

# Guidelines 1

# Första hjälpen

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# Jäv

- Vice Ordförande



## First Aid Task Force

- Medförfattare

The image shows the cover of the journal "Resuscitation". At the top left is the Elsevier logo (a tree). In the center, the word "Resuscitation" is written in large, bold, black letters. Below it, the text "journal homepage: [www.elsevier.com/locate/resuscitation](http://www.elsevier.com/locate/resuscitation)" is visible. To the right is the logo for the "EUROPEAN RESUSCITATION COUNCIL" featuring a stylized heart inside lungs. The title "European Resuscitation Council Guidelines 2021: First aid" is prominently displayed in bold black text. Below the title, a list of authors is provided: David A. Zideman <sup>a,\*</sup>, Eunice M. Singletary <sup>b</sup>, Vere Borra <sup>c,d</sup>, Pascal Cassan <sup>e</sup>, Carmen D. Cimpoesu <sup>f</sup>, Emmy De Buck <sup>c,d,g</sup>, Therese Djärv <sup>l</sup>, Anthony J. Handley <sup>h</sup>, Barry Klaassen <sup>l,j</sup>, Daniel Meyran <sup>k</sup>, Emily Oliver <sup>j</sup>, Kurtis Poole <sup>a</sup>. A small "Check for updates" icon is in the bottom right corner.





# 2020 International Consensus on First Aid Science With Treatment Recommendations

Eunice M. Singletary, David A. Zideman, Jason C. Bendall, David C. Berry, Vere Boira, Jettin N. Carlson, Pascal Cassan, Wei-Tien Chang, Nathan P. Charlson, Therese Djärv, Matthew J. Douma, Jonathan L. Epstein, Natalie A. Hood, David S. Markenson, Daniel Meyran, Aaron M. Orikha, Tetsuya Šakamoto, Janell M. Swain, Jeff A. Woodin,  
and On behalf of the First Aid Science Collaborators

Originally published 27 Oct 2020 | <https://doi.org/10.1161/CIR.0000000000006897> | Circulation, 2020; 142:884–9334



## Definition of First Aid

The evidence evaluation process for the First Aid Task Force began with a review of the working definition of *first aid*, including goals and key principles as viewed by task force members from the international perspective.

First aid is the initial care provided for an acute illness or injury. The goals of first aid include preserving life, alleviating suffering, preventing further illness or injury, and promoting recovery. First aid can be initiated by anyone in any situation, including self-care. General characteristics of the provision of first aid, at any level of training include the following:

- Recognizing, assessing, and prioritizing the need for first aid
- Providing care using appropriate competencies and recognizing limitations
- Seeking additional care when needed, such as activating the emergency medical services system or other medical assistance

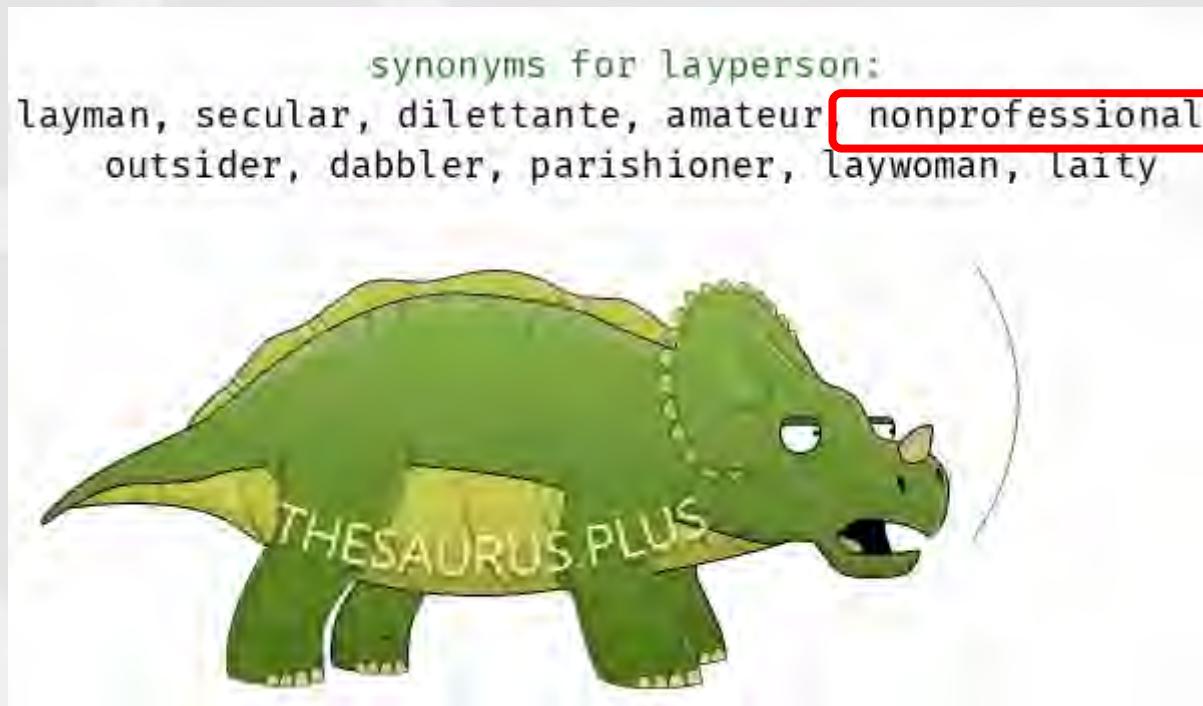
Key principles include the following:

