



NATIONAL SERVICE TRAINING PROGRAM

SYSTEM PLUS COLLEGE FOUNDATION
1ST YEAR | 1ST SEMSTER | MIDTERMS
BSTM | TM01A | S.Y 2025-2026

LECTURER: SIR ANGELO "STAR" BALTAZAR
TRANSCRIBED BY: ALRIANNE A. AÑONUEVO

LESSON 1: LEADERSHIP TRAINING WORKSHOP

GUEST SPEAKER: FRANCESCA GRACE C. FRANCO, RSW

LEADERSHIP

- Is defined as the **ability of an individual, group, or organization to lead**, influence or guide other individuals, teams, or organization.

TYPES OF LEADERSHIP

TRANSACTIONAL LEADERSHIP

- Is a management style **focused on a system of rewards and punishments** to motivate subordinates to meet specific goals within a structured organizational environment.
- Focus on the exchange
- Transactional leadership is often used in business, when employees are successful they are rewarded; when they are fail they are reprimanded punished.

TRANSFORMATIONAL LEADERSHIP

- Is a style where a leader motivates and inspires followers to achieve a shared vision, fostering long-term growth and positive change by emphasizing values, ethics, and individual potential.
- Inspire positive change
- Take control of situations by conveying a clear vision of the group's goals.
- Focus on helping members of the group support one another and provide them with the support, guidance, and inspiration they need to work hard, performed and stay loyal to the group.

SERVANT LEADERSHIP

- is a **philosophy and practice** that places the primary focus on the growth, well being, and empowerment of followers with the leader serving first the frost a thriving environment when individual can flourish and contribute their best.

- Prioritize the growth well-being and empowerment of employees
- Proponents say that by improving the emotional health of employees servant leadership empowers employees to express themselves more freely in the workplace.

LAISSEZ-FAIRE LEADERSHIP

- is **hands-off management style** where leaders delegate heavily and provide team members with high autonomy to make decisions and complete tasks independently, intervening only when necessary.
- Requires a great deal of trust.
- Decisions are left to employees.
- It encourage personal growth.
- It allows for faster decision making.

AUTOCRATIC LEADERSHIP

- is a **management style** where one leader has complete control over decision making settling policies and dictating procedures without consulting team members.
- Centralized decision making.
- Strict control and authority.
- Clear hierarchy separation between leader and subordinates.
- Limited input of subordinates.
- Focus on obedience of subordinates.

DEMOCRATIC LEADERSHIP

- Democratic leadership or **participative leadership** is a management style where team members actively participate in the decision-making process with ideas and opinions freely exchange to foster collaboration and innovation.
- Encourage creativity and collaboration.
- Regularly ask for feedback.
- Maintain a team player attitude.
- Keep flexibility at the forefront.
- Place high importance on transparency and communication.



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AN CREATIVE LEADERSHIP

COMMUNICATION SKILLS

- clearly conveys ideas, listens actively, and fosters open dialogue.

EMOTIONAL INTELLIGENCE

- understands and manages emotions while demonstrating empathy and self-awareness.

DECISION-MAKING ABILITY

- Makes informed, timely decisions and takes responsibility for outcomes.

INTERGRITY AND ACCOUNTABILITY

- Leads with honesty, transparency, and a strong moral compass.

ADAPTABILITY

- Adjust strategies based on challenges and changing circumstances.

MOTIVATIONAL SKILLS

- inspires and empowers team members to perform at their best.

LEADERSHIP

- **Focus:** Vision, inspiration, and change.
- **Direction:** Sets a compelling, future-oriented vision and goals.
- **Motivations:** motivates and empowers individuals to work toward a common purpose.
- **Role:** to create and guide through uncertainty and ambiguity.
- **Question asked:** "what needs to change?and why?"

MANAGEMENT

- **Focus:** Planning, processes, control, and stability.
- **Direction:** Manages day-to-day operations and ensures smooth functioning.
- **Motivation:** creates and monitors processes for team success.
- **Role:** to overpass task and ensure deliverers are completed effectively.
- **Question asked:** "how and when will this be done?"

LESSON 2: YOUTH MORAL RECOVERY PROGRAM FOR NATION BUILDING

- "When students are rooted in good values, they become more resilient, compassionate, and purpose-driven citizens"

SEN. LETICIA R. SHAHANI (1993)
ASSERTS THERE IS A NEED TO CHANGE
STRUCTURES AND TO CHANGE PEOPLE

- "Building a people means eliminating our weaknesses and developing our strengths and this starts with analysis, understanding and appreciation of these strengths and weaknesses.... we must change. And understanding oneself is the first step."

