

## **HSC374 Provide first aid to an individual needing emergency assistance (Imported unit)**

### **Elements of Competence**

**HSC374a** Prepare to provide first aid to individuals

**HSC374b** Provide first aid to individuals

### **About this unit**

For this unit you need to be able to provide first aid to meet an individual's requirements

### **Scope**

The scope is here to give you guidance on possible areas to be covered in this unit. The terms in this section give you a list of options linked with items in the performance criteria. You need to provide evidence for any option related to your work area

**Appropriate others** with regard to the need to determine and confirm death of the individual could include mortuary attendants, receiving doctors and police officers

**Assistance** can be from: other first aid qualified personnel; qualified ambulance personnel; paramedic; doctor/clinician; first contact nurse

**Condition** conditions could include: shock; injuries/blockages to the respiratory system; injuries to soft tissues/organs and haemorrhaging; injuries to bones, muscles and joints; burns or scalds; illness or medical conditions

**First aid could** include: stabilisation prior to receiving specialist emergency assistance (e.g. placing in recovery position, clearing airway); protection and treatment of minor injuries (e.g. immobilisation of limbs, cleaning and covering of open wounds, applying compresses to minimise swellings); direction/referral to other health services for the treatment/care of major injuries

**Individual** could include: child or young person; adult of a working age; older person

**Standard precautions and health and safety measures** including: hand washing/cleansing before during and after the activity; the use of **personal protective clothing** and **additional protective equipment**; handling contaminated items; disposing of waste; safe moving and handling techniques and untoward incident procedures

Your **knowledge and understanding** for this unit will relate to legal requirements and codes of practice applicable to the scope of your work and others with whom you work; the nature of the work you are undertaking; your role and level of responsibility within your organisation (e.g. whether you have responsibility to support the work of others); the individuals, key people<sup>1</sup> and others with whom you are required to work and the degree of autonomy you have for the management of your own work activities.

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<sup>1</sup> If you are working with children and young people the term "individuals" covers children and young people and "key people" covers parents, families, carers, friends and others with whom the child/young person has a supportive relationship

## **Values underpinning the whole of the unit**

The values underpinning this unit have been derived from the key purpose statement<sup>2</sup>, the statement of expectations from carers and people receiving services, relevant service standards and codes of practice for health and social care in the four UK countries. If you are working with children and young people they can be found in the principles of care unit HSC34. If you are working with adults they can be found in HSC35. To achieve this unit you must demonstrate that you have applied the principles of care outlined in either unit HSC34 or HSC35 in your practice and through your knowledge. This unit is directly transferable to Health national occupational standard CHS35

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<sup>2</sup> The key purpose identified for those working in health and social care settings is “to provide an integrated, ethical and inclusive service, which meets agreed needs and outcomes of people requiring health and/or social care”

## **HSC374a** Prepare to provide first aid to individuals

### **Performance Criteria**

You need to show that,

1. you identify and respond appropriately to any risks to your own or others' safety
2. you obtain the individual's informed consent before working with them
3. you perform a systematic and thorough check of the individual's airway, breathing and circulation
4. you form an accurate, full and balanced assessment of the nature and severity of the individual's **condition**
5. you prepare the individual, yourself, materials and equipment in a manner appropriate to their needs, **condition** and the intended **first aid**
6. you place the individual in a safe position which does not adversely affect their **condition**

## **HSC374b** Provide first aid to individuals

### **Performance Criteria**

You need to show that,

1. you provide **first aid** in a manner that is consistent with:
  - legislation
  - your level of competence
  - achieving the optimum outcome for the individual
2. you apply universal precautions to the control of infection and prevention of contamination
3. you respect the privacy, dignity, wishes and beliefs of individuals when working with them
4. you interact with individuals:
  - in a calm and reassuring manner
  - by actively listening and responding to what the individual says, observing his/her behaviour and reactions
5. you support the individual throughout, encouraging them to promote their own health and well being
6. you monitor, identify and respond to any changes in the individual's condition
7. you determine and confirm when death has occurred, within the limits of your own role, accountability and scope of practice, or inform an appropriate other of the need for them to make this confirmation
8. summon additional and specialist assistance immediately where an individual's needs exceeds your competence, providing support and first aid as required until such assistance arrives
9. provide accurate and clear information about the individual's health status and needs when transferring them into the care of others

## **Knowledge Specification for the whole of this unit**

Competent practice is a combination of the application of skills and knowledge informed by values and ethics. This specification details the knowledge and understanding required to carry out competent practice in the performance described in this unit.

