

First Aid Measures In Infant And Toddler Accidents

Eka Rahmawati

Poltekkes Kemenkes Malang

Email: eka.rahma.er55@gmail.com

Abstract

First aid measures in infant and toddler accidents are an important aspect of maintaining the health and safety of children in emergency situations. Accidents are often unexpected and can happen anywhere, so knowledge and skills in providing first aid are very important for parents, caregivers, and people around children. This abstract aims to outline the basic principles of first aid measures relevant for common accidents in infants and toddlers, such as choking, minor cuts, burns and minor head injuries. Emphasis is placed on the steps to be taken immediately after an accident occurs, as well as the importance of summoning emergency medical assistance when necessary. By understanding and practicing first aid measures, it is hoped that people can respond to accidents quickly and effectively, minimizing the risk of complications and ensuring the safety and well-being of children in emergency situations.

Keywords: First aid, Accidents of infants, toddlers

INTRODUCTION

Infants and children are age groups whose bodies are not as strong as those of adults. Infants and children are vulnerable to accidents that occur during play, school or in the home environment. Parents of babies and children often panic when they see their children having an accident, many do not know what they should do to help, especially if the house is far from a hospital or other health institutions. Parents' panic often makes them unable to think clearly and take the wrong help. These actions can actually cause infant and child injuries to worsen. Of course, this is very undesirable for any parent. Actually, panic can be minimized if parents have the knowledge to perform first aid.

First aid measures are essentially actions that must be given immediately to victims who get accidents or sudden illnesses. This help is given quickly and precisely before the victim is taken to a referral place or hospital. In this case, the first aid in question is to provide emergency care to victims, before complete first aid is provided by doctors or other health workers.

First aid is given to save the victim, relieve the victim's suffering, prevent further injury or illness, maintain the victim's endurance, and find further help. The principles of helping victims

and some of the equipment needed for victims do not all have to be prepared, but we as helpers are required to be creative and able to master every situation properly and quickly.

Based on the description above, the purpose of preparing this paper is to understand and explain about first aid measures in infant and toddler accidents.

DISCUSSION

First aid measures in accidents for infants and young children

1. Poisoning

Poisoning is the entry of substances into the body that can cause health problems to life-threatening. Poisoning can occur through skin contact, eyes, respiratory tract, or digestive tract. Any substance at a certain dose can also cause poisoning. Children who suddenly become ill without any known cause can be suspected of poisoning.

Implementation

Here are some ways to deal with poisoning:

a. Contamination of the eyes

When the child's eyes are splashed with something dangerous such as splashing with acidic or wet liquids, then rinse the eyes with clean water or NaCl infusion fluid that flows for 15-20 minutes, then take them to the doctor.

If the child is exposed to alkaline liquids, then irrigate the eyes for longer, 30-60 minutes.

b. Skin contamination

When hazardous substances get on the child's skin, remove the affected clothing and rinse the contaminated skin with warm water. If it is oily, clean it with soapy water for 10-15 minutes and take it to the doctor immediately.

c. Airway contamination

Immediately take the child to a doctor who is suspected of having toxic contamination of the respiratory tract. Inhaled toxins can cause swelling in the upper airway.

d. Contamination of the digestive tract / food poisoning

Symptoms of poisoning are abdominal cramps, fever, vomiting, frequent bowel movements, feeling weak, chills, and loss of appetite. Symptoms will show up faster in young children, as their bodies are more vulnerable. For example, just 2 hours after he consumes contaminated food

Help:

- 1) If he vomits and defecates frequently, check his temperature
- 2) Also check his stool. Is there mucus or blood
- 3) Lay the child down and do not give food that must be chewed first. Instead, give ORS little by little. If you don't have ORS, give water mixed with salt and sugar.
- 4) Try to find out what caused the poisoning.
- 5) Place a basin or bucket near the child to collect the vomit.
- 6) If the child has a fever, compress the forehead or armpits with a wet towel.
- 7) Give boiled water for gargling, as well as warm drinking water to clean the vomit file and mouth
- 8) Check what the child ate during the 24 hours before the poisoning symptoms appeared. Discard foods such as meat, fish, dairy products and other cooked foods, which are thought to be the cause of the poisoning.

1. Prevention

There are a number of measures that can be taken to prevent poisoning in children, including the following:

- a. Take and give the medicine to the child in a bright place, so as not to take it wrong or not to take the wrong dose. Then immediately return it to its place
- b. Do not give toys that contain lead. This material is dangerous, if the child puts the toy into the lead.
- c. Store medicine in a special place, out of reach of children. Keep the medicine etiquette legible at all times.
- d. Cosmetic ingredients can also be harmful if eaten or drank.
- e. Throw away old medicine if you can no longer tell what is in it.
- f. Store chemicals, dishwashers, detergents, kerosene in a safe place that is not easily accessible to children.

