

# FIRST AID

Call 911 or an Emergency Number for any severely ill or injured child.

## STINGS AND BITES

**Stinging Insects** Remove the stinger as quickly as possible with the scraping motion of a fingernail. Put a cold compress on the bite to relieve the pain. If trouble breathing, fainting, or extreme swelling occurs, call 911 or an emergency number immediately. For hives, nausea, or vomiting, call the pediatrician. For spider bites, call the pediatrician or Poison Center and describe the spider. Have the pediatrician examine any bites that become infected.

**Animal or Human Bites** Wash wound thoroughly with soap and water. Call the pediatrician. The child may require a tetanus or rabies shot.

**Ticks** Use tweezers or your fingers to grasp as close as possible to the head of the tick and slowly pull the tick away from the point of attachment. Call the pediatrician if the child develops symptoms such as a rash or fever.

**Snake Bites** Take the child to an emergency department if you are concerned that the snake may be poisonous or if you are unsure of the type of snake bite. Keep the child at rest. Do not apply ice. Loosely splint the injured area and keep it at rest, positioned below the level of the heart. Try to identify the snake, if you can do so safely.



## BURNS AND SCALDS

**General Treatment** First stop the burning process by removing the child from contact with hot water or a hot object (for example, tar). If clothing is burning, smother flames and cool clothing by soaking with water. Remove clothing unless it is firmly stuck to the skin. Run cool water over burned skin until the pain stops. Do not use ice or apply any butter, grease, medication, or ointment.

**Burns With Blisters** Do not break the blisters. Call the pediatrician for advice on how to cover the burn and about any burns on the face, hands, feet, or genitals.

**Large or Deep Burns** Call 911 or an emergency number. After stopping and cooling the burn, keep the child warm with a clean sheet covered with a blanket until help arrives.

**Electrical Burns** Disconnect electrical power. Do NOT touch the victim with bare hands. Pull the victim away from the power source with a wooden pole. ALL electrical burns need to be seen by a doctor.

## SKIN WOUNDS

Make sure the child is immunized for tetanus. Any open wound may require a tetanus booster even when the child is currently immunized. If the child has an open wound, ask the pediatrician if the child should receive a tetanus booster.

**Bruises** Apply cold compresses. Call the pediatrician if the child has a crush injury, large bruises, continued pain, or swelling. The pediatrician may recommend acetaminophen for pain.

**Cuts** Wash small cuts with water until clean. Use direct pressure with a clean cloth to stop bleeding. Apply an antibiotic ointment, then cover the cut with a clean bandage. Call the pediatrician for large and/or deep cuts, or if the wound is gaping, because stitches should be placed without delay. For major bleeding, call for help (911 or an emergency number). Continue direct pressure with a clean cloth until help arrives.

**Scrapes** Rinse with soap and water to remove dirt and germs. Do not use detergents, alcohol, or peroxide. Use antiseptic soap. Apply an antibiotic ointment and a bandage that will not stick to the wound.

**Splinters** Remove small splinters with tweezers, then wash and apply local antiseptic. If you are unable to remove the splinter completely, call the pediatrician.

**Puncture Wounds** Do not remove large objects such as a knife or stick from a wound. Call for emergency medical assistance (911). Such objects must be removed by a doctor.

Call the pediatrician for all puncture wounds. The child may need a tetanus booster.



## EYE INJURIES

If anything is splashed in the eye, flush gently with water for at least 15 minutes. Call the Poison Center or the pediatrician for further advice. Any injured or painful eye should be seen by a doctor. Do NOT touch or rub an injured eye. Do NOT apply medication. Do NOT remove objects stuck into the eye. Cover the painful or injured eye with a paper cup or eye shield until you can get medical help. An eye injury may require a tetanus booster.

## FRACTURES AND SPRAINS

DO NOT MOVE A CHILD WHO MAY HAVE A NECK OR BACK INJURY, as this may cause serious harm. Call 911 or an emergency number.