TO GIVE THE STRENGTHS AND
WEAKNESS OF FILIPINO, SHE
PROPOSES THE FOLLOWING GOALS
FOR CHANGE:

- ✓ Develop in the Filipino a sense of patriotism and national pride. A genuine love, appreciation and commitment to the Philippines and Filipino things
- ✓ Develop a sense of the common good, the ability to look beyond selfish interest, a sense of justice and sense of outrage at its violation.
- ✓ Develop value and habits of discipline and hard work, self reflection and analysis, along with the internalization of spiritual values.

PATRIOTISM AND NATIONAL PRIDE

GENERAL

- Faith in Divine Providence
- Patriotism
- Love of Fellowmen
- Respect for Parents and Elders
- Reverence for heroes

INDIVIDUAL

- Honor
- Self-Reliance
- Humility
- Punctuality
- Devotion to truth
- Self-Control
- Frugality
- Fortitude



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- Purposeful Living
- Perseverance
- Cleanliness
- Appreciation of the Beautiful

SOCIAL

1. Industry
2. Interest in Education
3. Respect for Law and Authority
4. Sense of Duty and Responsibility
5. Justice & Righteousness
6. Tolerance
7. Civic Courage
8. Judicious Imitation
9. Sportsmanship
10. Good Breeding

THE HUMAN ACTS, INTEGRITY, DISCIPLINE AND HARDWORK

1. A human act is an act which proceeds from the deliberate free will of man. It is any sort of activity, internal or external, bodily or spiritual performed by a human being. Human acts only those acts that proceed from a deliberate and freely willing human being.

2. **Integrity** – is a firm adherence to a code of moral and values, quality or state of being complete or undivided/honest.

DUTIES AND RIGHTS OF THE FILIPINO PEOPLE THAT ARE NECESSARY TO PROPERLY CONTROL THE HUMAN ACTS.

Duties of the People

- The people of our Republic that they have certain duties or obligation to perform. These duties are the price of freedom and of the rights which we enjoy. The following are the duties of our people to the state:
1. To vote honestly and wisely
 2. to obey the laws of the land
 3. to respect public authority
 4. to be legal to the Republic
 5. to defend the Father Land
 6. to pay taxes to the government
 7. to take active interest in national and international affairs.

RightsVarious classes of rights that a citizen of a democratic state must enjoy.

1. **Natural Rights** – conferred upon to human being by God – this cannot be taken from the person. Ex. The right to life, to love and to marry.

2. **Civil Rights** – rights granted by the state for promotion of common welfare of individual citizen. Ex. Right to life, to own property, to marry, to enter into and contracts, to seek justice in the courts.

3. **Political Rights** – conferred by the state to the people so that they may participate in government. Ex. Right to citizenship, suffrage, freedom of speech, freedom of press, to petition the government for redress of grievances.

4. **Constitutional Rights** – rights recognized are protected by the constitution and part of the fundamental law of the land. Ex. Freedom of religion, freedom of speech, freedom to choose one's residence, freedom from slavery.

5. **Statutory Rights** – conferred by statutes or law promulgated by law making body and can be abolished by the same body. Ex. Right to inherit property, minimum wage, to go on strike for higher wages and better working conditions.

LESSON 3: SPORTS AND RECREATION

- If you are an observer, watching a sport is a lot of fun. If you're a parent and it's your child out there hitting the ball, making the basket, etc, you will be excited, but there will be a dose of terror mixed with that "fun".
- There are guidelines governing every sport. Official and coaches should know them, but it doesn't hurt if you understand the pitfalls of team sports.

THE YOUNG ATHLETE'S BILL OF RIGHTS

1. The right to have the opportunity to participate in sports regardless of one's ability level
2. The right to participate at a level commensurate with the child's development level.
3. The right to have qualified adult leadership.
4. The right to participate in a safe and healthy environment.
5. The right of each child to share leadership and decision-making.



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6. The right to play as a child and not as an adult.
7. The right to proper preparation for participation in sports.
8. The right to equal opportunity to strive for success.
9. The right to be treated with dignity by all involved.
10. The right to have fun through sport.

JUST FOR FUN

- Physical activity or "play" is a primitive drive that we all possess and when fulfilled leads to sensations of vitality and exhilaration. The sensation of "letting go" and exerting your muscles or a steady three-mile run can all provide exciting moments of physical joy and makes you feel young and energetic. All area of the sports and recreation industry are becoming more popular nowadays. Enrolment in local health clubs which emphasize weight lifting, calisthenics, aerobics and even ballroom dancing is up. Significantly, a year ago and people eager to spend time and money to participate on a regular basis. The Filipino is currently experiencing an unprecedented obsession with physical fitness. This interest has definitely passed the "fad" stage and is evidenced by staggering growth in all areas of sports and recreation. Exercise and sports can provide a unique opportunity for finding achievement and reward. It improves mental fitness by helping people cope with stress in their lives. A good exercise program may revolve around just one sport, or it may include two or three sports used on different days or different times of the year. Some people even enjoy mixing sports during each session- for example, jumping rope for 10 minutes, then running for ten minutes followed by 10 minutes of swimming.

