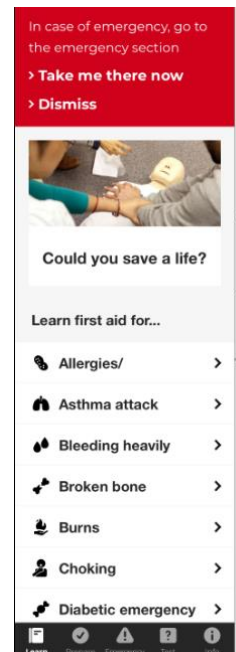# Apps for First Aid and Medicines

There are lots of apps available that can help you learn how to deal with an emergency. They can teach you about health or help you keep track of your medication. Below are just a few examples to give you an idea of what is out there.

First Aid

First Aid by British Red Cross

This app will let you learn about first aid. Use your finger to pull across from the side to reveal options to let you learn about, prepare for or deal with emergencies. You can also test yourself.
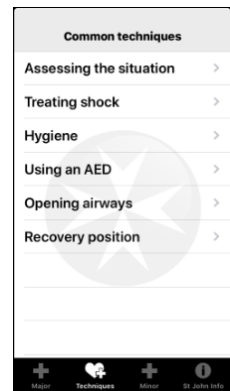
Baby and Child First Aid by British Red Cross

This app is very similar to the previous app except that it is specifically designed for the treatment of babies and children.
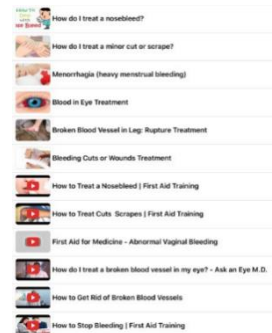
St John Ambulance First Aid

This app divides emergencies into major or minor, with a section on techniques.
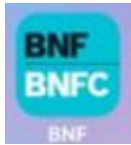
First Aid guide & emergency treatment

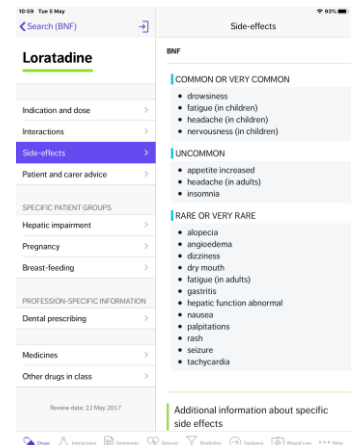This app provides clear and friendly images. Tap on an image to read instructions or watch videos.

Medication

BNF

This is produced by the Royal Pharmaceutical Society of Great Britain and contains the British National Formulary and the British National Formulary for Children. In addition to finding out about medication, its uses, composition and possible side effects, you can list more than one medication and it will tell you about any possible interactions. This app also includes treatment summaries and a list of devices available to help with treatment.

Medicine Pocketbook

This app is similar to the one above although it does not have a search facility, it just lists medications.

Medical Dictionary

This app allows you to search more than a dozen authoritative sources for medical terms including anatomy, physiology, diseases, drugs and treatments.

Pill Reminder

This app is one of many that are available to remind you to take your medication. Simply enter the medication you take, the amount and how often you need to take it. Alarms will sound to remind you to take your medication. (These type of apps work best on smart phones – although they are available for other devices)

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