If an injured area is painful, swollen, deformed, or if motion causes pain, wrap it in a towel or soft cloth and make a splint with cardboard or another rigid material to hold the arm or leg in place. Apply ice or a cold compress, or seek emergency care, if there is a break in the skin near the fracture or if you can see the bone, cover the area with a clean bandage, make a splint as described above, and seek emergency care.

If the foot or hand below the injured part is cold or discolored, seek immediate emergency care.



## FEVER

Fever in children is usually caused by infection. It also can be caused by chemicals, poisons, medications, an environment that is too hot, or an extreme level of exertion. Take the child's temperature to see if he has a fever. Most pediatricians consider any thermometer reading above 100.4°F (38°C) a sign of a fever. However, the way the child looks and behaves is more important than how high the child's temperature is. Call the pediatrician immediately if the child has a fever and:

- Appears very ill, is unusually drowsy, or is very fussy
- Has been in an extremely hot place, such as an oven-heated car
- Has additional symptoms such as a stiff neck, severe headache, severe sore throat, severe ear pain, an unexplained rash, or repeated vomiting or diarrhea
- Has a condition causing immune suppression (such as sickle cell disease, cancer, or the taking of steroids)
- Has had a seizure
- Is less than 2 months of age and has a rectal temperature of 100.4°F (38°C) or higher

To make the child more comfortable, dress him in light clothing, give him cool liquids to drink, and keep him calm. The pediatrician may recommend fever medications. Do not use aspirin to treat a child's fever. Aspirin has been linked with Reye syndrome, a serious disease that affects the liver and brain.



## FAINING

Lay the child on his back with his head to the side. Do NOT give the child anything to drink. If the child does not wake up within 1 minute, call the pediatrician, or dial 911 or an emergency number. If the child is not breathing, begin CPR.

## TEETH

**Baby Teeth** If knocked out or broken, apply clean gauze to control bleeding and call the pediatric dentist.

**Permanent Teeth** If knocked out, find the tooth and, if dirty, rinse gently without scrubbing or touching the root. Do not use chemical cleaners. Use milk or cold running water. Place the tooth into clean water or milk and transport the tooth with the child when seeking emergency care. Call and go directly to the pediatric dentist or an emergency department.

If the tooth is broken, save the pieces in milk and call the pediatric dentist immediately.



## CONVULSIONS, SEIZURES

If the child is breathing, lay her on her side to prevent choking. Make sure the child is safe from objects that could injure her. Do not put anything in the child's mouth. Loosen any tight clothing. Perform rescue breathing if the child is blue or not breathing. Call 911 or an emergency number.

## HEAD INJURIES

DO NOT MOVE A CHILD WHO MAY HAVE A SERIOUS HEAD, NECK, AND/OR BACK INJURY. This may cause further harm.

Call 911 or an emergency number immediately if the child loses consciousness and does not awaken within a few minutes.

Call the pediatrician for a child with a head injury and any of the following:

- Loss of consciousness
- Drowsiness that lasts longer than 2 hours
- Difficulty being awakened
- Persistent headache or vomiting
- Clumsiness or inability to move any body part
- Coughing or blood or watery fluid from ears or nose
- Convulsions (seizures)
- Abnormal speech or behavior

For any questions about less serious injuries, call the pediatrician.

## POISONS

If the child has been exposed to or ingested a poison, call the Poison Center at 800/222-1222.

**Swallowed Poisons** Any nonfood substance is a potential poison. Call the Poison Center immediately. Do not induce vomiting except on professional advice. The Poison Center will give you further instructions.

**Fire, Gas, or Smoke**

Get the victim into fresh air and call 911 or the fire department. If the child is not breathing, start cardiopulmonary resuscitation (CPR) and continue until help arrives.

**Skin Exposure** If acids, lye, pesticides, chemicals, poisons, or any potentially poisonous substance comes in contact with a child's skin, eyes, or hair, brush off any residual material while wearing rubber gloves, if possible. Remove contaminated clothing. Wash skin, eyes, or hair with large quantities of water or mild soap and water. Call the Poison Center for further advice.

