you will wait a very long time for care, have a huge bill that won't be covered by your insurance, and not get the attention or care you really need because your child's condition is not as critical as those of other patients. Earaches and fevers are not conditions requiring emergency care.
- **Social Security Numbers for You and Your Children and Health Insurance:** Keep a list of this information in your purse, in the first aid kit in your car, and in your home health center.

More health care takes place in your home than anywhere else. That's a good reason why you should have a Home Health Center. A Home Health Center is basically one central place -- such as a large drawer in your bedroom, bathroom, kitchen or family room -- where you store all of your self-care items.

If small children are around, be sure to keep your supplies out of reach or protected by child-proofing safety latches.

Having the right tools, medicines, supplies and information on hand will improve the quality of emergency care.

Distribute the handout "What Should Be in My Home Health Center and First Aid Kit?" (C-2-a). Review the self-care tools, self-care supplies, and over-the-counter medications and products that are basic equipment for the Home Health Center. As you discuss each item, have participants check those items on the list that they have now.

Ask respondents how many of them have a First Aid Kit in their homes **and** in their cars. Ask if there are other places to keep a First Aid Kit. As the items are discussed, ask participants to check those they have now. Discuss these points as a reminder:

- A well-stocked First Aid Kit, kept in easy reach, is a necessity in every home.
- Having supplies gathered ahead of time will help you handle an emergency at a moment's notice.
- Keep one First Aid Kit in your home and one in each car.
- Choose containers for your kits that are roomy, durable, easy to carry, and simple to open. Plastic tackle boxes or containers for storing art supplies are ideal, since they are lightweight, have handles, and offer a lot of space.

Final Thoughts

Homework

When you get home, please review the items that you should include in a Home Health Center and First Aid Kit. If you don't have the items, purchase them and place them in a safe location in your home. And put a First Aid Kit in your car. Be prepared to share with the group at our next session how this process is going.

As a closing exercise, use the Round Robin group process to ask each participant to identify at least one thing he or she learned and plans to do as a result of this session.

What Should Be in My Home Health Center and First Aid Kit?

Check (a) the items you already have in your home health center and first aid kit. Ask a pharmacist for help and purchase the items that you don t have. Keep a first aid kit as part of your home health center in your home. Keep another first aid kit in your car and other places where accidents can occur, such as a barn or a workshop. If your budget won't allow you to buy all the items listed below, first buy the essential ones marked with this symbol (*).

First Aid Kit:

1. Bulb syringe*
2. Disposable latex gloves*
3. Elastic bandage, 2-inches wide*
4. 4 x 4-inch sterile gauze pads*
5. Hydrogen peroxide*
6. Ipecac syrup*
7. Large, clean bandana*
8. 1-inch tape*
9. Sanitary pads (individually wrapped)*
10. Scissors*
11. Soap and bottled water*
12. Tweezers*

Over-the-Counter Medications and Products:

- Acetaminophen
- Antacids, low sodium
- Aspirin, ibuprofen, naproxen
- Antifungal preparations
- Baking soda
- Hydrocortisone cream
- Hydrogen peroxide
- Nasal decongestant
- Rubbing alcohol
- Triple antibiotic ointment
- Sunscreen, SP15 or greater

Self-Care Supplies:

- Adhesive strips (such as Band-Aids®) in assorted sizes*
- Adhesive tape, 1-inch wide
- Butterfly bandages
- Cotton balls
- Dental floss
- Disposable latex gloves*
- Elastic (Ace) bandage, 2-inches wide*
- 4 x 4-inch sterile gauze pads*
- 1-inch tape*
- Roll of gauze bandage, 2-inches wide
- Sanitary pads, (individually wrapped)*
- Soap*
- Sterile gauze pads, 4-inches square*
- Snap- or zip-lock plastic bags*

Self-Care Tools:

- Blood pressure monitor
- Cold pack
- Eyedropper
- Family health records*
- Flash light or penlight*
- Heating pad or hot water bottle*
- Humidifier or vaporizer
- Large, clean bandana*
- Measuring tape*
- Nail clippers
- Scissors*
- Self-care book*
- Stethoscope
- Thermometer*
- Tweezers*

For children under six, add:

- Bulb aspirator/syringe*
- Medicine spoon*
- Otoscope
- Rectal thermometer

Why These Items Should Be in My Home Health Center and First Aid Kit

Bulb syringe:	Use to suction the nose and mouth when necessary to assist breathing.
Disposable latex gloves:	Provide a barrier from germs and body fluids during first aid.
Elastic bandage, 2 inches	Elastic bandages can provide support and a reminder to take it easy on a joint. They also work better than tape to bandage a wound in a joint area.
4 x 4-inch sterile gauze pads:	Use to clean and cover deep wounds or to cover an eye injury.
Hydrogen peroxide:	Inexpensive cleansing and anti-infection agent.
Ipecac syrup:	First aid for some poisonings. Call the Poison Control Center for advice about the use of ipecac and the correct dose.
Large, clean bandana	Use to keep a broken bone or injured joint from moving in a splint or a sling, or to secure bandages.
Medical self-care book	Use to learn what to do for common ailments and to find out when to see a doctor or use the emergency room. You can buy a medical self-care book at any book store.
Medicine spoon:	A transparent tube with marks for typical dosage amounts. Makes it easy to give the right dose of liquid medicine. Useful for all ages, especially young children.
1-inch tape:	Use to secure bandages or splints, or to make a butterfly closure for a clean cut.
Sanitary pads (individually wrapped):	An inexpensive, clean and absorbent bandage for large wounds.
Scissors:	To cut bandages and clothing.
Soap and bottle water.	To clean minor wounds or your hands, or use water to flush toxic chemicals from the eyes or skin. Take bottled water for your car First Aid Kits and other places outside of the home.
Tweezers:	Use to remove splinters.