An exercise program utilizing two, three or even four different sport is acceptable, but progression advances in one sport do not mean you are already for automatic progression in another sport.

1) **Running** is a sport were doing too much, too soon will cause injury and keep you from becoming a real runner. It is common to feel energetic at the start of a run and to want to burst into high gear. Running is an excellent sport for the heart, but it has a negative effect on flexibility. You can get additional relief from muscle tightness by repeating the warm-up routine after each run.

2) **Swimming** – is a unique sport that has advantages and disadvantages compared to running. It provides optional cardiovascular and weight control benefits without risk of leg injury. It is perfect substitute activity for otherwise land bound athletes recovering from hip, knee and ankle problems. Breaststroke, backstroke, butterfly and freestyle are the acceptable swimming strokes for the Progression Program. Proper swimming technique is a must for fitness development as well as sport enjoyment.

3) **Walking** is the number one sport for convenience because it fits nicely into the normal daily routine. Trip to the market, noontime errands, or just walking around the Barangay will all provide good exercise and it has a low-calorie cost. It is always an excellent exercise for weight control but the low intensity offers no cardiovascular stimulus for those already in good condition.

DISCONTINUOUS SPORT

- Most game sports such as basketball, volleyball, tennis is discontinuous sport. During the play the intensity of exercise varies: One moment you are sprinting for the ball, the next moment you are standing still. The fitness benefit from these on-off style of exercise is not comparable to those of continuous sports. Fitness is not guaranteed just because you play a recommend sport. You must put enough effort into it, and sustained effort generally requires at least a minimal amount of skill. Basic instructions should be the first step in an exercise program using a discontinuous sport. While you are developing your skill, use one of the continuous sports, like running, walking, for



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ORGANIZING THE SPORT TOURNAMENT IN THE COMMUNITY

- There is a lot of fun in organizing and sponsoring the sport completion at the Barangay level of the community. Proper coordination with the Barangay Chairperson must be properly negotiated and established. Organizing the Basketball team for Out-of-School Youth and a Volleyball Team for the female out- and in-school youth and adults are not so difficult since there are existing teams already organized in community.
- The sponsoring agencies should be tapped for possible financial assistance to subsidize the player's uniforms. Sports objectives, rules and regulations for the participants are ensure to establish the camaraderie among the Barangay participants and the organizers of the “palaro”. CWTS students
- as organizer is expected to do all the best for the community sport participants. Harmonious relationship should be observed in order to effectively implement the projects. Among the many types of sports and recreations that can be effectively organized by the CWTS students in the community are basketball volleyball, marathon, swimming, running, walking, etc. Physical exercises of all kinds including “palaro” can motivate the youth and adults to develop their physical and mental health.

LESSON 4: DRUG AWARENESS

GUEST SPEAKER: MR. GLENN M. GUILLERMO, PDEA RO3

DRUG ABUSE PREVENTION ABUSE

SECTION 4 ARTICLE II

- Importation of Dangerous Drugs and/or Controlled Precursor and Essential Chemicals

MAXIMUM PENALTY:

- Life imprisonment

FINE:

- Php 500, 000 to Php 10,000, 000

SECTION 5 ARTICLE II

- Sale, trading, admistration, Dispensation, Delivery, Distribution and transportation of Dangerous drug and/or Controlled Precursor and Essential.

MAXIMUM PENALTY:

- Life imprisonment

FINE:

- Php 500, 000 to Php 10,000, 000

SECTION 8 ARTICLE II

- Manufacture of Dangerous Drugs and/or Controlled Precursor and Essential Chemicals

MAXIMUM PENALTY:

- Life imprisonment

FINE:

- Php 500, 000.00 to Php 10,000, 000.00

SECTION 11 ARTICLE II

- Possesion of Dangerous drugs

MAXIMUM PENALTY:

- Life imprisonment

FINE:

- Php 500, 000.00 to Php 10,000, 000.00
- 5 grams of more "NO BAIL"

SECTION 13 ARTICLE II

- Possession of Dangerous Drugs during parties, social gatherings and meetings.

MAXIMUM PENALTY:

- Life imprisonment

FINE:

- Php 500, 000.00 to Php 10,000, 000.00



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SECTION 15 ARTICLE II

- Use of Dangerous drugs.

PENALTY:

1ST OFFENSE

- minimum of 6 months rehabilitation.

2ND OFFENSE

- 6 years and 1 day to 12 years

SECTION 21. CUSTODY AND DISPOSITION OF CONFISCATED SIZED AND/OR SURRENDERED DDS PLANT SOURCES OF DDS, CPECS.