If a child is unconscious, becoming drowsy, having convulsions, or having trouble breathing, call 911 or an emergency number. Bring the poisonous substance (safely contained) with you to the hospital.



## NOSEBLEEDS

Keep the child in a sitting position with the head tilted slightly forward. Apply firm, steady pressure to both nostrils by squeezing them between your thumb and index finger for 10 minutes. If bleeding continues, or is very heavy, call the pediatrician or seek emergency care.

Does your community have 911? If not, note the number of your local ambulance service and other important numbers below.

## BE PREPARED: CALL 911 KEEP EMERGENCY NUMBERS BY YOUR TELEPHONE

PEDIATRICIAN \_\_\_\_\_

PEDIATRIC DENTIST \_\_\_\_\_

POISON CENTER \_\_\_\_\_

AMBULANCE \_\_\_\_\_

EMERGENCY DEPARTMENT \_\_\_\_\_

FIRE \_\_\_\_\_

POLICE \_\_\_\_\_



Turn Over for Choking and CPR Instructions

American Academy of Pediatrics

DEDICATED TO THE HEALTH OF ALL CHILDREN™

# Aap First Aid Guide

**John Otto Spengler, Daniel  
Connaughton, Andrew T. Pittman**

## **Aap First Aid Guide:**

*The ^AParents' Guide to Psychological First Aid* Gerald P. Koocher, Annette M. La Greca, Olivia Moorehead-Slaughter, Nadja N. Lopez, 2024-04-04 The Parents Guide to Psychological First Aid brings together an array of experts to offer parental guidance in helping your child navigate and recover from the everyday stresses they will encounter growing up. Clear, practical, and to the point, this is a go-to reference that parents will find themselves returning to again and again as their children grow. With practical tips, nonjudgmental advice, and suggestions for additional resources at the end of each chapter, this useful and thought-provoking book will be of immense value to new and seasoned parents alike.

**MTS/PFE Study Guide**, 1982 Risk Management in Sport and Recreation John Otto Spengler, Daniel Connaughton, Andrew T. Pittman, 2006 Risk Management in Sport and Recreation is a comprehensive resource for those charged with the responsibility of providing for the safety of participants and spectators in a sport or recreation setting. It covers a range of safety issues including lightning, heat illness, aquatics, playground safety, drug testing, and medical emergency action plans. Readers receive clear and detailed explanations of issues to consider before making decisions on risk management. Risk Management in Sport and Recreation is designed to provide a foundation for approaching key issues in safety and risk management. It shows readers how to evaluate and analyze various safety issues and apply the underlying concepts to a variety of situations. The following are unique features of the text: A safety guidelines finder lists Web sites of accessible standards, guidelines, and recommendations from leading organizations; Chapter objectives and pullout boxes of key points and key statistics stress the importance of the topic under discussion; Threshold issues in each chapter highlight important factors to consider when making decisions on risk management; Real-world applications at the end of each chapter present scenarios involving the potential for harm, and readers must make a decision on how to address the issues; Examples of public service announcements, posters, and other publicly viewed safety information are presented; An appendix offers examples of emergency action plans, checklists, and recommendations from organizations such as the National Lightning Safety Institute and university aquatic centers; A companion Web site provides links to the Web sites used in the book, as well as updates to guidelines and links that may occur after the book is in print; The safety guidelines finder gives students and practitioners a single location from which they can easily access important safety information; Organized under land-based or water-based activities, each activity lists guidelines, recommendations, and standards along with the source for that information; Each entry includes Web sites where readers can find the full documents; The text also features sample guidelines and safety checklists from agencies and associations that demonstrate how organizations might plan for risk and communicate safety information; Readers also consider the types of postings and equipment they will need in order to communicate their risk management plans, and they are given real-life situations in which a risk management plan is needed and are prompted to consider why and how to create a plan for such situations. The resource will help students and