- First aid should be medically sound and based on the best available scientific evidence.
- First aid education should be universal; everyone should learn first aid.
- Helping behaviors should be promoted; everyone should act.

The scope of first aid and helping behaviors varies and may be influenced by environmental, resource, training, and regulatory factors.



# Vad är första hjälpen?



# Vad är första hjälpen?



First aid interventions aim to  
'preserve life,  
alleviate suffering,  
prevent further illness or injury  
and promote recovery'.





## First aid

The IFRC and our 192 Red Cross and Red Crescent Societies are the world's leading providers and trainers in first aid. Every year, we train over 23 million people in first aid—empowering them with the skills to save lives.

# 8 Common First Aid Mistakes You Should Never Make

Nose bleeding? Don't lean back.



BY JENNIFER O'NEILL Sep 10, 2015



# Vad har vi lärt oss sedan 2015?





Contents lists available at ScienceDirect

# Resuscitation

journal homepage: [www.elsevier.com/locate/resuscitation](http://www.elsevier.com/locate/resuscitation)



## European Resuscitation Council Guidelines for Resuscitation 2015 Section 9. First aid

David A. Zideman<sup>a,\*</sup>, Emmy D.J. De Buck<sup>b</sup>, Eunice M. Singletary<sup>c</sup>, Pascal Cassan<sup>d</sup>, Athanasios F. Chalkias<sup>e,f</sup>, Thomas R. Evans<sup>g</sup>, Christina M. Hafner<sup>h</sup>, Anthony J. Handley<sup>i</sup>, Daniel Meurant<sup>j</sup>, Susanne Schunder-Tatzberk<sup>k</sup>, Philippe G. Vandekerckhove<sup>l,m,n</sup>



### Cooling of burns

Actively cool thermal burns as soon as possible for a minimum of 10 min duration using water.



Contents lists available at

# Resuscitation

journal homepage: [www.elsevier.com/locate/resuscitation](http://www.elsevier.com/locate/resuscitation)

## Letter to the Editor

### Letter in Response to: European Resuscitation Council's guidelines for resuscitation 2015



Sir,

We are concerned with the recent publication of the European Resuscitation Council's (ERC) advice for the first aid management of burns.<sup>1</sup> The guidance provided is inaccurate, lacks evidence and does not reflect current practice of burn care.

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## References

1. Zideman DA, De Buck EJ, Singletary EM, et al. European Resuscitation Council Guidelines for Resuscitation 2015: Section 9. First aid. Resuscitation. 2015; 95: 10–16.
2. British Burns Association. British Burns Association Guidelines for the Management of Thermal Burns. London: BBA; 2014.



ELSEVIER

Letter to the Editor

## Burns

Volume 42, Issue 5, August 2016, Pages 1148–1150



“European Resuscitation Council 2015 burn 1st Aid recommendations—concerns and issues for first responders”

Nicholas S. Goodwin<sup>a,b</sup>

The authors  
funding.



