

First Aid

Educational subject description sheet

Basic information

Department Faculty of Medicine Field of study Medical Program Study level long-cycle master's degree program Study form full-time Education profile general academic Disciplines Medical science		Didactic cycle 2016/17 Realization year 2016/17, 2017/18 Lecture languages English Block obligatory for passing in the course of studies Mandatory obligatory Examination graded credit Standard group F. Clinical procedural sciences
Subject coordinator	Joanna Fąferek, Anna Żądło	
Lecturer	Joanna Fąferek, Anna Żądło	

Periods Semester 1, Semester 2	Examination credit Activities and hours lecture: 10, classes: 20	Number of ECTS points 2.0
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Period Semester 4	Examination graded credit Activities and hours seminar: 6, classes: 24	Number of ECTS points 2.0
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Goals

C1	First Aid (1st year) 1. Familiar the students with the principles of cardiopulmonary resuscitation in adults, children infants, including: - Assessment of the unconscious victim, - Placing the victim in the recovery position - Chest compression - Perform rescue breathing technique of mouth-to-mouth, mouth-to-nose, using a pocket mask and bag-mask valve - Use of Automated External Defibrillator 2. Familiar the students with the principles of first aid in life-threatening conditions not related to trauma 3. Familiar the students with the basic nursing skills: - iv placement - blood pressure taking - applying urine catheter
C2	First Aid (2nd year) 1. Repetition of the cardiovascular resuscitation rules in adults and children 2. Introduction to ABCDE examination in patient assessment. 3. Airway management: nasopharyngeal tube, laryngeal mask airway, self inflating bag with face mask, set for oxygen therapy, suction devices. 4. Introduction to first aid in medical life-threatening conditions. 5. Introduction to first aid in traumatic life-threatening conditions

Subject's learning outcomes

Code	Outcomes in terms of	Effects	Examination methods
Knowledge - Student knows and understands:			
W1	symptoms and course of diseases	O.W2	practical examination
W2	methods of diagnostic and therapeutic procedures appropriate for specific disease states	O.W3	practical examination
Skills - Student can:			
U1	identify medical problems and prioritize medical management	O.U1	practical examination
U2	identify life-threatening conditions that require immediate medical intervention	O.U2	practical examination
U3	plan the diagnostic procedure and interpret its results	O.U3	practical examination
U4	implement appropriate and safe therapeutic treatment and predict its effects	O.U4	practical examination
U5	plan own learning activities and constantly learn in order to update own knowledge	O.U5	practical examination
U6	inspire the learning process of others	O.U6	practical examination
U7	communicate with the patient and his family in an atmosphere of trust, taking into account the needs of the patient	O.U7	practical examination
U8	communicate and share knowledge with colleagues in a team	O.U8	practical examination
Social competences - Student is ready to:			
K1	to establish and maintain deep and respectful contact with patients and to show understanding for differences in world views and cultures	O.K1	practical examination
K2	to be guided by the well-being of a patient	O.K2	practical examination
K3	respect medical confidentiality and patients' rights	O.K3	practical examination
K4	take actions towards the patient on the basis of ethical norms and principles, with an awareness of the social determinants and limitations of the disease	O.K4	practical examination
K5	perceive and recognize own limitations and self-assessing educational deficits and needs	O.K5	practical examination

K6	promote health-promoting behaviors	O.K6	practical examination
K7	use objective sources of information	O.K7	practical examination
K8	implement the principles of professional camaraderie and cooperation in a team of specialists, including representatives of other medical professions, also in a multicultural and multinational environment	O.K9	practical examination
K9	assume responsibility for decisions taken in the course of their professional activities, including in terms of the safety of oneself and others	O.K11	practical examination

Calculation of ECTS points

Semester 1, Semester 2

Activity form	Activity hours*
lecture	10
classes	20
Student workload	Hours 30
Workload involving teacher	Hours 30
Practical workload	Hours 20

