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Commentary on Poisoning

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Commentary

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Introduction

Poisoning is a huge worldwide general wellbeing issue. As per WHO information, in 2004 an expected 346,000 individuals died worldwide from accidental harming. Of these deaths, 91% happened in low- and middle income countries [1-4].

Poisoning is mainly causes due to injecting or swallowing or inhaling or exposing to the harmful chemicals or substances. Poisoning is mostly accidental or sometimes suicidal [5-8]. During poisoning first aid is an immediate requirement. If, we give proper first aid immediately after poisoning it will help a person's life. But during acute poisoning, first is not a proper treatment that should be followed [9-14].

The substances that cause poisoning include the following [15-21]:

- Pesticides
- Chemicals
- Heavy metals
- Food
- Household products
- Paints

The different types of poisoning include:

- Deliberate poisoning
- Environmental poisoning
- Accidental poisoning
- Industrial exposure

Deliberate poisoning

It is mostly due to self-harm which is a very dangerous activity that is performed due to depression.

Accidental Poisoning

It occurs mostly in the case of children due to lack of knowledge in the intake of medicine and also in illiterates.

Environmental Poisoning

Environmental poisoning occurs due to poisonous animals or due to intake of poisonous food and inhaling air from poisonous plants [8-10].

Industrial Exposure

It is a chronic type of poisoning which upon exposure to long period causes poison. It is less harmful compared to others.

Symptoms

Symptoms for poisoning include difficulty in breathing, nausea, vomiting, headache, dizziness, blur vision, unconsciousness, bluish coloration of lips, diarrhea, Abdominal disturbances, irritability, Loss of control on urination, Seizures, skin rashes, stupor, weakness etc which may vary based on the type of poisoning [20-22].

Treatment

Treatment for the poisoned patient includes giving immediate first aid. Person should be provided with more amounts of oxygen. Poisoned persons clothes should be removed.

Try to know from the patient's belongings from which type of poison has the victim got affected.

Clear the airway and give good amount of oxygen. The victim should be taken to the hospital immediately.

Firstly gastric lavage should be done to the victim in case of organophosphate poisoning. Activated charcoal is the best method and acts as good absorbent.

Oral antidotes are ineffective in case of poisoning. So it is not at all preferred. The victim should be kept under observation and monitor the vitals till person becomes normal.

If necessary the patient should be kept under ventilation in order to become normal [20-23].

Conclusion

Poisoning is mostly dangerous and in some cases only it is not harmful. Whatever, the type of poisoning may be the person should be careful and have to seek immediate medical help once after affecting. The victim should be treated with proper care and management

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