Health and Hygiene

Hygiene and sanitation

1. ***Personal and Food hygiene*** are necessary to preserve and improve the health of the individual and society.
2. ***Sleep*** is periodical rest for both body and mind.
3. The average requirement of sleep is about ***7 to 8 hours a day***.
4. ***Brush*** your teeth twice a day.
5. ***Food Hygiene*** is the measures and condition necessary to ensure the safety of food from production to consumption.

6. ***What are the keys to safer food?***
    - Keep it clean
    - Separate raw and cooked items
    - Cook thoroughly
    - Keep food at safe temperatures
    - Use safe water and raw materials.

7. ***Important components of food hygiene:-***
    - Milk Hygiene
    - Pasteurization
    - Fish Hygiene
    - Egg Hygiene
    - Fruits and vegetable hygiene
    - Hygiene of eating places
    - Hygiene of food handlers.

8. ***Sanitation*** means keeping the living area and it's surrounding neat and clean.

9. ***Soakage pits:-***

    Each cook house will have soakage pit, 6ft deep and 4 ½ft wide. These pits will be proofed, filled with lime stone/ brick and covered with a top layer of earth. Waste food will be buried in refuse pits which will be located away from the cook houses.

10. Types of Latrines:
    - ***Deep trench latrines***
    - ***Shallow trench latrines***
    - ***Urinals***

11. The most common urinal used for camps are ***funnel urinals***.

First aid in common medical emergencies and treatment of wounds

1. ***First aid*** is assistance given to any person suffering from sudden illness or injury.

2. Symptoms of internal injury:
    - ***Cold clammy skin***
    - ***Weak or rapid pulse***
    - ***Shallow breathing and sighing***
    - ***Face pale and pinched***
    - ***Deep sunken eyes with dark circles around them***
    - ***Patient is usually restless and anxious and may lose consciousness***

3. ***Burns*** may be caused by heat either dry by contact with fire or flame, or wet caused by moist heat called ***scalding***.
4. Chemical burns may be caused by ***strong acids or alkalis***.
5. In snake bite, the poison is injected by the snake through a pair of ***fangs.***
6. Bite by scorpions should be treated like ***snake bite.***
7. Rabies is a dangerous disease transmitted by ***rabid dog***.
8. The rabies disease is preventable by giving ***anti – rabies vaccine***.
9. Anything which interferes with producing irregularities in breathing, produces a condition known as ***Asphyxia.***
10. The first stage of unconsciousness is called ***delirium.***

11. Types of fractures:
    - ***Simple fracture***
    - ***Compound fracture***

12. What are the classifications of wounds:
    - ***Incised wound***
    - ***Lacerated wound***
    - ***Open wound / punctured wound***
    - ***Closed wound / contusion***

13. ***Wounds*** can be defined as a break in continuity of the skin or muscle membrane.
14. ***Hematoma*** caused by damage to a blood vessel that in turn causes blood to collect under the skin.
15. Before applying the bandage, the wound is to be cleaned with ***antiseptic lotion.***

16. ***Treatment of injuries in internal organs:***
    - Call for an ambulance
    - Assist the patient into a comfortable position
    - Conduct a secondary survey
    - Monitor patient’s condition carefully

- Be vigilant, be alert for any changes
- If a flail segment is suspected tightly secured with bulky dressing to help stabilize the injury.

17. ***First aid treatment for burns and scalds:***
    - If the burn is chemical, let the water from a pipe or hose flow freely on the burn so that the chemical washes off.
    - Protect the burnt area by applying bandage or cover exposed part with clean towel or cloth.
    - Give complete rest and plenty of fluids to the patient.
    - Reassure the patient.
    - Evacuate the patient to the nearest hospital or dispensary.

