



# THE BOMBAY CITY AMBULANCE CORPS

( FOUNDED 1930 )  
(Registered under Acts XXI of 1860 and XXXIX of 1950)  
**BRIGADE GAZETTE**

GRATIS

No.694

September 2024

## PART - I

### NOTIFICATION

#### CONDENSED BASIC COURSE IN FIRST-AID

A short introductory course in First Aid to the injured totaling ten hours spread over (Five days 2 hours each day) started on August 28, 2024. 14 participants have enrolled in the course.

Certificate of attendance of the course will be awarded to participants who attend all the 10 sessions.

#### Donations to Service Station Fund

We have received following donation to the Service Station Fund of the Society: -

Date 2024	Amount Rs.	Donation Received From
July 25	250.00	Mr. Jitendra Barot

#### Donation to General Fund

We have received following donations to the General Fund of the Society.

Date 2024	Amount Rs.	Donations Received from
July 8	21,000.00	Aatmabodh Academy of Yoga
July 16	12,000.00	Sumukhei Performing Arts
August 5	21,000.00	Aatmabodh Academy of Yoga
August 9	12,000.00	Sumukhei Performing Arts

#### Donation to Painting Fund

We have received following donations to the General Fund of the Society.

Date 2024	Amount Rs.	Donation Received From
August 9	20,000.00	Sumukhei Performing Arts

### SERVICE STATION STATISTICS

Year 2024	July	August
Calls Registered	17	14
Removal Services	29	28
Services for which NO donation were received	27	27
<b>Amount of Donations received on account of :</b>		
Removal Services	Rs.2,450.00	Rs. 600.00
<b>Donation to Station Fund Rs.</b>	<b>250</b>	<b>0.00</b>
Run of Ambulance Car (Amb. Car No.12)	388 Kms	282 Kms
Total Services rendered till date	82,376	82,404

## PART II

### FIRST AID FOR MISCELLANEOUS CONDITIONS

The boundary between first aid and home medicine is often blurred. Many everyday conditions (for example, headaches, cramp, or a raised temperature) develop quickly and need prompt treatment. While some of the common ailments described in this chapter are not included in formal first-aid training, they will nevertheless benefit from sensible first-aid measures. Common sense and good preparation can also help to prevent and treat illness while travelling overseas.

**The use of medicines:** This article describes the use of paracetamol and other tablets to relieve fever and pain; however, **giving medication is not strictly within the scope of first aid. It is important to consult a doctor or pharmacist before administering any medication.**

#### When to seek medical aid

An apparently minor complaint can sometimes be the start of a

serious illness. If you are in any doubt about your ability to deal with any condition, you should always consult a doctor, even if it is only by telephone.

#### FIRST AID PRIORITIES

- Make the casualty as comfortable as possible.
- If simple measures fail to provide relief within an hour or so, seek medical advice.

#### FEVER

A sustained body temperature above the normal level of 37C (98.6F) is known as fever. It is usually caused by a bacterial or viral infection, and may be associated with influenza, measles, chicken pox, meningitis, earache, sore throat, or local infections, such as an abscess.

#### When to call a doctor

A moderate fever is not harmful, but a temperature of above 40C (104F) can be dangerous, and may trigger fits in babies and young children. Call a doctor, even if only for advice, if in doubt about the casualty's condition.

#### TREATMENT

##### YOUR AIMS ARE:

- To make the casualty comfortable.
  - To bring down the fever.
  - To seek medical aid if necessary.
1. Make the casualty comfortable in cool surroundings, preferably in bed with a light cover. Allow her to rest.
  2. Give the casualty plenty of cool, bland drinks to replace lost fluids.
  3. An adult **may** take two paracetamol tablets. Give a child the **recommended** dose of paracetamol syrup (**not an Aspirin**).

If you are worried about the casualty's condition, call a doctor.

#### HEADACHE

A headache may accompany any illness, particularly a feverish ailment such as 'flu, but it may be the most prominent symptom of a serious condition, such as meningitis or stroke. Mild "poisoning" caused by a stuffy or fume-filled atmosphere, or by excess alcohol or any other drug, can induce a headache in an otherwise healthy person.

Headaches may develop for no apparent reason, but can often be traced to tiredness, nervous tension, stress or emotional upset, or undue heat or cold. Headaches can range from constant low-grade discomfort to "blinding" pain that is completely incapacitating.