professionals plan for and manage risk Current and future employees of sport facilities school athletic programs parks and recreation programs youth and aquatic centers or resorts and golf courses will find that Risk Management in Sport and Recreation provides the tools to assist in making the right decisions to manage risk effectively *A Mom's Ultimate Book of Lists* Michelle LaRowe,2010-01-01 Grocery lists Checklists To do lists Lots of people love and live by lists And parents are no exception Today s families are busier than ever and moms don t have the time or energy to search and scramble for the parenting information they are desperately seeking How much should my child be sleeping at this age What toys will most benefit my child What items are truly essential in furnishing a nursery What questions should I ask a potential caregiver What are the signs of a family friendly restaurant The answers to these questions and more than a hundred others are at a mom s fingertips with *A Mom s Ultimate Book of Lists* This handy practical reference guide will save time money and sanity for today s busy women PedFACTS ,2005 This manual for the American Academy of Pediatrics AAP course discusses the illnesses and injuries commonly sustained by children that require first aid Accompanied by color photographs the 15 chapters walk through the procedures for initially assessing and treating convulsions seizures allergic reactions bites stings burns eye injuries The No-Nonsense Guide to Mental Health in Schools John R. Burns,2024-06-03 Responding to the rise in challenges to the mental health of young people this book provides schoolteachers with the essential skills required to recognise emotional distress in their students and more importantly empowers them to make a genuine difference Teachers have unintentionally become the first responders for distressed youth in their schools but they cannot be expected to carry out mental health interventions This book provides teachers with essential mental health literacy and knowledge of mental health first aid so that they know how to act when their students need help The chapters provide concise and jargon free outlines of the main mental disorders that teachers can expect to encounter in their classrooms and offer practical guidance on how to speak to these students and help them towards the most suitable support in the community Drawing on the best available research and offering illustrative case studies to support core skills this book gives teachers the confidence and competence to take action A crucial resource for all school staff The No Nonsense Guide to Mental Health in Schools supports teachers to feel confident in making a difference in the wellbeing of their students **Magill's Medical Guide** Anne Chang,2008 Covers diseases disorders treatments procedures specialties anatomy biology and issues in an A Z format with sidebars addressing recent developments in medicine and concise information boxes for all diseases and disorders

**Public Health Nursing - Revised Reprint** Marcia Stanhope,Jeanette Lancaster,2013-10-15 This Revised Reprint of our 8th edition the gold standard in community health nursing Public Health Nursing Population Centered Health Care in the Community has been updated with a new Quality and Safety Education in Nursing QSEN appendix that features examples of incorporating knowledge skills and attitudes to improve quality and safety in community public health nursing practice As with the previous version this text provides comprehensive and up to date content to keep you at the forefront of the ever

changing community health climate and prepare you for an effective nursing career In addition to concepts and interventions for individuals families and communities this text also incorporates real life applications of the public nurse s role Healthy People 2020 initiatives new chapters on forensics and genomics plus timely coverage of disaster management and important client populations such as pregnant teens the homeless immigrants and more Evidence Based Practice boxes illustrate how the latest research findings apply to public community health nursing Separate chapters on disease outbreak investigation and disaster management describe the nurse s role in surveilling public health and managing these types of threats to public health Separate unit on the public community health nurse s role describes the different functions of the public community health nurse within the community Levels of Prevention boxes show how community public health nurses deliver health care interventions at the primary secondary and tertiary levels of prevention What Do You Think Did You Know and How To boxes use practical examples and critical thinking exercises to illustrate chapter content The Cutting Edge highlights significant issues and new approaches to community oriented nursing practice Practice Application provides case studies with critical thinking questions Separate chapters on community health initiatives thoroughly describe different approaches to promoting health among populations Appendixes offer additional resources and key information such as screening and assessment tools and clinical practice guidelines NEW Quality and Safety Education in Nursing QSEN appendix features examples of incorporating knowledge skills and attitudes to improve quality and safety in community public health nursing practice NEW Linking Content to Practice boxes provide real life applications for chapter content NEW Healthy People 2020 feature boxes highlight the goals and objectives for promoting health and wellness over the next decade NEW Forensic Nursing in the Community chapter focuses on the unique role of forensic nurses in public health and safety interpersonal violence mass violence and disasters NEW Genomics in Public Health Nursing chapter includes a history of genetics and genomics and their impact on public community health nursing care