2. Fracture

A fracture is a condition where the bone is cracked or broken which can be confirmed by x-ray examination. Children can suffer a fracture from falling off a skateboard or falling out of a monkey cage when they are having fun at the playground A break in the bone is commonly called a fracture.

Common symptoms of fractures:

- a. Local inflammatory reaction (swelling and bruising)
- b. Functional lesion (the broken part cannot be moved) due to pain.
- c. Pressive pain at the fracture site
- d. Change in bone shape (deformity)

Bone injuries should be considered as injuries that are likely to cause harm as they can affect the surrounding soft tissues.

Types of fractures:

- a. Complete fracture: the bone breaks into two pieces
- b. Greenstick fracture : bone fracture on one side only, not on all sides
- c. Single bone fracture: the bone is broken in one place.
- d. Comminuted fracture: the bone is broken into more than two pieces or even shattered.
- e. Crooked fracture: only occurs in children, when the bone bends but does not break.
- f. Open fracture. There is skin damage, the tip of the bone protrudes out (bone to the point of sticking through the skin surface) so that it is easy for infection to occur
- g. Closed fracture (no skin damage). Fractures that are often encountered, namely fractures that occur in :
 1. Clavícula (collarbone)
 2. Humerus (upper arm)
 3. Radius and ulna (forearm)
 4. Carpalia (wrist)
 5. Costae (ribs)
 6. Femur (thigh bone)
 7. Patella (kneecap)
 8. Tibia and fibula

First aid for fracture injuries:

- a. Remain calm
- b. Position the injured child in a position that is as comfortable as possible
- c. Stop the bleeding
- d. Prevent infection by covering the wound with sterile gauze
- e. Restrict movement with a splint on the broken part. In minimal circumstances try not to move much. Ask the child to support or prop up the injured part of their body (their leg or hand), a pillow or some clothing can be used to prevent unnecessary movement. Upper arm injuries are bandaged to the body and lower limb injuries are tied to the other limb.

- f. Take the child immediately to a doctor or to the nearest hospital

Prevention

- a. Lots of physical activity, especially activities such as jumping and running
- b. Giving bones the calcium and vitamin D they need to stay strong.

In this case, children should be diligent in drinking milk and other calcium-rich foods, such as broccoli and orange juice that has been fortified with calcium.

3. Animal bites

As a rule of thumb, do not rub the bite mark as this risks expanding the body's contact with the poison. If there is a stinger attached, gently remove it first. If swollen, compress with cold water. Usually within 6 hours the swelling can disappear

1. Snake bite

Usually causes leg swelling and pain. When a child is bitten by a snake on the leg or hand, first aid is to splint the upper part of the bite to prevent the spread of the venom to other parts of the body and then take them to the nearest health facility. Snake venom can cause vomiting, swelling, bleeding, and muscle damage.

2. Jellyfish bite

Apply vinegar using a cotton swab on the bite to denature the protein of the jellyfish venom that has stuck to the skin.

3. Mosquito bites

Do not rub the bite mark. If the child complains of itching, apply calamine lotion or 1% hydrocortisone cream to the child's skin.

4. Tick bites

Make sure there are no ticks on the body. Take a shower and clean every fold of the body. Make sure there are no more lice. Wash clothes that have been worn

5. Bee bites

Bee bites can cause itching, redness at the bite site, swelling and pain. If stung by a bee, the bite site should not be pressed as the venom may spread. Place a tourniquet proximal to the bite site. If there is any stinger left, it should be removed immediately. Apply ice packs and elevate the bitten hand or foot. If the complaint is disturbing, immediately take it to the doctor

6. Scorpion, centipede and tarantula bites

Bites from these animals can cause pain and poisoning that can spread throughout the body. If bitten by one of these animals, place a tourniquet on the proximal part of the bite site and bring it to the doctor immediately.

CONCLUSION

Infants and toddlers are prone to accidents. Accidents in infants and toddlers can happen anywhere. Various types of accidents that may occur, such as poisoning, broken bones and animal bites, can occur due to adult negligence or because of the inquisitive nature of infants and toddlers when exploring. First aid is the care given to people who have an accident or sudden illness before getting help from medical personnel. Good skills in providing first aid in infant and toddler accidents can minimize the increase in injuries to infants and children getting worse. This can be obtained by parents or adults having knowledge in performing first aid measures in infant and toddler accidents.

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