#### When to call a doctor

Always seek urgent advice if the pain:

- develops very suddenly
- is severe and incapacitating
- is recurrent or persistent
- is accompanied by loss of strength or sensation, or impaired consciousness
- is accompanied by a stiff neck
- followed by a head trauma.

#### TREATMENT

##### YOUR AIMS ARE:

- To relieve the pain.
- To seek medical aid if necessary.

1. Help the casualty to sit or lie down comfortably in a quiet place. If possible, remedy for any likely cause of the headache, such as loud noise, bright light, or lack of fresh air.
2. An adult may take two paracetamol tablets or her own painkillers. Give a child the recommended dose of paracetamol syrup (not aspirin).

If in doubt or if the pain does not ease within two hours, call a doctor.

### MIGRAINE

Many people are prone to these severe, "sickening" headaches. They can be triggered by a variety of causes, such as allergy, stress, or tiredness. Migraine sufferers usually recognise an attack and know best how to deal with it. They may carry special medicines with them.

Migraine usually follows a pattern

- There may be a warning period with disturbance of vision, in the form of flickering lights and/ or a "blind patch".
- An intense throbbing headache may develop, sometimes just on one side.
- There may be discomfort in the upper abdomen, nausea, and vomiting.
- The casualty will not be able to tolerate any bright light or loud noise.

### What you can do

Treatment for migraine is the same as for any severe headache. Help the casualty to take any special medication he or she may have (such as tablets or nasal sprays) and provide some towels and a container in case he or she vomits. The casualty will often recover from an attack after lying down or sleeping for a few hours in a quiet, dark room.

### EARACHE

An infection of the middle ear is the most common cause of earache, particularly in children. It often accompanies a cold, tonsillitis, or 'flu. Occasionally, pressure builds up in the middle ear causing the ear-drum to rupture. This allows pus and other matter to be discharged from the outer ear which may bring a temporary relief from pain. Earache can also be caused by an infection, a boil, or a foreign body lodged in the ear canal, or

be the result of another condition such as an abscess in a nearby tooth.

All common types of earache may be accompanied by partial or total hearing loss that is usually temporary.

### TREATMENT

#### YOUR AIMS ARE :

- To relieve pain.
- To obtain medical aid if necessary.

### FOR THROBBING EARACHE

**IF** there is a discharge, fever, or marked hearing loss, call a doctor immediately.

1. An adult **may** take two paracetamol tablets or her own painkillers. Give a child the **recommended** dose of paracetamol syrup (not aspirin).
2. Give the casualty a source of heat (such as a hot water bottle wrapped in a towel) to hold against the affected ear. Let her sit up if lying flat makes the pain worse.
3. Advise the casualty to see her doctor. If you are worried about the casualty's condition (particularly if it is a child), call a doctor immediately.

### PRESSURE-CHANGE EARACHE

Many people are prone to pressure-change on aero plane journeys. It may help to chew gum or suck a sweet. (Remember that chewing gum or boiled sweets should never be given to young children as they may choke).

### What you can do

Tell the casualty to swallow with her mouth wide open. If this fails to make the ears "pop", tell the casualty to close her mouth, hold her nose tightly closed, and "blow" her nose.

If nothing helps, reassure the casualty that the pain will go away when the pressure in the middle ear equalises (for example, when the aero plane lands).

*To be continued in BG 495 - Curtsey BRCS Handbook*

### AN APPEAL FOR DONATION

The Bombay City Ambulance Corps a society and a charitable trust provides free ambulance services and ambulance education. Except for the ambulance staff and a menial staff everybody renders honorary services to the society. The maintenance of the society mainly depends on voluntary donations.

Donations to the society are exempted from payment of Income Tax u/s 80G. We therefore appeal well-wishers for generous donations to following funds.

1. New Ambulance Car Fund. We have so far received donations of Rs. 3,11,111/-. We need about Rs. 12,00,000/- more for purchase of New Ambulance Car in 2027 when the present car will have to be put out of service under RTO requirements (maximum 8 years)

2. Ambulance Service Station Corpus Fund. Interest income of the endowment can be utilized for the FREE First Aid and Ambulance Service.

3. Service Station Fund

4. Building Painting Fund. The building has to undergo major repairs post structural audit. We have set aside Rs. 8,44,000/-. We need about Rs. 8,00,000/- more.

Donations may be paid by Crossed order Cheque in the name of "THE BOMBAY CITY AMBULANCE CORPS".

### KINDLY VISIT OUR WEBSITE TO READ BRIGADE GAZETTE - [bcac.co.in](http://bcac.co.in)

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### BOOK-POST

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