

# BUTTE COLLEGE

## COURSE OUTLINE

### I. CATALOG DESCRIPTION

**ALH 2 - Basic Emergency Response & Health Careers**

**3 Unit(s)**

**Prerequisite(s):** NONE

**Recommended Prep:** Reading Level IV; English Level IV

**Transfer Status:** CSU

42.5 hours Lecture

25.5 hours Lab

This entry level course will instruct students in the basics of emergency medical care, including Health Care Provider level Cardio-Pulmonary Resuscitation (CPR), First Aid and Safety, that will help sustain life, reduce pain and minimize the consequences of injury or a sudden illness until more advanced medical help takes over. In addition, the course will explore a variety of health care career pathways.

### II. OBJECTIVES

Upon successful completion of this course, the student will be able to:

- A. Differentiate signs and symptoms of specific illnesses and injuries.
- B. Describe and demonstrate how to care for specific illnesses and injuries.
- C. Demonstrate CPR to the Health Care Provider level.
- D. Identify and describe the various career pathways available in the health care field.

### III. COURSE CONTENT

#### **A. Unit Titles/Suggested Time Schedule**

Lecture	
<u>Topics</u>	<u>Hours</u>
1. Introduction to Health Care	1.00
2. Career Exploration	2.00
3. Bloodborne Pathogens and Preventing Disease	2.00
4. The well being of the Health Care Provider	1.00
5. Lifting and Moving	1.00
6. Legal and Ethical Issues	1.00
7. Introduction to Human Body Systems	2.00
8. Assessment of the Patient and Environment	4.00
9. Breathing Emergencies	5.00
10. Cardiac Emergencies	5.00
11. CPR and Automated External Defibrillator (AED)	2.00
12. Medical and Behavioral Emergencies	3.00
13. Trauma	3.00
14. Bleeding and Shock	1.00
15. Muscle and Bone Injuries	2.00
16. Injuries to the Head, Neck, and Back	2.00
17. Poisoning	2.00
18. Childbirth	1.50

19. Infants and Children	2.00
Total Hours	42.50

#### Lab

<u>Topics</u>	<u>Hours</u>
1. Patient assessment	4.00
2. Airway Management and Ventilation	3.00
3. CPR and AED	8.00
4. Moving patients	1.00
5. Splinting and bandaging	4.00
6. Bleeding control	2.00
7. Environmental Emergencies	1.50
8. Childbirth	2.00
Total Hours	25.50

#### IV. **METHODS OF INSTRUCTION**

- A. Lecture
- B. Instructor Demonstrations
- C. Class Activities
- D. Homework: Students are required to complete two hours of outside-of-class homework for each hour of lecture
- E. Multimedia Presentations
- F. Skill practice
- G. Simulation

#### V. **METHODS OF EVALUATION**

- A. Exams/Tests
- B. Class participation
- C. Final Examination
- D. Performance Examinations
- E. Practical Evaluations
- F. Class Discussion

#### VI. **EXAMPLES OF ASSIGNMENTS**

- A. Reading Assignments
  - 1. Read the chapter on Cardiovascular Emergencies and be prepared to discuss cardiac risk factors.
  - 2. Read the chapter on Respiratory Emergencies and be prepared to identify the universal sign for choking.
- B. Writing Assignments
  - 1. Write a one page (approximately 400 words) reflection paper on how stress affects your health.
  - 2. Write a basic patient care report that provides pertinent patient information to advanced medical responders.
- C. Out-of-Class Assignments
  - 1. Complete the two page worksheet at the end of the chapter about cardiovascular emergencies.
  - 2. Identify a news article about a current health topic or trend and prepare to share at next

class meeting.

VII. **RECOMMENDED MATERIALS OF INSTRUCTION**

Materials Other Than Textbooks:

A. American Heart Association or American Red Cross textbooks, manuals and support materials.

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