DOJ CIRCULAR NO. 3 s. 2009

- integers covered by search warrant, the physical inventory and photograph must be conducted in the place where the search warrant was serve.
- in case of warrantless seizures such as a buy-bust opn, the physical inventory and photography shall be conducted at the nearest police station or office of the apprehending officer team, whichever is practicable, however, nothing prevents the apprehending officers from immediately conducting the phys. inv. and photo of the items they were sized.

SECTION 41 R.A. 9165 INVOLVEMENT OF THE FAMILY

- The family being the basic unit of the filipino society shall be primarily responsible for the education and awareness of the members of the family on the ill-effects of dangerous drugs.

SECTION 42 STUDENT COUNCILS AND CAMPUS ORGANIZATION

ALL ELEMENTARY, SECONDARY, AND TERTIARY SCHOOL STUDENTS COUNCILS AND CAMPUS ORGANIZATION SHALL INCLUDE IN THEIR ACTIVITIES:

- Program for prevention/ deterrence (drug use)
- referral for treatment and rehabilitation of students for drug dependence.

SECTION 43 SCHOOL CURRICULA

INTEGRATION OF INSTRUCTION OF DRUG ABUSE PREVENTION AND CONTROL:

- ill effects of abuse and misuse of DD
- Preventive measures vs DD
- Implication of drug problems on
- Health, socio-cultural, psychological, legal and economic.

SECTION 44 HEADS, SUPERVISOR AND TEACHERS OF THE SCHOOL

THEY ARE PERSONS IN AUTHORITY & ARE EMPOWERED:

- Apprehend arrest or cause the apprehension
- Any violation of RA 9165
- Dim persons in authority
- School, w/in immediate vicinity if they are in attendance at any school or class function in their official capacity

DRUG INDENTIFICATION

WHAT IS DRUG?

- Any substance other than food or water that is intended to be taken or administrated for the purpose of altering sustaining or controlling the recipients physical, mental, free or emotional state.

WHAT IS DRUG ABUSE?

- Drug abuse is the use of any chemical substance, legal or illegal, resulting to individuals physical, mental, emotional impairment.

(3) TYPES OF DRUG (PARMACOLOGICAL

- STIMULANTS (UPPERS)
- DEPRESSANT (DOWNERS)
- HALLUCINOGENS(PSYCHEDELIC DRUGS)

NEW EMERGING DRUGS

KUSH

- A hybrid type of cannabis Php 1,200.00 per gram.



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WHAT IS MARIJUANA RESINS?

- Also known as hashish, hash, cannabis oil.
- Are concentrated forms of cannabis.
- They are made by extracting trichomes which contain high level of THC.

EFFECT OF MARIJUANA RESINS?

- Can produce potent psychoactive effects due to their high THC content.

THESE INCLUDES:

- ✓ Euphoria
- ✓ Relaxation
- ✓ Altered perception
- ✓ Impaired cognitive function

IS MARIJUANA RESINS ADDICTIVE?

- Marijuana essence use can lead to dependence.
- Prolong use can lead to tolerance, withdrawal symptoms and potential mental issues (psychosis).

CBD GUMMIES

- Are edible candies infused with cannabidiol (CBD)

WHAT IS CANNABIDIOL

- A non psychoactive component found in cannabis.
- CBD gummies are primarily marketed for their potential therapeutic benefits such as:
 - ✓ reducing anxiety
 - ✓ reducing pain
 - ✓ reducing inflammation
- CBD are non addictive because they don't contain significant amount of THC.

TUKLAW

- Thuoc Lao or Vietnamese tobacco with scientific name *Nicotiana rustica* is a tobacco plants grow in the mountains of Northern Vietnam that have climate and soil conditions suitable in cultivating tobacco plant.

- Analysis using Gas Chromatograph- Mass spectrometry (GC-MS) revealed three major peaks. Corresponding to:

- ✓ Nicotine
- ✓ MDMS-4en-PINACA (a synthetic cannabinoid)
- ✓ Unidentified compound

- In 2019, the PDEA Laboratory Service identified cannabinoids, namely 5-Fluoro-MDMB-PINACA or 5F-ADB; and 5-Fluoro-MDMB-PICA. Both compounds are white powdery substances contained in a parcel sized by the NAIA-DITG.

- The scientific paper titled "fatal overdose with the cannabinoid receptor against MDMB-4en-PINACA and 4F-ABUTINACA. A case report and review of the literature" by Gabor Simon, et al described the deaths of Americans after consuming MDMB-4en-PINACA and 4F-ABUTINACA. Other adverse toxicological effects include renal injury, cardiotoxicity, respiratory depression, gastrointestinal symptoms, epilepsy and a broad spectrum of psychiatric symptoms.