* hour means 45 minutes

Semester 4

Activity form	Activity hours*
seminar	6
classes	24
preparation for classes	60
Student workload	Hours 90
Workload involving teacher	Hours 30
Practical workload	Hours 24

* hour means 45 minutes

Study content

No.	Course content	Subject's learning outcomes	Activities
1.	Assessment of an unconscious victim, recovery position, calling for help	W1, U1, U2, U3, U4, U5, U6, U7, U8, K1, K2, K3, K4, K5, K6, K7, K8, K9	classes, lecture
2.	Technique of opening the airway without instruments.	W1, U1, U2, U3, U4, U5, U6, U7, U8, K1, K2, K3, K4, K5, K6, K7, K8, K9	classes, lecture
3.	Assisted ventilation: mouth-to-mouth, mouth-to-nose, mouth-mouth/nose, pocket mask, bag-mask valve.	W1, U1, U2, U3, U4, U5, U6, U7, U8, K1, K2, K3, K4, K5, K6, K7, K8, K9	classes, lecture
4.	Technique for chest compression.	W1, U1, U2, U3, U4, U5, U6, U7, U8, K1, K2, K3, K4, K5, K6, K7, K8, K9	classes, lecture
5.	Technique for cardiopulmonary resuscitation in adults and children.	W1, U1, U2, U3, U4, U5, U6, U7, U8, K1, K2, K3, K4, K5, K6, K7, K8, K9	classes, lecture
6.	The use of an automated external defibrillator.	W1, U1, U2, U3, U4, U5, U6, U7, U8, K1, K2, K3, K4, K5, K6, K7, K8, K9	classes, lecture
7.	Principles for giving first aid in the life-threatening situation (choking, fainting, chest pain, stroke, seizures, injuries).	W1, U1, U2, U3, U4, U5, U6, U7, U8, K1, K2, K3, K4, K5, K6, K7, K8, K9	classes, lecture
8.	Assessment of a conscious patient according to the ABC scheme and performing of the basic SAMPLE interview.	W1, U1, U2, U3, U4, U5, U6, U7, U8, K1, K2, K3, K4, K5, K6, K7, K8, K9	classes, lecture
9.	Principles of selected nursing activities (blood pressure, getting vascular accesses, urinary catheterization).	W1, U1, U2, U3, U4, U5, U6, U7, U8, K1, K2, K3, K4, K5, K6, K7, K8, K9	classes, lecture
10.	Ethical issues associated with conducting CPR	W1, U4, U7, U8, K1, K2, K3, K4	classes, lecture
11.	Second year 1. Repetition of the cardiovascular resuscitation rules in adults. 2. Diagnosing and treatment of a patient in shock. 3. Introduction to medical first aid in life-threatening condition in trauma. 4. Introduction to ABCDE examination in trauma patient assessment. 5. Rules of medical equipment use: nasopharyngeal tube, laryngeal mask airway, self inflating bag with face mask, set for oxygen therapy, suction devices, spinal board, scoop stretcher, cervical collar, splint, space blanket. 6. Rules of maintaining safe environment to the patient and the rescuer.	W1, W2, U1, U2, U3, U4, U5, U6, U7, U8, K1, K2, K3, K4, K5, K6, K7, K8, K9	classes, seminar, e-learning lecture

Course advanced

Semester 1, Semester 2

Teaching methods:

classes / practicals, classes in simulated conditions, lecture, presentation, simulation, low fidelity simulation, lecture with

multimedia presentation, practical classes, practical classes in simulated conditions

Activities	Examination methods	Credit conditions
lecture	practical examination	- Presence at the exercises - one justified absence is possible. - Active participation in classes - Preparing presentation about the first aid topics (if absent presentation to be sent to coordinator) - Positive completion of a practical exam
classes	practical examination	- Presence at the exercises - one justified absence is possible. - Active participation in classes - Preparing presentation about the first aid topics (if absent presentation to be sent to coordinator) - Positive completion of a practical exam

Semester 4

Teaching methods:

case study, textual analysis, brainstorm, classes / practicals, classes in clinical skills room, classes in simulated conditions, demonstration, discussion, lecture, educational film, educational game, language conversation classes, project method, case study method, group work, seminar, simulation, low fidelity simulation, high fidelity simulation, practical classes

Activities	Examination methods	Credit conditions
seminar	practical examination	Practical exam with simulated scenarios
classes	practical examination	Practical exam with simulated scenarios

Additional info

First Aid 1/2 Criteria:

Pass/fail practical exam: perform in-hospital CPR according to the checklist.

