

UNIVERSITI TEKNOLOGI MARA

**FIRST AID SELF: FIRST AID
HOME REMEDIES MOBILE APP**

RATTANA BINTI ABDUL RAHIM

**BACHELOR OF INFORMATION
TECHNOLOGY (Hons.)**

31ST JANUARY 2022

ACKNOWLEDGEMENT

All thanks to Allah SWT for providing me with the opportunity and opportunity to complete this proposal for final year project, and for His unending generosity and compassion in providing me with the strength to complete this proposal for final year project on time. I am grateful for the opportunity to work on this project with Puan Suzana Zambri. Her advice and time sacrifice from the start till the proposal was finalised certainly allowed me to meet the project's objectives. All of the advice, assistance, and ideas provided during the project's preparation will not be forgotten.

Next, I'd like to thank Dr Emma Nuraihan Binti Mior Ibrahim, my CSP600 lecturer, for all of her encouraging and constructive criticism, which has helped me shape and improve my work in a variety of ways. It is difficult to compensate all of the time and effort she devotes to all of the kids under her care.

In addition, I'd like to thank Puan Zatul Amilah Shaffiei, my examiner, for her time, useful remarks, and recommendations on my effort. In addition, I'd want to express my heartfelt gratitude to my loving parents, who provided me with unending emotional support and prayers during this project proposal.

Last but not least, I'd want to express my heartfelt gratitude to my students, who worked tirelessly night and day to accomplish this assignment. Thank you for your encouragement and assistance.

May Allah SWT provide us peace and pleasure. Amin.

ABSTRACT

The project aims to develop an informative mobile application for first aid and home remedies to assist people in emergency situation at home. With First Aid Self, it will assist the user in proper and safe first-aid action and the use of home remedies. The objectives of this project are to identify the user requirements, to design and to develop First Aid Self: First Aid Home Remedies Mobile App. The scope for the informational content is focus only for the non-severe injuries, and the platform used is Android. This project used Mobile Application Development Life Cycle (MADLC) until testing phase as a methodology approach to develop this app. The features of this mobile apps are user profile, informational content of home remedies, series of first aid videos, add notes for the home remedies where user can save the notes for their own use or share it to others. Next, the chat room. The users can exchange their knowledge and information about first aid and home remedies to assist one another. This project will make use of the Android platform, as well as the English language. The people in Shah Alam are the intended target user of this First Aid Self mobile app. According to the results of user testing, all the functionalities of the First Aid Self mobile application work as anticipated. According to the testers, the application is easy to navigate, and all information and symbols are properly organised. The testers really liked the colour palette and icons used in this mobile application. Furthermore, all the testers agreed that this smartphone application has all of the necessary components and would genuinely assist them in studying first aid and home remedies. Numerous home remedies used all around the world will be included to the First Aid Self mobile app as future recommendations to further expand it. The therapies will also cover the entire sickness, not only for non-severe conditions.

Keywords: Mobile Application Development Lifecycle (MADLC), First Aid, Home Remedies.

TABLE OF CONTENTS

CONTENT	PAGE
STUDENT DECLARATION	ii
ACKNOWLEDGEMENT	iii
TABLE OF CONTENTS	iv
LIST OF FIGURES	viii
LIST OF TABLES	xi
CHAPTER 1: INTRODUCTION	1
1.1 Project Background	1
1.2 Problem Statement	2
1.3 Project Aim	3
1.4 Project Objective	3
1.5 Project Scope and Limitation	4
1.6 Project Significant	5
1.7 Project Summary	5
CHAPTER TWO: LITERATURE REVIEW	6
2.1 Introduction to First Aid	6
2.1.1 Importance of first aid knowledge	7
2.1.2 Awareness towards first aid knowledge and skills.	8
2.2 Introduction to Home Remedies	9
2.2.1 Plants: store house of herbal drugs	9
2.2.2 Reasons for the use of home remedies	10
2.2.3 Advantages of traditional home remedies over chemical medicines	10

CHAPTER ONE

INTRODUCTION

This chapter focuses on the background of the project. In addition, it also offers specifics of this project's issue statement, objectives, aim, scope and project significant.

1.1 Project Background

First aid is described as providing medical care or treatment to someone who has suffered a sudden illness or injury. First aid is a vital thing to teach the person in order to relieve suffering, sustain life, facilitate regeneration, and keep the patient's situation from worsening before competent medical care can be received (Aroor AR et al.,2014). In certain self-limiting illnesses or minor injuries, medical management may not be needed after first aid operation. Millions of people are injured each year, with all of them dying merely because prompt response was insufficient or not possible. Immediate action using effective procedures may have reduced the severity of the injuries or increased the likelihood of recovery (Zideman DA et al., 2017).

According to Thyer (2017), it necessitates immediate intervention in a life-threatening situation prior to the arrival of specialised medical services, as an example, while waiting for an ambulance, performing cardiopulmonary resuscitation (CPR). It may also be used to treat superficial wounds and to plaster a wound. On another hand, there are few accurate medical-research on patient knowledge of home remedies and the types of health problems for which they are used (Wickham H, 2016). Nonetheless, retrospective research shows that people use home remedies to cure minor health issues, and that they will suffice for symptom relief while the body recovers from minor health problems. The use of home remedies for mild health disorder symptom relief is an area of health care that has gained little recognition to date. There are several requirements that necessitate first aid and home remedies, and some nations have rules that in some instances, recommend a minimal degree of first aid coverage (GHC, 2015).

This may involve the need for specialised training or equipment in the job, providing specialist first aid and use of home remedies coverage at public functions, and requiring required preparation in school. However, providing safe help does not necessarily necessitate the use of