GREEN APPLE

- Green Apple is a party drug being sold to schools and universities.
- Green Apple was designed as a replacement of ecstasy and fly high which is a mixture of ecstasy, shabu and Cialis.
- It's like ecstasy, sex stimulant, stronger than ecstasy, effect is supposedly longer and far dangerous.

RAPE DRUG (GHB)

- Is usually a liquid drug and it is:
 - Colorless
 - Tasteless
 - Odorless

ADDITIONS:

- **PDEA** - Philippine Drug Agency
- **MARIJUANA** is more dangerous than **SHABU**.
- **MORPHINE**- pain reliever
- **MALA PROHIBITA**- refers to acts that are wrong only because they are forbidden by law, such as speeding or jaywalking



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- **MALA IN SE-** refers to acts that are inherently evil or wrong, such as murder,
- **SECTION 11 ARTICLE II** - pwedeng mag-bail basta hindi lalagpass ng **5 grams.**
- **SECTION 13 ARTICLE II** - Pag-nahuli ka in a social gathering with drugs, **NO BAIL.**
- **SECTION 21 ARTICLE II** - Chain of custody
- **TUKLAW** - **9%** nicotine and not considered as a drug.

LESSON 5: DISASTER RISK REDUCTION

GUEST SPEAKER: MR. NASH KIAN MANALO AND JOHN DANIEL SERRANO (ACDMRRO)

STANDARD FIRST AID AND BASIC LIFE SUPPORT

"GOOD SAMARITAN ACT OF 2017."

S.B. No. 1416

- Sec. 4. Liability Protection for good Samaritans. No good samaritan shall be liable for harm caused by an act or omission if:
 - 1) the good Samaritan was acting in an emergency at the time of the act or omission;
 - 2) if appropriate or required, the good Samaritan was properly licensed, certified, or authorized by the appropriate authorities for the activities undertaken in an emergency at the time of the act or omission; and
 - 3) the harm was not caused by willful or criminal misconduct, gross negligence reckless, misconduct, or a conscious flagrant indifference to the rights or safety of the individual harm by the good Samaritans.

INTRODUCTION

FIRST AID

- Is a immediate help provided to a sick or injured person until professional medical help arrives are becomes available.

SCOPE AND LIMITATIONS

- First aid does NOT imply medical treatment and is by NO MEANS REPLACEMENT for it.

OBJECTIVES OF FIRST AID

First aid aims to accomplish the following goals:

- Preserve life
- Prevent further harm and complications
- Seek immediate medical help
- Provide reassurance.

HEALTH HAZARD and RISK

Common Transmitted Disease

- **Bloodborne Diseases-** Hepatitis B, C and HIV
- **Airborne or droplet-** influenza, tuberculosis, meningitis

PERSONAL PROTECTION EQUIPMENT

- Are specialized clothing equipment and supplies that keep you from directly contacting infected material.

EMERGENCY ACTION PRINCIPLES

- **SURVEY THE SCENE**
- **ACTIVATE MEDICAL ASSISTANCE**
- **INITIAL ASSESSMENT OF THE VICTIM**
- **SECONDARY ASSESSMENT OF THE VICTIM**
- **REFERRAL FOR FURTHER EVALUATION AND MANAGEMENT**

SURVEY THE SCENE

SAFETY - is priority!

- Once you recognize that an emergency has occurred and decide to act, you must make sure the scene of the emergency is safe for you, the victim/s and any by-stander/s.

ELEMENTS OF SCENE SURVEY

- Scene safety
- Mechanisms of injury/nature of illness
- Take standard precautions (ppes)
- Determine number of patients
- Consider additional resources



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ACTIVATION OF MEDICAL ASSISTANCE

Information to be remembered in activating medical assistance:

- WHAT happened?
 - LOCATION?
 - NUMBER of persons injured?
 - EXTENT of injury and first aid given?
 - the TELEPHONE no. from where you are calling?
 - PERSON who activated medical assistance must identify him/herself and "drop the phone last."
 - stay calm, speak clearly, and stay on the phone until the emergency operator tells you to hang up.
- Both trained and untrained by standard should be instructed to activate medical assistance as soon as they have determined that a victim requires emergency care.

CALL FIRST

- Adults and Adolescents
- Witnessed collapse of children and infants.
- If you were ALONE with no mobile phone leave the victim to activate emergency response system and get AED emergency equipment before beginning CPR.
- Otherwise, send someone and begin CPR immediately use the AED as soon as it's available.