# Cooling of Burns –a hot topic but cool solution



# Vad vet vi?

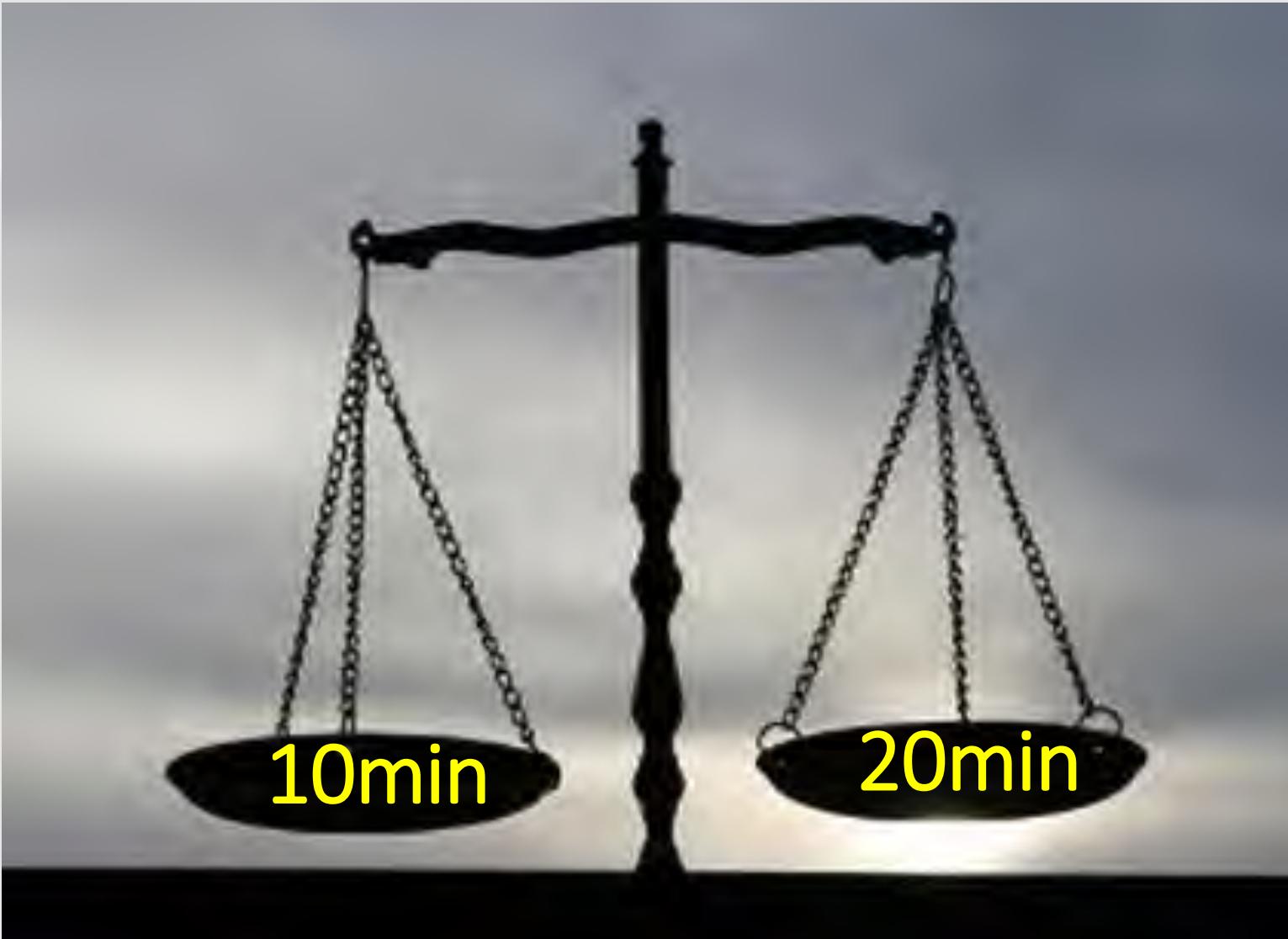
- Kylning minskar smärta<sup>1</sup>
- Kylning minskar brännskadedjup<sup>2</sup>
- Rinnande vatten är bättre än produkter<sup>3</sup>
- Kliniker oroar sig över nedkylning
- Kylning IRL är oftare kortare än guidelines<sup>4</sup>



1. Raghupati N: First-aid treatment of burns: efficacy of water cooling. Br J Plast Surg. 1968; 21:68-72. 10.1016/s0007-1226(68)80089-x  
2. Wright EH et al: Human model of burn injury that quantifies the benefit of cooling as a first aid measure. Br J Surg. 2019; 106:1472-1479. 10.1002/bjs.11263  
3. Cho YS et al: Comparison of three cooling methods for burn patients: A randomized clinical trial. Burns. 2017; 43:502-508. 10.1016/j.burns.2016.09.010  
4. Cuttle L et al: The optimal duration and delay of first aid treatment for deep partial thickness burn injuries. Burns. 2010



