

Группа: 102Фк

Специальность: Лечебное дело

Дата: 26.11.2020

Тема: First aid for bruises, bleedings and sunstrokes

Цель: Развитие профессионального словаря, расширение словарного запаса

Задание лекции: Прочитать текст, выписать и перевести новые для себя слова

Домашнее задание: Описать алгоритм первой помощи при солнечном ударе (на английском, 7-10 предложений)

Сроки: до понедельника,, 30.11.2020

A cut and a bruise, with or without swelling, are basically the same thing, except that one occurs at the body's surface, and the other occurs under the surface, in the soft tissue below the skin.

Bumps and bruises are damage that occurs in the soft tissue under the skin. In fact, the ugly black and blue marks you see when you bruise are really blood clots that form under the skin. The worse they look, the more they are clotting and healing.

Under the following conditions, there is no need to call for medical assistance when a person suffers a cut, scrape, bump, or bruise:

- The injury is small (less than 1/2 inch around).
- There is no bleeding, or only slight bleeding. Make sure you follow the universal guidelines, such as wearing protective gloves, to prevent the spread of HIV or any other dangerous infections.  
The victim is not in excessive pain.
- The victim does not feel numbness or tingling.
- The person is not suffering any paralysis.
- The victim does not seem to have any broken bones or dislocation at the joints. (If the victim is in a great amount of pain and the shoulder, leg, arm, or ankle appears to be lying or hanging at an awkward angle, there is a good chance he or she has a broken bone or a dislocation.)

### First Aid for Hemorrhaging and Internal Bleeding

*Hemorrhaging* is another word for uncontrollable bleeding. Because it is caused by breakage in blood vessel walls, it is usually internal, which means you can't always tell that a person is (literally) bleeding to death!

Unfortunately, first aid procedures will not stop internal bleeding. The best thing to do is to call for help immediately. Then proceed with the first aid steps for shock.

### The Warning Signs of Internal Bleeding

A slight amount of bleeding that creates a bruise under the skin is one thing, but hemorrhaging is quite another. Internal bleeding can be serious and can affect one's vital organs. The symptoms of internal bleeding are similar to those of [shock](#):

- Pale, clammy skin
- Chills
- Cold hands and feet
- Dilated pupils
- Rapid, weak pulse
- Major swelling at the injury site
- Major or immediate black and blue marks at the wound