

Knowledge And Awareness Regarding the Provision of First Aid Among Adults in Victims of Maxillofacial Trauma in Urban Population-Dubai.

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Abstract

Background: Maxillofacial trauma refers to any injury to the face or jaw caused by physical force, foreign objects, or burns. Certain special precautions must be observed if you are giving first aid to a person who has suffered a maxillofacial injury. Maxillofacial trauma includes injury to soft tissues and bone fractures. Such injuries require immediate first-aid treatment such as the establishment of a free airway, control of haemorrhage and treatment of shock. Support of the facial structures and positioning of the patients face downwards are also essential life-saving measures.

Aim : To assess the Knowledge and awareness regarding the provision of first aid among adults in victims with maxillofacial trauma in urban population.

Objective :Most adults are unaware about the first aid provided for the victims with maxillofacial trauma in urban population, therefore this survey is done to assess the knowledge held by adults and then help raise awareness among them.

Methodology: This was a survey based study, done using an online forum, SurveyPlanet. The survey was circulated amongst a population in Dubai and 83 responses were collected. From the obtained responses, the results were tallied and evaluated.

Results: From the survey conducted it was noticed that most people are unaware about the provision of first aid by bystanders for Maxillofacial trauma victims.

Conclusions: Only 31.3% of the population who answered the questionnaire were aware of the first aid methods that were provided for victims with Maxillofacial trauma. To increase awareness, campaigns and pamphlets may be circulated to help make the common urban population aware and proficient.

Keywords: Maxillofacial Trauma,First aid management ,Knowledge ,Awareness

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INTRODUCTION

Maxillofacial region (MFR) involves soft and hard tissues forming the face extending from frontal bone superiorly to the mandible inferiorly. The face being the most exposed part of the body is particularly prone to trauma. Trauma to the facial region causes injuries to skeletal components, dentition as well as soft tissues of the face. [2]

The most frequent causes of facial or Maxillofacial trauma are motor vehicle collision (MVC), interpersonal violence (IPV), falls, and sports-related accidents. Their respective prevalence is geographically dependent. MVCs are the most important mechanism worldwide.[10]

Usage of vehicles isn't a foreign concept amongst people of this globalised world. In an extremely urbanised place like Dubai, it was noticed that most cases of casualties was due to the motor vehicle collision. Most people remain rather nonchalant about the first aid methods of management for Maxillofacial trauma.

Being aware has become the need of the hour in most cases, but people limit this awareness to things that they claim and categorise as necessities. In a place where most casualties remain due to Maxillofacial injuries, the awareness regarding the management of such injuries that may refuse the cases of casualty, is too important.

A systematic review study stated that, First aid in trauma has attained less attention; however, it has been postulated that a proportion of trauma deaths could be prevented by basic first aid measures at the scene. It is probable that laypeople present at the scene of trauma can improve outcome by providing measures such as a free airway, stopping external bleeding, and preventing hypothermia. [11]

Often management of Maxillofacial injury is thought to be possible only by medical, practitioners or by a team of qualified individuals. However, there are a few methods that can be practiced by lay-men such as, the establishment of free airway by manually moving the tongue away from folding into the mouth, thus preventing proper breathing, by control of haemorrhage by stoppage of nasal bleeding, treatment of shock, supporting the facial structures by positioning the patients head in a downwards position, performing CPR (Cardiopulmonary Resuscitation) [14]and anxiety management.[11]

Materials And Methods

This was a survey based study and was conducted in an online forum, SurveyPlanet. The survey was circulated amongst 83 people in Dubai. The people who took up the survey were of the age group 30 and above, and were mostly people who participate in either sports activities or who use vehicles on the regular.

The survey questionnaire consisted of 14 questions pertaining firstly to the awareness about what the term maxillofacial trauma meant and then gradually proceeding into whether people were aware of the first aid methods that were provided and could be practiced by laymen that could help reduce the number of casualties due to any Maxillofacial injury. The survey also lays emphasis on the anxiety management of the victim as it too is an important method of management of Maxillofacial trauma.