## Duration of cooling with water for thermal burns as a first aid intervention: FA 770 Systematic Review

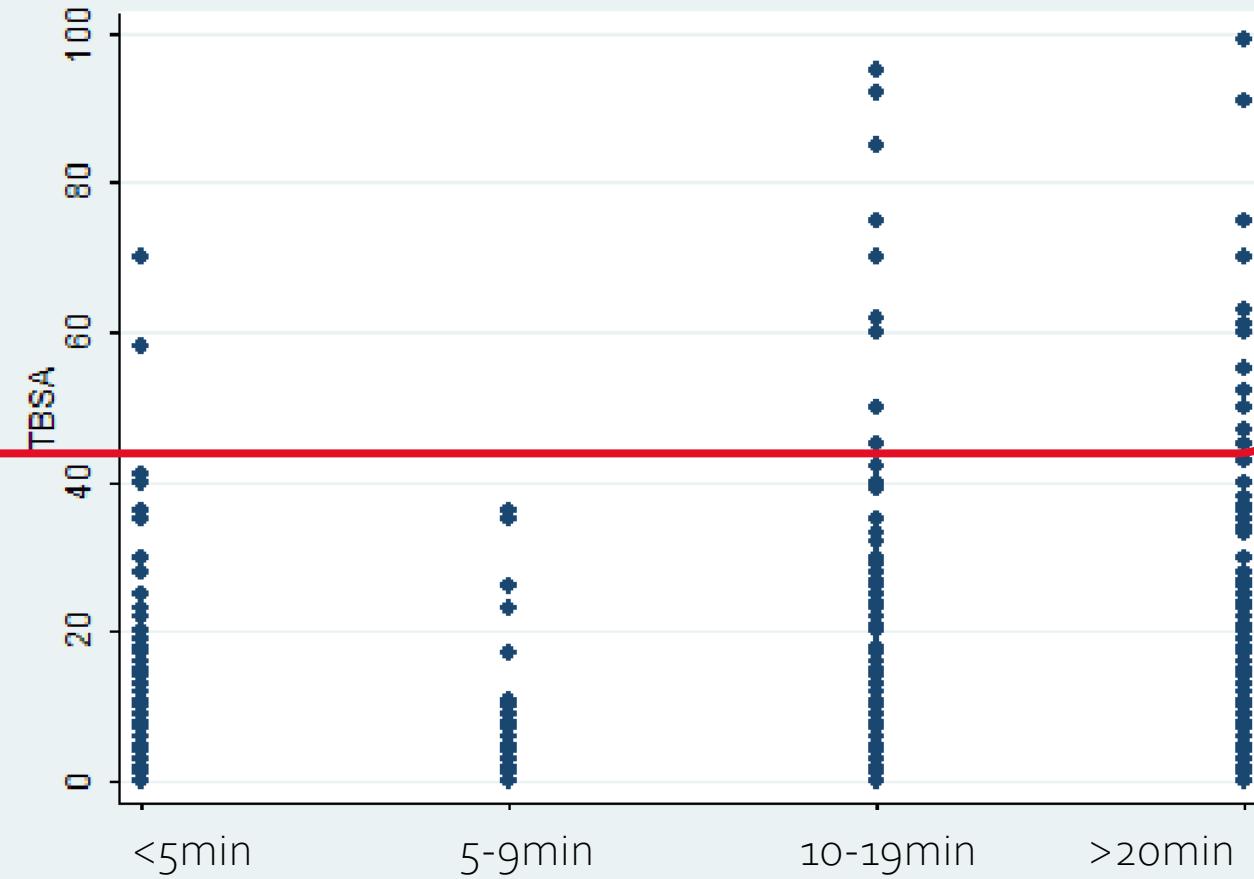




## Duration of cooling with water for thermal burns as a first aid intervention: FA 770 Systematic Review

Stor skada

Liten skada



# Vad säger ?



**Resuscitation**

journal homepage: [www.elsevier.com/locate/resuscitation](http://www.elsevier.com/locate/resuscitation)

**European Resuscitation Council Guidelines 2021.**

**First aid**

For thermal burns, remove the casualty from the heat source and commence immediate cooling of the burn with cold or cool water for 20 minutes. Loosely cover the burn with a dry, sterile dressing or cling wrap



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# Orosmolnet: "Känner foten hela tiden"

Publicerad 29 sep 2009 kl 23.09



Foto: GUSTAU NACARINO

Zlatan Ibrahimovic målform är det inget fel på.

