

9

Sports Medicine

Read this new topic before Article 9.5 on page 188 of the main book.

9.4.1 FIRST AID- AIMS AND OBJECTIVES

Meaning of First Aid

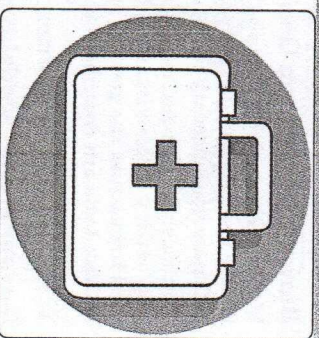
Every individual's life and work are closely related to his environment. Man has progressed in various fields of life such as industrialisation, mechanisation, transport and science, etc. Therefore, this age is called an electronic age or space age. But on the other hand, this development has created such conditions that a person may be injured anywhere and at anytime.

In spite of good measures aimed at industrial safety and the development of safety devices and techniques, the number of accidents is still high in industries and specially in day to day life. Indeed, there is no definite time of such injuries. These can happen to anyone, anywhere and at anytime. Injuries usually occur in industries and on the farm, during the repair, maintenance and operation of vehicles of various kinds, during games and sports and in various everyday situations. These often happen by accident, so it is impossible to anticipate the time and place of an accident. Someone may get fracture, another may be bitten by snake. So, it can be said that every individual is trapped in one way or the other by accidents. In fact, it is very difficult to get medical care to the victims at the spot of the accident. At that moment, some immediate possible aid is required to the victims. So, **first aid is the first help which is given to the wounded or accident victim before the arrival of the doctor.**

In other words, *"It is an immediate and temporary care given to a victim of an accident or sudden illness before the services of a physician is obtained."*

It can also be said that first aid is that aid which is provided to the injured in case of an accident, injury or sudden illness. It enables the trained persons to render the help to preserve life, promote recovery of the injury until the arrival of the doctor.

In fact, the area or field of sports and games is such a field, where getting injured is very common. Any player can be injured during training or practice or competition. In reality, every player becomes injured at least once during his/her sports career. The facilities



First aid

of a qualified doctor are available in national or international level competitions but usually such facilities or services of a doctor are not available during practice, training or competitions of normal level. The teacher of health and physical education should also have enough knowledge of first aid so that he may provide first aid to the players at the time of training and competitions.

Aims and Objectives of First Aid

Aim: The main aim of first aid is to try to save the precious life of the wounded person or victim.

Objectives of First Aid: The following are the objectives of first aid.

1. **To Preserve Life:** To preserve or to save the life of the victim or wounded person is the significant objective of first aid. However, there are limitations of first aid but even then every possible effort is done to save the life of a wounded person or victim with the help of first aid.
2. **To Alleviate Pain and Suffering:** The second important objective of first aid is to alleviate pain and suffering of the victim or wounded person. Pain is natural in any type of accident. Pain becomes unbearable in case of fracture or dislocation of joint during accident. So, it is a major objective to reduce such unbearable pain.
3. **To Prevent the Condition from Worsening:** Till the wounded person or victim does not get the help of a doctor, to prevent the condition from worsening becomes the major objective of first aid. According to this objective, the victim's condition should not be worsened. Generally, when first aid is provided, the wounded or victim's condition does not worsen while being taken to the doctor for treatment.
4. **To Promote Recovery:** The main objective of first aid is to start the process of recovery as early as possible. Sometimes, the treatment of injury is also included in this objective.
5. **To Procure Early Medical Aid:** To procure early medical aid is one of the most important objectives of first aid. In fact, there may be certain situations where there is a dire need for medical assistance. However, the first aider should pay attention to provide first aid to the victim or wounded person but efforts should also be made to seek medical aid as early as possible.

Exercises

Very Short Answer Questions Carrying 1 Mark (20 to 30 words)

1. What is first aid?
2. Define first aid.

Short Answer Question Carrying 3 Marks (80 to 90 words)

1. Discuss the objectives of first aid in brief.

Long Answer Question Carrying 5 Marks (150 to 200 words)

1. What do you mean by first aid? Discuss the aims and objectives of first aid in detail.