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First Aid

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Learning objectives:

- Student will learn legal framework of first aid.
- Student will learn the most common obstacles to first aid.

First Aid - definition:

First aid is the first and immediate **assistance** given **to any person suffering** from either a minor or serious **illness or injury**, with care provided to preserve life, alleviate suffering, prevent the condition from worsening, or to promote recovery.

- provided by the general public (laymen and health professionals)
- without special medical equipment
- provided quickly and efficiently
- not endanger the health or life of the rescuer

First Aid

- Technical (firefighters, mountain, mining service)
- **Pre-medical First Aid**
- Medical Prehospital (EMS)
- Hospital care

Legal framework in Czech Republic:

- Every citizen is obliged to provide first aid, if it does not endanger the health or life.

Act no. 40/2009 Criminal Code :

§ 150 Failure to provide assistance

(1) Whoever does not provide the necessary assistance to a person who is in danger of death or shows signs of a serious health disorder or other serious illness, **although he may do so without danger** to himself or another, shall be punished by imprisonment for up to two years.

(2)... does not provide the necessary assistance, although, depending on the nature of his employment, he is obliged to provide such assistance, he shall be punished by imprisonment for up to three years or a ban on activity.

Legal framework in Czech Republic:

- The patient has the right to refuse help.

Act no. 372/2011

§ 28

Health services can be provided to the patient only
with his free and informed consent.

§ 38

Only **urgent care** can be provided to a patient without his consent,
if the medical **condition does not allow** the patient to give such consent.

Psychological framework:

- Stress

- Suffering
- Blood
- Pain

- Emotions leading to helplessness and inaction:

- Fear of disease / Death / My failure
- Fear of inadequacy ("I can't do it well enough").
- Fear of harming the victim
- Fear of lawsuits
- Fear of injury to self

Psychological framework:

- Dispersion of responsibility

- a rescuer himself - is aware of individual responsibility → acts
- a group of rescuers - often waiting for each other; "He can do it better than I" → waiting

- Insufficient training

Learning Outcomes

- Student knows legal framework of first aid.
- Student is able to list the most common obstacles to first aid.

Literature

- <https://www.zakonyprolidi.cz/cs/2009-40>
- www.zakonyprolidi.cz/cs/2011-372
- <https://www.nationalcprassociation.com/cpr-aed-study-guide-part-1/>

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