Results

83 people partook in the survey and their responses were evaluated and tallied to get the following results:

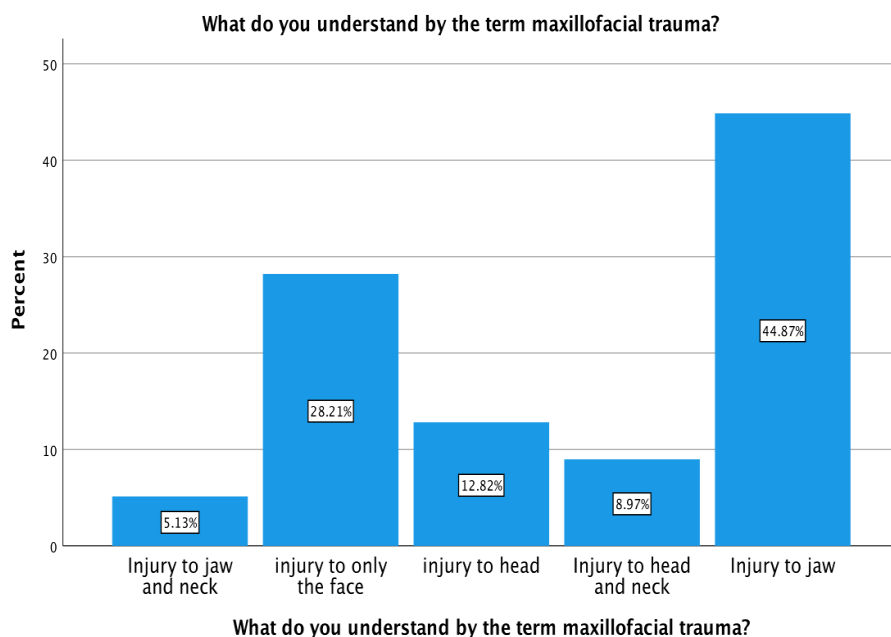


Figure 1

From the above shown figure it is noticed that most of the population, 44.87%, believe maxillofacial trauma to be an injury solely to the jaw and are unaware of what it truly comprises. (Figure 1)

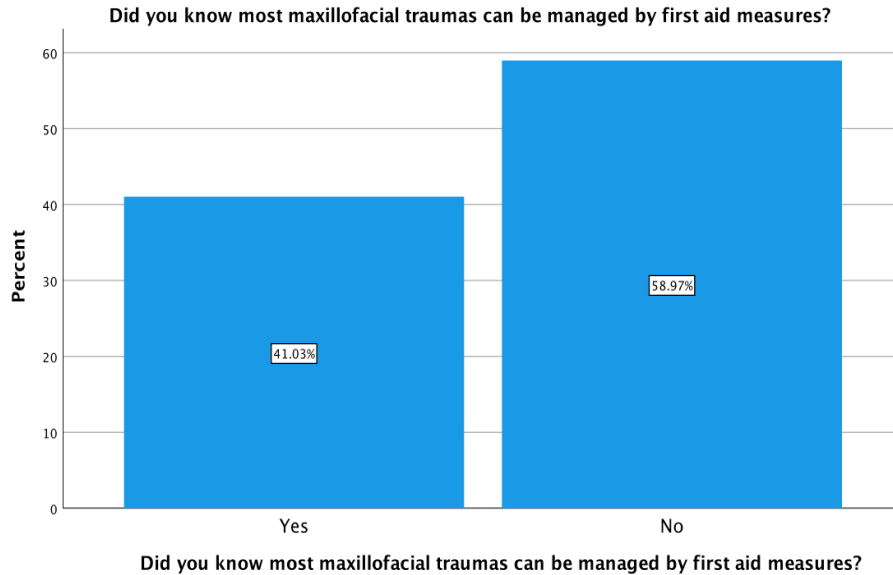


Figure 2

The figure above shows the question pertaining to the knowledge about the first aid management method for Maxillofacial trauma. Most people (nearly 58.97%) were unaware of the first aid methods and were also unaware that casualties may be avoided by practicing such methods. (Figure 2)

