

PERCEPTION OF STUDENTS IN THE HEALTH AREA: PREPARATION FOR URGENCY AND EMERGENCY CARE

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Abstract: First Aid refers to the initial care provided to a victim and its knowledge is extremely important for professionals and academics in the health area. The 1st First Aid Course for Academics, had its theoretical component held on August 19 and 20, 2022, and had as its main objective to deepen knowledge, skills and competences about first aid. The event was attended by 118 health students, most of whom were medical students. At the end of the project, it was noticed through the evaluation method that the objectives were achieved and that most of the participants were considered able to provide initial care in the situations worked on in the course. Therefore, the participants considered the event an enriching experience, so that 100% said they were willing to participate in a second edition.

Keywords: Medical Emergencies. First aid. Medical services.

INTRODUCTION

We can define first aid as immediate care that must be given quickly to a person, victim of an accident or sudden illness, whose physical state endangers his life, in order to maintain vital functions and prevent the worsening of his conditions. conditions, applying measures and procedures until qualified assistance arrives. First aid to victims affected by sudden illness or accidents, when provided effectively, directly influences the prognosis and survival of the patient.¹ These are the initial procedures performed at the event location, for a specified time, until a more complex approach is performed at a health service. However, before any intervention, the assessment of life-threatening conditions is preponderant, including that of the care provider who must assess the scenario in which the emergency occurs.² After the first assessment, acting with agility, safety and dexterity has a positive impact in situations

such as trauma, hemorrhage, syncope, seizures, choking, cardiorespiratory arrest and other critical situations. Therefore, basic knowledge on how to act in these situations is essential for everyone, but essential for health professionals and students, who are expected to have mastery and expertise. In this sense, the 1st First Aid Course for Academics held by `` Medical Emergency League `` of UNIVAG had its theoretical component held on August 19 and 20, 2022 and was attended by professors and doctors in the areas of medical emergencies, internal medicine and cardiology to teach classes on the following topics, hemorrhage control, cardiorespiratory arrest (CRA), basic life support (BLS), initial care for polytrauma patients, advanced life support (ALS), initial care for burns, dressings, obstruction of airways by foreign bodies (OVACE) and immobilization of fractures. In addition to the theoretical classes, the course also had practical stations, where students in groups received a clinical case related to the subjects covered in the theoretical classes, in which they had to solve the case under the guidance of an instructor, at the end of each case. In clinical practice, the students received feedback on the conducts performed at the stations and were instructed to perform the procedure step by step correctly, in addition to receiving a "checklist" with the errors and successes during the procedure. Furthermore, at the end of the course, students answered a form with some questions about their knowledge during the course and whether they felt prepared to respond to emergencies presented in clinical cases. Thus, based on the data from the form, we were able to identify the benefit of the course for the vast majority of students, since more than 50% of students consider themselves capable of providing initial care to a victim, however, it is still possible to identify a difficulty among students in the health area regarding emergency care,

since of the 118 participants, about 16.9% do not consider themselves able to provide first aid to a victim. Thus, there is a notorious need for courses and extension activities that teach students how to deal with these victims, from the beginning of college.

OBJECTIVES

The objectives of this model are: to evaluate the applicability of theoretical classes for urgent and emergency care; to report the importance of theoretical and practical classes and their influence in the management of emergency cases; review presentations of first aid treatments for various injuries and medical emergency situations; discuss the main emergencies and the importance of adequate care for the best prognosis of the patient; explain the importance of the course in training students to deal with medical emergencies, focusing on BLS, SAV, OVACE, care for burns and polytrauma patients; demonstrate the importance of gathering and promoting knowledge exchange between recognized specialists and undergraduate students of medicine and other health courses, and encourage continuous learning about first aid.

METHODOLOGY

The 1st First Aid Course for Academics was conceived by Univag's Medical Emergencies Academic League and held on August 19, 20 and 27, 2022, on the campus of Centro Universitário de Várzea Grande. Therefore, the theoretical activities took place on the 19th and 20th, in the evening and morning periods, respectively. This activity was developed due to the need to address and discuss the topic during graduation, given its importance for good care for first aid victims and the limited number of hours allocated to it in the curriculum. Thus, the elaboration of the project had the participation of students from

the "Medical Emergency League" together with the help of Dr. Marcos Serrano, physician from the Mobile Emergency Care Service (SAMU) and former caller. Biweekly meetings were held for the organization. The topics addressed were: Care for Polytraumatized Patients, Immobilization of Fractures, Basic Life Support, Advanced Life Support, Initial Care for Burns, Airway Obstruction by Foreign Bodies, Cardiopulmonary Arrest and Hemorrhage Control. In addition, registrations were made available to health academics through the Sympla platform and the means of dissemination chosen were the league's Instagram and WhatsApp. Thus, the theoretical course was attended by 118 participants. After taking the course, the students filled out a form with the following questions: "Do you consider yourself able to classify and perform the initial care of a burn victim?", "Do you feel able to classify and immobilize fractures?", "Do you believe it would be safe to perform the Heimlich maneuver?" and "must immobilization of the pelvis be done with a sheet and always avoiding spinal movement?", both questions had answers from 1 to 5, with 1 meaning I totally disagree and 5 I totally agree. The experiences lived during the course, consolidated with the bibliographic review on the subject, served as a basis for the elaboration of the present work. Finally, after the event, the binders held a meeting to analyze the data obtained from the evaluation methods.

RESULTS AND DISCUSSION

The first aid course for academics trained participants to deal with emergency situations, such as CPA, BLS, ALS, OVACE, care for polytrauma and burn patients in an appropriate way, with the correct techniques and with the agility that the emergency service needs, in addition to instructing on how to proceed with in-hospital care, ensuring better

assistance in cases of medical emergencies. In this sense, with the answers of the form, we could observe that the majority of the students were able to carry out such procedures in the urgency and emergency, since in the majority of the answers the students had an average above 50%, considering themselves able and prepared to assist a victim. However, it is clear that these candidates had greater difficulty and insecurity in caring for burn victims, since only 38.7% felt able to classify and provide initial care for a burn victim. Thus, it is possible to observe the unpreparedness in relation to the subject and also the difficulty reported by the students during the course. This way, it was possible to profitably observe the theoretical knowledge necessary for a well-executed practice, since such modalities complement each other during medical emergency services, guaranteeing knowledge grounded in the literature and an effective and correct technique. The discussion also became necessary to solve the doubts of the academics and discuss the updates of medical care during emergency processes, necessary for an adequate conduct to face the uncertainty, guaranteeing more security in the process of

medical training and assistance to the victim. Therefore, it is evident the need to implement, strengthen and constantly revise, in the academic grid, a discipline of First Aid.

CONCLUSION

It is noted that investing in basic notions of first aid is of fundamental importance for all health professionals, since medical emergencies, accidents and sudden illness require skills necessary to deal with imminent risks to life. That said, the members of the Academic League of Medical Emergencies observed through the 1st First Aid Course for Academics the deficiency found in the preparation of academics to carry out such care. The implementation of the course occurred in a natural and successful way, due to the knowledge and previous experiences presented by LAEM members in the area, in addition to the assistance received by qualified professors for the demand required by classes and practices. The team of students verified, through the questionnaire applied to the participants, that it is pertinent to carry out the course annually to reinforce and update the contents that were taught.

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