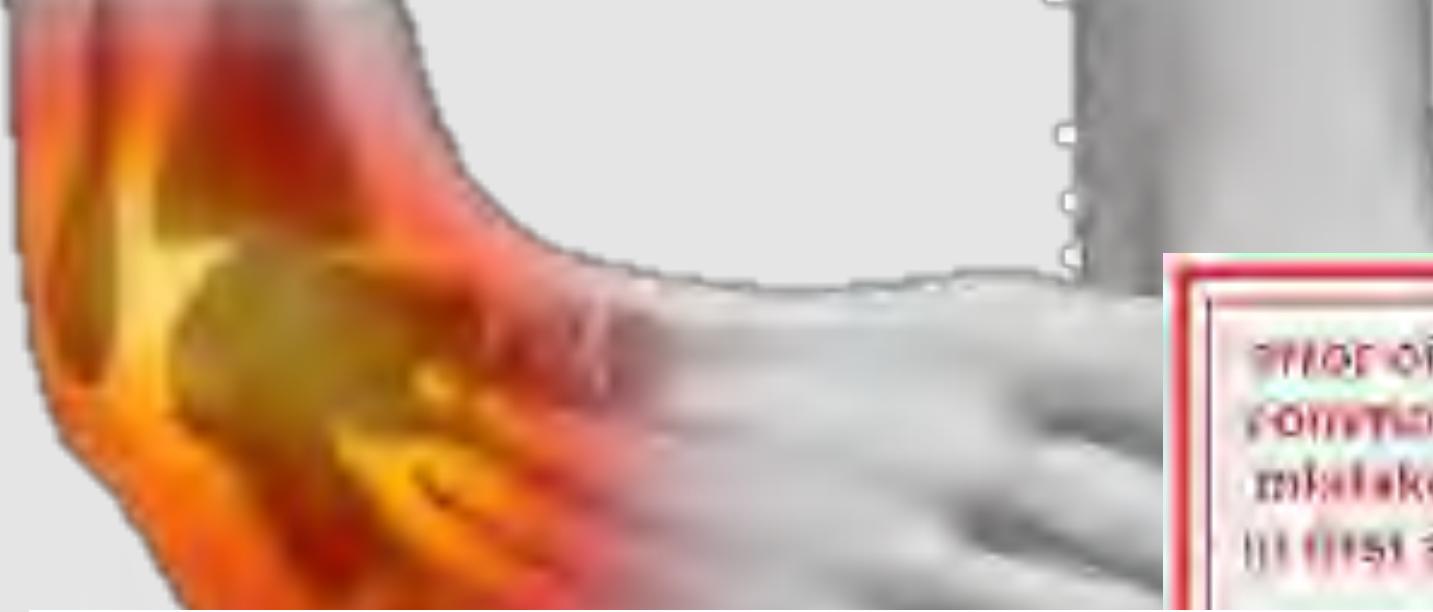
Men här är oro smolnet inför ödesmatchen mot Danmark: Den stukade foten är inte läkt än.

- Det känns hela tiden och foten är svullen hela tiden, säger han till Viasat.

✓ Compression wrap for closed extremity joint injuries (FA #511): Systematic Review

SR





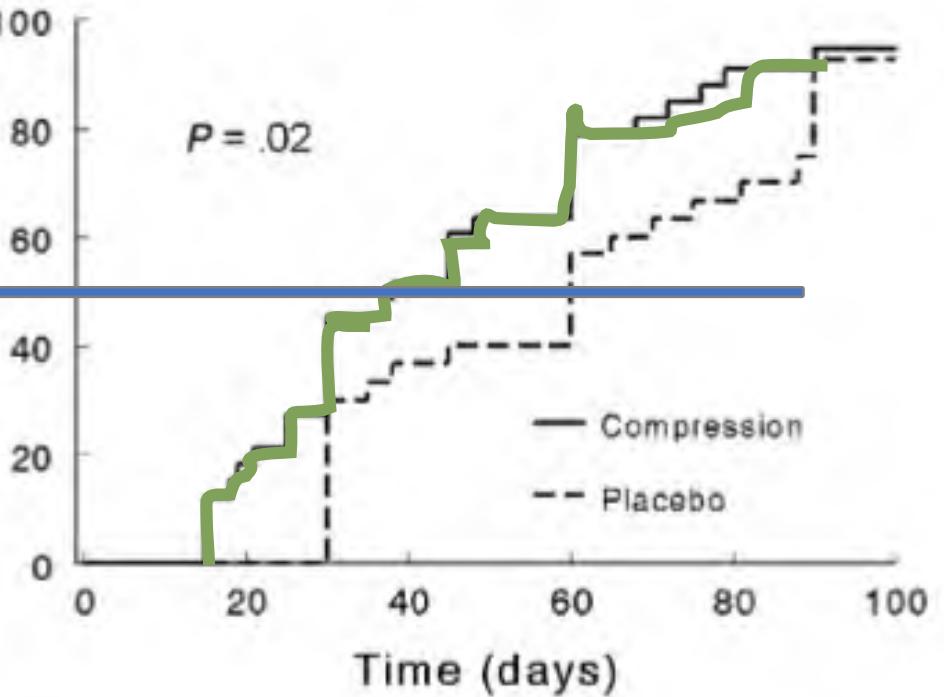
## Compression wrap for closed extremity joint injuries (FA #511): Systematic Review