**Caring for Our Children** American Academy of Pediatrics,2002 This guide is a resource for paediatricians interactions with parents as well as local child care providers which should help to promote the health and safety of children in these settings

**Kidex for Fours** R. Adrienne Boyd,2006 Kidex for Four s Practicing Competent Child Care provides extensive tools for understanding and caring for four year olds in a child care setting Suggestions for best practice care are integrated throughout the resource coupled with information to acquaint you with typical and atypical four year old behavior Kidex for Four s Practicing Competent Child Care assists you in developing a Kidex class book similar to a classroom operating manual that includes individual profiles for each child group schedules monthly checklists for important milestones of development and planned activities to accompany each month Many other documents to help manage the classroom are provided These documents pertain to safety hygiene sanitation communication providing for children and their families and articles for parents Maintaining current information assures all children will receive consistent competent care every day

*First Time Dad* Ged Fraley, Becoming a dad for the first time doesn t come

with an instruction manual until now Do you ever worry that you ll make rookie mistakes miss crucial moments or not know how to truly support your partner when it matters most First Time Dad is your practical confidence boosting guide to fatherhood Packed with expert advice real world strategies and easy to follow steps this book helps you step into your role as a strong supportive partner and capable dad without the overwhelm Inside you ll discover how to Navigate the emotional and financial transition into parenthood with clarity and calm Support your partner physically mentally and emotionally through pregnancy birth and postpartum recovery Master essential newborn care from feeding and diapering to recognizing health signals Stay connected in your relationship while sharing responsibilities and avoiding burnout Bond deeply with your baby and build a strong foundation for lifelong family connection You don t need to figure everything out the hard way With this book as your guide you ll feel prepared capable and confident every step of the journey turning uncertainty into excitement and stress into strength Step into fatherhood fully prepared get your copy today and start building the family life you ve always dreamed of

**Handbook of PTSD, Second Edition** Matthew J. Friedman, Terence M. Keane, Patricia A. Resick, 2015-10-20 Widely regarded as the definitive reference this handbook brings together foremost authorities on posttraumatic stress disorder PTSD Diagnostic conceptual and treatment issues are reviewed in depth The volume examines the causes and mechanisms of PTSD on multiple levels from psychological processes to genes and neurobiology Risk and resilience processes are addressed across development and in specific populations Contributors describe evidence based assessment and treatment approaches as well as promising emerging interventions The integrative concluding chapter identifies key unanswered questions with important implications for science and practice New to This Edition Reflects major research advances and the new diagnostic criteria in DSM 5 Chapters on the dissociative subtype of PTSD child assessment couple and family therapies and group treatments Chapters on research methods Internet based interventions telemental health and implementation of best practices Many new authors and extensively revised chapters

**Family Health From A to Z (Reference)** , 2012-01-15 This encyclopedia offers quick access to key information on all aspects of family health care

**Kidex for Infants** Adrienne Boyd, 2006 Kidex for Infants Practicing Competent Child Care offers you the opportunity to keep an individual record for each infant with instructions for proper documentation of the infant s day a sample of charting and a reproducible charting template Individual profile sheets insure that you the professional are aware of all important details necessary to care for each infant such as type of formula bottle and nipple sleeping and playing habits etc Suggestions for best practice care are integrated throughout the resource coupled with information to acquaint you with typical and atypical infant behavior Kidex for Infants Practicing Competent Child Care assists you in developing a Kidex class book similar to a classroom operating manual that includes individual profiles for each child group schedules monthly checklists for important milestones of development and planned activities to accompany each month Many other documents to help manage the classroom are provided These documents pertain to safety hygiene sanitation communication providing for

children and their families and articles for parents Maintaining current information assures all children will receive consistent competent care every day