To pass you need to obtain a flow fraction (measured on feedback device) at least 80%

Retake available same day with different instructor.

First Aid 2/2 Criteria:

Entry requirements

First Aid 1/2

Obligatory presence.

You may have one justified absence. Justification needs to be only from the doctor or from the Dean, to be send to the coordinator as soon as possible (before or after the missed class). To make up your absence you need to prepare presentation about the missed subject prior to attempting the exam. Details to be discussed with coordinator.

More absences (or not made up) - unable to get credit. Specific issues to be discused with coordinator.

First Aid 2/2

credit from First Aid (1st year), obligatory presence

Any absence should be justified. You may have one justified absence. Justification needs to be only from the doctor or from the Dean, to be send to the coordinator as soon as possible (before or after the missed class).

If you will have two absences you need contact coordinator and make it up before the exam on duty hours. Details to be discussed with coordinator.

More absences (or not made up) - unable to get credit. Specific issues to be discused with coordinator

1st year Coordinator - Joanna Fařerek (joanna.faferek@uj.edu.pl)

2nd year Coordinator - Anna Źądło (anna.zadlo@uj.edu.pl)

Literature

Obligatory

1. First Aid 1/2 European Resuscitation Council Guidelines 2015 www.cprguidelines.eu Section 4: Adult basic life support and automated external defibrillation. Section 8: First aid Section 10: Paediatric life support (BLS part).
2. First Aid 1/2 European Resuscitation Council COVID-19 Guidelines (BLS and First Aid sections)
<https://www.erc.edu/covid-courses/basic-life-support>
<https://www.erc.edu/covid-courses/paediatric-basic-and-advanced-life-support> <https://www.erc.edu/covid-courses/first-aid>
3. First Aid 2/2 PHTLS: Prehospital Trauma Life Support: Prehospital Trauma Life Support 9th Edition by National Association of Emergency Medical Technicians (NAEMT)

Optional

1. ACEP First Aid Manual, 5th Edition
<https://kuiyem.ku.edu.tr/wp-content/uploads/2016/12/American-College-of-Emergency-Physicians-ACEP-First-Aid-Manual.pdf>

Standard effects

Code	Content
O.K1	to establish and maintain deep and respectful contact with patients and to show understanding for differences in world views and cultures
O.K2	to be guided by the well-being of a patient
O.K3	respect medical confidentiality and patients' rights
O.K4	take actions towards the patient on the basis of ethical norms and principles, with an awareness of the social determinants and limitations of the disease
O.K5	perceive and recognize own limitations and self-assessing educational deficits and needs
O.K6	promote health-promoting behaviors
O.K7	use objective sources of information
O.K9	implement the principles of professional camaraderie and cooperation in a team of specialists, including representatives of other medical professions, also in a multicultural and multinational environment
O.K11	assume responsibility for decisions taken in the course of their professional activities, including in terms of the safety of oneself and others
O.U1	identify medical problems and prioritize medical management
O.U2	identify life-threatening conditions that require immediate medical intervention
O.U3	plan the diagnostic procedure and interpret its results
O.U4	implement appropriate and safe therapeutic treatment and predict its effects
O.U5	plan own learning activities and constantly learn in order to update own knowledge
O.U6	inspire the learning process of others
O.U7	communicate with the patient and his family in an atmosphere of trust, taking into account the needs of the patient
O.U8	communicate and share knowledge with colleagues in a team
O.W2	symptoms and course of diseases
O.W3	methods of diagnostic and therapeutic procedures appropriate for specific disease states