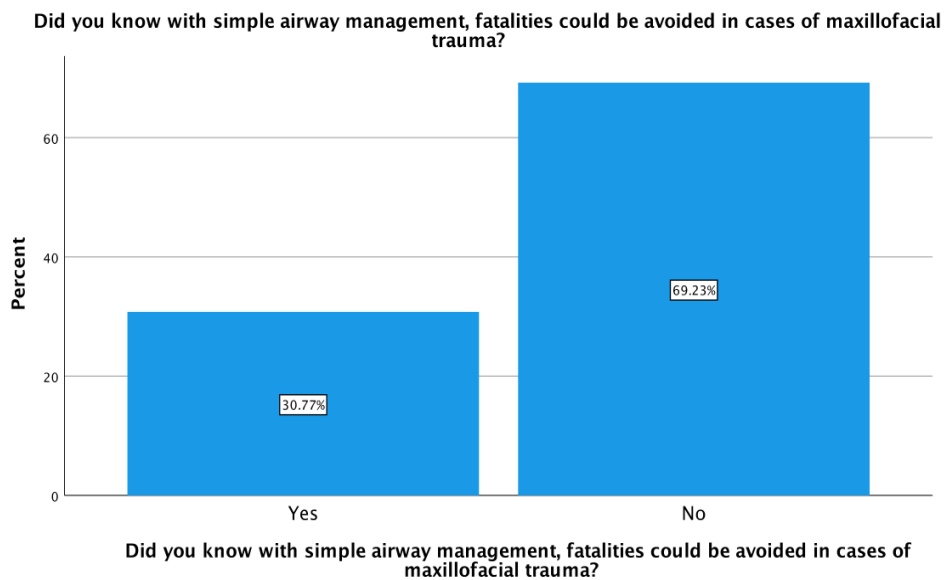


Figure 3

From the above shown figure it is seen that when questions regarding a few of the first aid measures and whether they were aware and it was noticed again that most people, nearly 69.23% were unaware and rather confused about which method is to be chosen. (Figure 3)

Few more questions regarding how people would manage scenarios of facial trauma were also asked and nearly 70% of the people remained unaware.

Discussions

From the above obtained results it is noticed that not only are people unaware most of them are also highly nonchalant. It has been assumed by a majority of the population that merely calling an ambulance is the most that a bystander can do but what needs to be stressed on is that there is more to prevent a casualty. Nearly 68.7% of the people who attempted the questionnaire were unaware of firstly, what Maxillofacial trauma consisted of and then the first aid methods that are provided for it.

Maxillofacial trauma, an injury to the soft tissues or the bones of the jaw, face and neck regions [2]. Maxillofacial trauma injuries can range from soft tissue wounds, lesions, cuts to fractures such as TMJ fractures, fractures of the optic, nasal or neck bones, etc.[3]

The most important first aid methods are providing CPR [14] or manual movement of the tongue or firm positioning of the head of the victim to prevent any constriction of airways thereby controlling airways, preventing haemorrhages by stopping nasal bleeding, preventing hypothermia [11] and anxiety management by reassuring the victim that things are under control thereby bringing their breathing into order and psychologically instilling a feeling of calmness.[10]

It is understandable that in rural areas most people are not educated enough to understand and inculcate knowledge and though this is the case, there are many campaigns organised to spread awareness. In an area of high urbanisation such as Dubai, where everyone commutes only via motor vehicles, it must be brought to light that most of the Maxillofacial trauma incidents are caused due to MVC's (Motor Vehicle Collisions) or RTA's (Road Traffic Accidents). Though people use this method of commuting only 31.3% of the people are aware of what the implications of Maxillofacial trauma are and what can be done by a bystander to help reduce the case of any casualty due to the same.

From the survey based study conducted it is noticed that most people are unaware irrespective of them being in an urban population where knowledge about things is necessary for survival. In such a situation, it is necessary to enrich the population and help them gain awareness. The aim of this survey was to spread awareness and inculcate knowledge amongst these individuals and most of them who answered seemed to be quite shocked about the fact that they, mere bystanders, could save a life by performing a few minor acts and were pleased to have learned about these methods. Though the first aid method may not entirely revive the victim it will most certainly reduce the risk of casualty.[16,17]

Creating awareness in an urban area is much more easier than that of a rural area as connectivity is a foundation stone for development, due to this awareness can be spread by distributing pamphlets, organising campaigns, including Maxillofacial trauma management by first aid a part of the curriculum in driving schools and must be inculcated as an necessary safety measure amongst educational institutes, workplaces, industrial areas, etc.

Conclusions

Only 30.7% of the population who answered the questionnaire were aware of the first aid methods that were provided for victims with Maxillofacial trauma. To increase awareness, campaigns and pamphlets may be circulated to help make the common urban population aware and proficient.

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