CPR FIRST

- Adults and adolescence with likely as physical arrest. (e.g. drowning)
- Unwitnessed collapse of children and infants.
- Give 2 minutes (5 cycles) of CPR
- Leave the victim to activate emergency response system and get the AED.
- Return to the child or infant in resume CPR use the AED as soon as it is available

IMMEDIATELY CALL for HELP through EMERGENCY NUMBERS



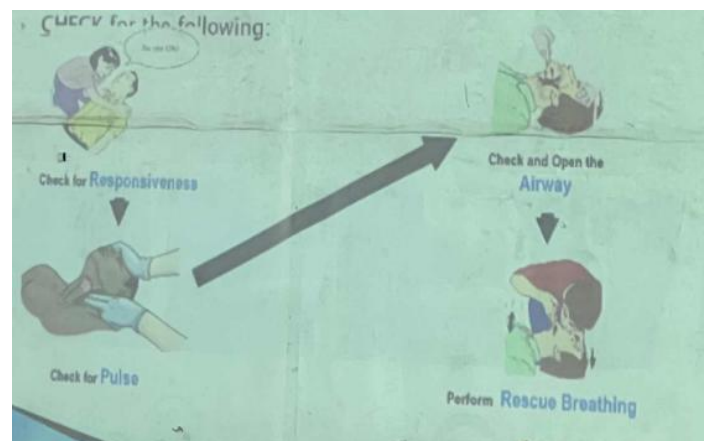
HOW YOU CAN HELP IN A MEDICAL EMERGENCY?

you called for help the ambulance is on the way
what do you do while you wait?

- **DO NOT MOVE** someone who has been in a car accident had a serious fall or is unconscious unless he is in danger.
- Try to keep the person as **"warm and comfortable"** as possible.
- **DO NOT** give the patient anything to eat or drink.
- Send someone to **MEET** the ambulance to make it easy for the medical team to see you
- Perform first aid if you are **"willing and able."**

INITIAL ASSESMENT

- In every emergency situation you must first find out if there are conditions that are an immediate threat to the victim's life.



SECOND ASSESMENT

- It is a systematic method of gathering additional information about injuries or conditions that may need care.

A. Interview the victim

- S - sign and symptoms
- A - allergies
- M - medications
- P - past medical history
- L - last meal taken
- E - events prior to injury or incident



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B. Check vital sign

- Every 15 minutes if stable condition and every 5 minutes if unstable.

C. Head to toe examination

- Rescuer should look for other signs of injury in a quick manner from the head to toe and apply necessary first aid measures to the injuries.

REFERRAL/ENDORSEMENT

- It refers to the transfer of a victim to hospital or advance healthcare facility for a definitive treatment.

COMMON INJURIES & FIRST AID MANAGEMENT

WOUND

- Is a break or damage in the layers of the skin because of an outside force (like accident, violence or surgery).

TYPES OF WOUND INJURIES

- Abrasion
- Puncture
- Laceration
- Incision
- Avulsion
- Amputation

OPEN WOUND

FIRST AID MANAGEMENT FOR OPEN WOUND

- For minor wounds with small amount of blood involved, do the following measures.
- **WOUND FLUSHING**- with clean running water.
- **WOUND DRESSING** - is directly covering the wound with clean material (gauze, cloth, plaster) to promote early recovery and prevent infection.
- **BANDAGING** - is application of tough material that properly secures dressing

CLOSED WOUND

- Damage to the inner layers of the skin as caused by external blunt force during fall or trauma

FIRST AID MANAGEMENT FOR CLOSED WOUND

- Apply cold compress, ice pack to small contusion.

BLEEDING

- Also known as hemorrhage, is the leaking of blood from the blood vessels in the presence of wound. This could happen inside (internal) or outside (external) the body.

TYPES OF BLEEDING

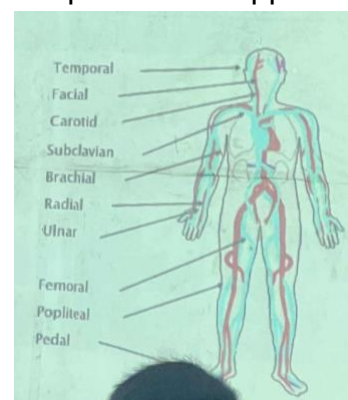
- Arterial
- Venous
- Capillary



USAGE OF PRESSURE POINTS

PRESSURE POINT

- the area where pressure is applied to control bleeding.





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SHOCK

- A condition where the tissues in the body do not receive enough oxygen and nutrients leading to function failure. This usually happens when a large amount of blood is lost from the body (severe bleeding).

SIGNS & SYMPTOMS

- Confusion, irritability
- Cool, moist skin
- Increased blood pressure
- Weak pulse and above 100beats/min
- Increased BREATHING

FIRST AID MANAGEMENT

- Immediately Call emergency Numbers
- Lie victim down if possible
- If face is pale (white), elevate the foot
- If face is flushed (red), elevate the head
- Loosen tight clothing
- Keep victim warm and dry
- DO NOT give anything by mouth

BURN

- Is a type of skin injury caused by direct over - exposure to hear, steam, chemical, electricity and radiation.

