



FIRST AID IN THE CASE OF FOOD POISONING

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Research purpose. To present the first aid actions in the case of food poisoning.

Keywords: contaminated food, diarrhea, infectious organisms, first aid, food poisoning, vomiting

Research Methodology. Analysis of scientific literature.

Results / Findings.

1. Food poisoning, also called foodborne illness, is illness caused by eating contaminated food. Infectious organisms— including bacteria, viruses and parasites— or their toxins are the most common causes of food poisoning.
2. The main symptoms of food poisoning include: nausea; vomiting; diarrhoea; which may contain blood; stomach cramps and abdominal pain; a lack of energy and weakness; loss of appetite; fever; aching muscles.
3. For mild cases of food poisoning, it is vital to remain hydrated, so a patient should drink plenty of fluids, rest as much as possible, eat when one feels up to it, avoid alcohol, caffeine, fizzy drinks and spicy and fatty foods. In case of frequent episodes of vomiting and inability to keep liquids down, bloody vomit or stools, diarrhea for more than three days, extreme pain or severe abdominal cramping a patient should seek for a doctor's help.

Originality / Practical implications.

Food poisoning is not a rare phenomenon. According to Lithuanian communicable diseases and AIDS statistics, in 2019 a total of 20,092 cases of viral intestinal infection have been recorded in Lithuania, with the most common cases of Rotavirus and Noravirus infection. 30-50% of all cases of the disease are recorded between May and August. According to them, at temperatures above 10oC, the rate of reproduction of bacteria accelerates.