**Science and Pseudoscience in Clinical Psychology, Second Edition** Scott O. Lilienfeld, Steven Jay Lynn, Jeffrey M. Lohr, 2014-10-12 This valued resource helps practitioners and students evaluate the merits of popular yet controversial practices in clinical psychology and allied fields and base treatment decisions on the best available research Leading authorities review widely used therapies for a range of child adolescent and adult disorders differentiating between those that can stand up to the rigors of science and those that cannot Questionable assessment and diagnostic techniques and self help models are also examined The volume provides essential skills for thinking critically as a practitioner evaluating the validity of scientific claims and steering clear of treatments that are ineffective or even harmful New to This Edition Reflects the significant growth of evidence based practices in the last decade Updated throughout with the latest treatment research Chapter on attachment therapy Chapter on controversial interventions for child and adolescent antisocial behavior Addresses changes in DSM 5

*Effective Treatments for PTSD, Third Edition* David Forbes, Jonathan I. Bisson, Candice M. Monson, Lucy Berliner, 2020-08-30 Grounded in the updated Posttraumatic Stress Disorder Prevention and Treatment Guidelines of the International Society for Traumatic Stress Studies ISTSS the third edition of this definitive work has more than 90% new content Chapters describe PTSD assessment and intervention practices that have been shown to work and provide practical real world implementation guidance Foremost authorities address the complexities of trauma treatment with adults adolescents and children in diverse clinical contexts The book delves into common obstacles and ways to overcome them when to stop trying a particular approach with a client and what to do next Special topics include transdiagnostic interventions for PTSD and co occurring problems dissemination challenges and analyzing the cost effectiveness of treatments Prior edition editors Edna B Foa Terence M Keane Matthew J Friedman and Judith A Cohen New to This Edition Fully rewritten to reflect over a decade of clinical empirical and theoretical developments as well as changes in DSM 5 and ICD 11 Increased research to practice focus helps the clinician apply the recommendations in specific clinical situations New chapters on previously covered treatments early interventions psychopharmacotherapy for adults and children and EMDR therapy Chapters on additional treatments prolonged exposure cognitive processing therapy cognitive therapy combined psychotherapy and medication e mental health and complementary and alternative approaches Chapters on cutting edge topics including personalized interventions and advances in implementation science

*Pediatric Psychology in Clinical Practice* Kristin Kroll, 2020-01-16 A practical guide to providing evidence based mental health care for children and adolescents with chronic medical concerns

**Public Health Reports**, 1984

[Nursing Diagnosis Handbook - E-Book](#) Betty J. Ackley, Gail B. Ladwig, 2013-01-20 The 10th edition of the Nursing Diagnosis Handbook makes formulating nursing diagnoses and creating individualized care plans a breeze Updated with the most recent NANDA I approved nursing diagnoses this convenient reference shows you how to build customized care plans in three easy steps assess diagnose plan

Authors Elizabeth Ackley and Gail Ladwig use Nursing Outcomes Classification NOC and Nursing Interventions Classification NIC to guide you in creating care plans that include desired outcomes interventions patient teaching and evidence based rationales Unique Care Plan Constructor on the companion Evolve website offers hands on practice creating customized plans of care Alphabetical thumb tabs allow quick access to specific symptoms and nursing diagnoses Suggested NIC interventions and NOC outcomes in each care plan Recent and classic research examples promote evidence based interventions and rationales NEW 4 Color text NEW Includes updated 2012 2014 NANDA I approved nursing diagnoses NEW Provides the latest NIC NOC interventions and rationales for every care plan NEW QSEN Safety interventions and rationales NEW 100 NCLEX exam style review questions are available on the companion Evolve website NEW Root Cause Thinking and Motivational Interviewing appendixes on the companion Evolve website *Guide to Clinical Preventive Services* U.S. Preventive Services Task Force,1996



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### **Aap First Aid Guide Introduction**

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