CLASSIFICATION OF BURNS

- **FIRST DEGREE**- Usually limited to redness and minor pain at the site of injury. These burns involve only the outer skin layer
- **SECOND DEGREE** - when the first layer of skin has been burned through and the second layer of the skin (dermis) also is burned
- **THIRD DEGREE** - The most serious burns are painless, involve all the layers of the skin and cause permanent tissue damage.

FIRST DEGREE BURN

FIRST AID FOR 1ST DEGREE BURN

- Cool the burn. Hold the burn area under cold running water for at least 5 minutes or until the pain subsides cooling the burn reduce swelling by conducting heat away from the skin.
- Don't put ice directly on the burn skin.

- Cover the burn with the clean gauze/ bandage. Don't use fluffy cotton which may irritate the skin. Bandaging keeps air off the burn skin reduce pain and protects blistered skin.
- Give pain reliever and apply burn gel.

SECOND DEGREE BURN

FIRST AID FOR 2ND DEGREE BURN

- Cool the burn. Hold the burn area under cold running water for at least 5 minutes or until the pain subsides cooling the burn reduce swelling by conducting heat away from the skin.
- Don't put ice directly on the burn skin.
- Cover the burn with the clean gauze/ bandage. Don't use fluffy cotton which may irritate the skin. Bandaging keeps air off the burn skin reduce pain and protects blistered skin.
- Give pain reliever and apply burn gel.
- Don't break blistered
- Don't apply burn ointments directly to the burn.

THIRD DEGREE BURN

FIRST AID FOR 3RD DEGREE BURN

- Call for emergency medical assistance until an emergency unit arrives follow this steps:
- Don't remove burnt clothing however make sure the victim is no longer in contact with burning materials or exposed to smoke or heat.
- Don't immerse larger severe burned area in a cold water as it could cause shock.
- Check for signs of breathing coughing or movement, if there is no sign of breathing begin cardiopulmonary resuscitation (CPR)
- Elevate the burn body part of parts above heart level when possible
- Cover the burnt area with clean cool, moist materials (such as towel etc.)



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TRANSCRIBED BY: ALRIANNE A. AÑONUEVO

INJURY TO BONES AND MUSCLES

SPRAIN AND STRAIN

SPRAIN

- is a stretching or tearing of ligaments. Ligaments are thought bands of tissues that connect one bone to another.
- Common location for sprains are the ankles and knees

STRAIN

- is a stretching or tearing of muscle or tendon people commonly called strain bold muscles hamstrings and back injuries are among the most common strings.

FIRST AID FOR SPRAIN AND STRAIN

- Use of pain reliever (oral or injection)
- Apply ice to the area as soon as possible to minimize swelling
- Immobilize the area with the brace or splint.

JOINT DISLOCATION

- An injury to the joint in which the end of the bones are forced out from their normal position.

FIRST AID FOR JOINT DISLOCATION

- Use of pain reliever (oral or injection)
- Apply ice to the area as soon as possible to minimize swelling
- Immobilize the area with the brace or splint.
- Manage the injury the way it is found. Do not try to return the bone to its normal position.

FACTURE

- A break in the bone axis caused by external force.

FIRST AID FOR FRACTURE IS IMMOBILIZE

- Don't do anything that causes more pain to the victim.
- Immobilize the injured area in the position of best comfort and splint in the position found.
- Check circulation before and after immobilization.

SPLINTING

- A medical device used for the immobilization of limbs or of the spine before patient transfer to the ambulance or hospital.
- Secures the affected muscle and bones to prevent further injury or damage.

SPINAL CORD INJURY

- The **SPINAL CORD** is basically the information highway of the body.
- Spinal cord helps us to stand and sit straight as well as sleep on our backs.
- It coordinates reflexes sudden movements without the involvement of the brain. These reflex action are necessary during emergencies.

STROKE AND MYOCDINAL

STROKE

- "Brain attack", occurs when blood flow to an area in the brain is cut off if a stroke is not caught early, permanent brain damage or that can result.

2 TYPES OF STROKE

- **ISCHEMIC STROKE** - blockage or clot
- **HEMORRHAGE STROKE**- bleeding: trauma

Is it Really a Stroke?