18. ***Snake bites: Do's and Don'ts***
    - ***Do's:***
        i. Stay calm, make the victim lie down comfortably
        ii. Give convincing reassurance against fear of death
        iii. Call ambulance
        iv. Take off anything constricting the area, such as a ring or watch.
        v. Position the affected area at above heart level on the basis on the affected site.
        vi. If breathing fails, start artificial respiration.
    - ***Don'ts:***
        i. Don't apply ice as it can cause tissue damage.
        ii. Don't cut the affected area and don't attempt to suck venom out.
        iii. Don't use a commercially available extraction device.
        iv. Don't use electrical therapy.
        v. Don't apply any type of lotion or ointments.

19. ***First aid treatment for rabid dog bite:***
    - Immediately wash the bite area with lots of water and soap.
    - Wound should be cleaned with available antiseptic.
    - Patient should be sent to hospital for an anti – rabies injection.
    - Dog and the patient should be kept under observation for at least 10 days.

20. ***Causes of Asphyxia:***
    - Drowning – Due to water entering the air passage
    - Hanging and Strangulation – due to obstruction to entry of air.
    - Suffocation
        i. Due to obstruction to entry of air through the air passage.
        ii. Foreign body obstruction in air passage.
        iii. Inhalation of poisonous gases e.g. CO (carbon monoxide)
    - Over dosage of drugs such as sleeping pills, morphine, pethedine.

- Electric shock
- Diseases e.g. Tetanus, epilepsy, rabies.

21. ***Signs and Symptoms of Asphyxia***:
    - Dizziness and weakness.
    - Shortness of breath rate or breathing increase.
    - Rapid pulse.
    - Partial loss of consciousness.
    - Swelling of the veins of the neck.
    - Face, lips, nails, fingers and toes turn blue.

22. ***Rules for Treatment of Asphyxia:***
    - Remove the cause if possible or the casualty from the cause.
    - Ensure that there is a free passage for air.
    - Lay the individual on his back. Press the head back-wards supporting the neck on your palm. Lift the tongue clear of the airway. Give mouth to mouth breathing.

23. ***First aid for Special cases – Drowning:***
    - Wet clothes should be loosened.
    - Mouth, throat and nostril should be cleaned of mucus and any foreign body.
    - Patient should be made to lie down over his belly, face down, head turned to one side, arms stretched beyond the head, tongue pulled out.
    - Artificial respiration should be given till he starts breathing.
    - Cover the patient with a blanket.

24. ***First Aid in case of Strangulation or Hanging:***
    - Cut the constriction.
    - Clear the air passage.
    - Start artificial respiration.
    - Give inhalations if possible.
    - Make the patient warm and comfortable.

25. ***First Aid in case of Electric Shock:***
    - Switch off or break the current, if possible.
    - Remove the casualty from contact with the current, if possible. Stand on some insulating material such as rubber soled shoes or boots or piles of newspapers.
    - Give artificial respiration.
    - Treat for shock and burns.

26. ***Stages of Unconsciousness***:
    - 1st stage - Delirium – When the restlessness of body and mind are present.

- 2nd stage - Patient responds to loud commands, gives maximum response to minimum stimulus.
- 3rd stage - Semi- Coma- Patient responds to painful stimuli only (minimum response to maximum stimulus).
- 4th stage - When the patient makes no response to any Stimulus.

27. ***Causes of unconsciousness or coma:***
    - Head injury and brain Hemorrhage.
    - Hypoglycaemia.
    - Heart failure.
    - Physical agents such as heat strokes, electric shocks.
    - Epilepsy.

28. ***Artificial Respiration:***

    If there is any irregularity in breathing or a cardiac arrest, artificial respiration is given. If it is given correctly and in time, the patient's life can be saved. There are three methods for providing artificial respiration, but we will tell you only about the most common one.

29. ***Mouth to Mouth Respiration:*** This is the most common and simple method and is given immediately. If given timely, it can save many lives. This can be given by following way:
    - Casualty should be in supine position.
    - Clean the mouth and throat to maintain clear air passage.
    - Extend the neck to straighten the air passages.
    - Cover the patient's mouth with clean gauze and blow directly and slowly into it. (10 – 12 times per minutes).