When using this specification **it is important to read the knowledge requirements in relation to expectations and requirements of your job role.**

You need to show that you know, understand and can apply in practice:

### **Values**

1. a working understanding of the legislation regarding confidentiality and information sharing, the provision of services, the rights of the individual, protection issues, anti-discriminatory practice, informed consent, relevant mental health legislation and care programme approach
2. a working understanding of the ethics concerning consent and confidentiality, and the tensions which may exist between an individual's rights and the organisation's responsibility to individuals
3. a working understanding of the importance of gaining assent from individuals who lack capacity to consent

### **Legislation and organisational policy and procedures**

4. a working understanding of how to interpret and apply legislation to the work being undertaken
5. a working understanding of the policies and procedures to be followed when immobilising injuries

### **Theory and practice**

#### ***Generic healthcare knowledge and understanding***

6. a working understanding of basic features of anatomy and physiology as relevant to the provision of non-specialist first aid
7. an in-depth understanding of the importance of informed consent and how to gain it
8. a factual awareness of the priorities in life support
9. an in-depth understanding of the importance to the outcome for the individual of clear, accurate and effective communication at the point of handover to others
10. a factual awareness of the pulse sites and rate norms for different types of individual

#### ***Specialist healthcare knowledge and understanding***

11. a working understanding of the different positions into which an individual with particular conditions should be put to achieve the best possible outcome for them including shock, individuals who are unconscious but breathing, severe bleeding, suspected head/spinal injuries
12. a working understanding of how to manoeuvre an individual safely, quickly and effectively into the appropriate position
13. a working understanding of the causes of shock and the factors which may indicate an individual is in shock

14. a working understanding of the clinical signs of:
  - asphyxia
  - bleeding/hypovolaemic shock
  - internal bleeding
  - fracture
  - dislocation
  - sprain
  - strain
  - brain injury
15. a working understanding of how to recognise the appropriate sterile dressing to be used in relation to particular injuries
16. a factual awareness of the location of pressure points and their use in stopping bleeding
17. a working understanding of the factors affecting bleeding from different parts of the body
18. an in-depth understanding of how external bleeding could affect the individuals circulation
19. a working understanding of how the human body reacts to a wound in order to stop the bleeding and limit further damage
20. a working understanding of the complications associated with fractures and dislocations and means of detection
21. a working understanding of the main indicators available to aid in the assessment of:
  - cerebro-vascular incident
  - cardiac condition
  - epileptic fit
  - diabetic emergency
  - infant convulsions
  - chronic obstructive airway disease
  - anaphylactic shock
22. an in-depth understanding of the limits of first aid and the importance of summoning additional and specialist assistance without undue delay

### ***Procedures and techniques***

23. a working understanding of the procedure involved in checking whether an individual is conscious and breathing
24. a working understanding of basic ventilation techniques and procedures for the control of hyperventilation
25. a working understanding of the procedure for conducting a head to toe assessment of the individual including any questions that should be asked of the individual
26. an in-depth understanding of the importance of prioritising individuals in need of emergency assistance and what methods to use in doing this
27. a working understanding of the procedures for dealing with foreign bodies in the eye and in wounds
28. an in-depth understanding of the procedure involved in providing artificial

ventilation

29. a factual awareness of the ventilation: compression ratio and rate for different types of individual
30. a working understanding of the procedure to establish the correct hand/finger placement for external chest compression
31. a factual awareness of the personal safety procedures to be followed when dealing with burns
32. a working understanding of the procedures for dealing with different categories and types of burn and scald