If someone has one or more of these stroke symptoms, call 911 immediately:

- B** **Balance** – Is there a sudden loss of balance or coordination?
- E** **Eyes** – Is there sudden double or blurred vision and/or sudden trouble seeing that persists?
- F** **Face** – Ask the person to smile. Is one or both sides of the face drooping?
- A** **Arms** – Ask the person to raise both arms. Does one side drift downward? What about weakness or numbness on one side?
- S** **Speech** – Does the person have slurred or garbled speech? Can he/she repeat a simple phrase?
- T** **Time** – Call 911, get medical help immediately. Also, take note of when symptoms began.

Our Advanced Comprehensive Stroke Center is available 24/7 to provide leading-edge care.



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MYOCARDIAL INFRACTION

- Happens when the flow of oxygen-rich blood to a section of heart muscles suddenly becomes blocked and the heart can't get oxygen if blood flow isn't restored quickly the section of heart muscles begins to die also known as "heart attack"

BASIC LIFE SUPPORT

- A set of emergency procedures that consists of recognizing respiratory or cardiac arrest and the proper application of Cardio-Pulmonary resuscitation (CPR) with or without automated external defibrillation (AED) or foreign body airway obstruction management fbaom or to maintain life until a victim recovers or advanced life supports is available.

CARDIO-PULMONARY RESUSCITATION

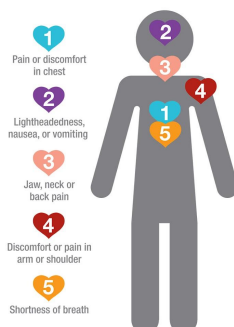
- A series of assessment and interventions using techniques and maneuvers made to bring victim of cardiac and respiratory arrest back to life.

SEIZURES

- Caused by disturbance in the electrical activity of the brain. The seizures is epilepsy may be related to a brain injury or a family tendency in compliance to treatment but most of the time the cause is unknown.



Common Heart Attack Warning Signs



Learn more at [Heart.org/HeartAttack](https://www.heart.org/HeartAttack).

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FIRST AID MANAGEMENT

- Always stay with the person until the seizure is over.
- Pay attention to the length of the seizure.
- Stay calm, most seizures only last a few minutes.
- Prevent injury by moving nearby objects out of the way.
- Do not forcibly hold the person down.
- Do not put anything in the person's mouth.
- Do not give water pills or food by mouth unless the person is full alert.

FIRST AID KIT MATERIALS

- clean gloves
- Surgical mask
- Microphone tape
- Cotton balls with betadine
- Alcohol
- BP apparatus with stethoscope

ADDITIONS:

DR. ABC

- D- danger
- R- responsiveness (tap on the shoulder if the person is okay)
- A - airway (chin up)
- B- breathing
- C- circulation

- **RADIAL PLUSE-** (at the wrist)(dito check yung pulse)
- **APICAL PLUSE-** (over the heart)

- Every 15mins - stable (ibang lugar)
- Every 10mins - stable (Angeles)
- Every 3 mins- unstable (Angeles)
- Every 5 mins - unstable (ibang lugar)

REFERRAL OR ENDORSEMENT- kailangan ih-refer sa ibang ambulance.

3 LAYERS OF THE SKIN

- Dermis
- Epidermis
- Hypodermis



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WOUND - mas malala kung nakasara

DECAPITATION (Pag cut off ng ulo ng tao or animal)

COLD COMPRESS - (15mins)(5mins in and out)
(3-4x a day)

WATER - pag-linis ng sugat

BETADINE- after linisan ng water

- Put pressure
- Papatungan ng panyo (alternative napkin)
- Gravity- elevation
- 7 liters blood in our body
- 1.5 nabubuksan ng dugo mag shock ka
- 60 to 100 - normal pulse

TYPE OF BURNS

- **1st DEGREE BURN**(cold running water for 5mins) (don't put ice directly sa sugat)
- **2ND DEGREE BURN** (mas masakit) (meron na blister)
- **3rd DEGREE BURN** (no pain)(kita mo na yung Buto)

CPH

- Magpapakikila yung responder,
- Hey hey are you okay
- Recovery position

TWO TYPES OF AIRWAY OBSTRUCTION

- **MECHANICAL**- involves a foreign object, like a piece of food or a toy, becoming lodged in the airway
- **ANATOMICAL** - when a part of the body, such as the tongue or swollen tissues, blocks the airway, often in an unconscious person.

" NATURAL DISASTER WAS NOT THE TRUE TRAGEDY TO MANKIND BUT FAILURE TO PREPARE IS THE TUR DISASTER".

PS: ctto, sa mga reviewer and lectures same lang kung ano nandito sama-sama lang lahat. Note sa dulo ng reviewer is a must for me, ppt handouts reviewer, I hope makahelp. I know you will do well. Trust your instinct and yourself, kaya natin 'to always to take a rest, always remember na, Malayo pa pero malayo ka na! Goodluck

Sincerely yours: Alrianne A. Anonuevo(Aly)
BSTM | FIRST YEAR