30. ***First Aid for Different Type of Fracture:***
    - ***Simple Fracture:***
        i. Reassure the patient and make him comfortable.
        ii. Apply splints with any common article like stick or ply board or card board to immobilize the fracture.
        iii. Relieve him of discomfort and pain and keep the patient warm.
    - ***Compound Fracture***:
        i. Bleeding should be stopped immediately.
        ii. Remove foreign objects, if any, but do not meddle too much.
        iii. Cover the wound with a clean pad with light bandage.
        iv. Apply appropriate splints.
        v. Transfer the patient to the nearest hospital immediately.

Treatment and Case of wounds

31. ***Classification of wounds***
    a) ***Inside wound***: It is wound caused by a sharp instrument like knife, razor and so on. Its edges are clean.
    b) ***Lacerated wound***: It is caused by blunt instrument. The edges are torn or uneven.
    c) ***Open wound***: It is a deep narrow wound caused by a pointed instrument like knife, bayonet. The wound is small on the surface but may be very deep causing injuries to internal organs.
    d) ***Closed wound***: A contusion is an injury or a bruise in which some of the tissues or a part is irregularly torn or ruptured but, the skin may not be broken. It is caused by a blow or blunt instrument.

32. ***Open Wound:***
    - ***Incisions or Incised Wounds***: Caused by a clean, sharp-edged object such as a knife, razor, or glass splinter.
    - ***Lacerations:*** Irregular tear-like wounds caused by some blunt trauma. Lacerations and incisions may appear linear (regular) or stellate (irregular). The term laceration is commonly misused in reference to incisions.
    - ***Abrasions (Grazes)***: Superficial wounds in which the top most layer of the skin (the epidermis) is scraped off. Abrasions are often caused by a sliding fall onto a rough surface.
    - ***Avulsions:*** Injuries in which a body structure is forcibly detached from its normal point of insertion. A type of amputation where the extremity is pulled off rather than cut off.
    - ***Puncture Wounds***: Caused by an object puncturing the skin, such as a splinter, nail or needle.
    - ***Penetration Wounds***: Caused by an object such as a knife entering and coming out from the skin.

33. ***Closed wounds – Categories:***
    - Hematomas
    - Crush Injury

34. ***First Aid for Wound***:
    - Place the patient in a comfortable position.
    - Stop the bleeding, if any.
    - Remove any foreign body, if it is easily visible and can be easily removed.
    - Prevent the entry of germs by applying sterilized dressing like first field or shell dressing.
    - Give rest to the injured part by sling.
    - Immobilize the part, if wound is large or complicated by fracture.
    - Treat the patient for shock.
    - Send the patient to nearest hospital.

35. ***What is aim of dressing a wound?***

- To protect the wound from infection.
- To reduce swelling and early healing.
- To support the effected part.
- To enable the individual to carry out his day to day routine.
- To stop the bleeding

36. ***What are the required for Dressing of wounds?***

- Antiseptic (A/S) lotion.
- Cotton / Gauze piece.
- Scissors.
- Bandages of different size and band aid.
- A/S ointment or powder.

Introduction to Yoga

37. ***Yoga*** is a commonly known activity for physical, mental, and spiritual disciplines.
38. UNO has declared ***21st June*** as the ***International Day of yoga.***
39. Yoga founders were great ***Saints and Sages.***
40. Suryanamaskara is a combined sequence of ***12 positions.***

41. ***Characteristics of Yoga:***

- The Yogic system of health involves the exercise of skeletal as well as the deep-seated smooth muscles of the body.
- The intra-thoracic and intra-abdominal pressure may be mentioned as special characteristics of the yoga system of health.
- Little expenditure of energy and money is involved in the Yoga practices.
- The rich as well as poor, and men and women of all ages can practice Yogic practices.
- Every school of Yoga emphasized specific practices, but their aim always remained the same; but the highest level of integration through the control of the modification of mind.
- The nature of Yogic practices is psycho- neuro physical.
- All yogic practices are complementary.