Linda foten har INGEN effekt på:

- Smärta
- Fri från smärta vid gång
- Smärta i vila eller belastning
- Svullnad
- Ledfunktion
- Rörelseomgång
- Återgång till arbete och vardag



SUBGROUP WITH SPORT ACTIVITY



Bendahou M. Compression stockings in ankle sprain: a multicenter randomized study.  
*The American journal of emergency medicine*. 2014



Linda foten från tårna och upp till vristen om du vill  
och är tränad på att göra detta.



# Vad sjutton sker där ute?

## VAD skall en första hjälpen utbildning innehålla?





## Enkät om första hjälpen åtgärder givna av allmänhet under de senaste 12 månaderna

Hej Förstahjälpen-instruktör!

Svenska HLR-rådet och Hjärtstoppscentrum vid Karolinska Institutet vill undersöka vilka vanliga första hjälpen åtgärder som utförs av privatpersoner.

Denna enkät skickas därför ut till dig som är registrerad instruktör i Första Hjälpen, den besvaras anonymt och tar endast ca 5 minuter att genomföra. Ditt svar är viktigt för att HLR-rådet ska kunna fortsätta att utveckla bra och verklighetsförankrade utbildningsmaterial.

**OBS! För dig som har en sjukvårdsutbildning är vi enbart intresserade av den första hjälp du givit som privatperson!**

Vi är tacksamma om du tar dig tid att fundera över de händelser du varit involverad i samt de första hjälpen åtgärder du utfört under det senaste året. tack

Med vänliga hälsningar:

Therese Djärv, Professor, Överläkare

Ingela Hasselqvist-Ax, Med. Dr, Anestesi/sjuksköterska

Anette Nord, Med.Dr, Specialistsjuksköterska

Andreas Claesson, Docent, Specialistsjuksköterska, Ordförande HLR-rådet

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## FIRST AID PRESYNCOPE

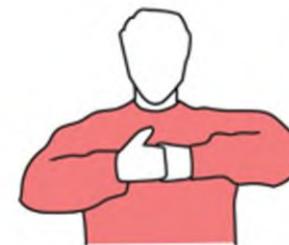
EUROPEAN  
RESUSCITATION  
COUNCIL  
GUIDELINES  
2021

HLR rådet  
SVENSKA RÅDET FÖR HJART-LUNGRÄDDNING

### 1. Squatting



### 2. Arm tensing



### 3. Leg tensing



Fig. 4 – Physical counterpressure manoeuvres to prevent syncope.

HLR KONGRESS  
2021  
• GÖTEBORG 23-24 NOVEMBER • VÄSTERÅS

# 5 TOP MESSAGES



- 1.** Only use the recovery position for casualties who do NOT meet the criteria for the initiation of rescue breathing or chest compressions (CPR)
  
- 2.** Use stroke scale assessment protocols for the early recognition of stroke
  
- 3.** When exertional or non-exertional heatstroke is suspected, immediately remove the casualty from the heat source, commence passive cooling and use additional, available cooling techniques
  
- 4.** To control severe-life threatening bleeding, apply direct pressure and consider the use of a haemostatic dressing or the application of a tourniquet
  
- 5.** For thermal burns, remove the casualty from the heat source and commence immediate cooling of the burn with cold or cool water for 20 minutes. Loosely cover the burn with a dry, sterile dressing or cling wrap

# TACK!