

## SUBJECT PLAN

**Faculty of Medicine and Health Sciences**

**Field of studies: Medicine**

**Form of studies: Full-time**

**Degree: long-cycle Master's program**

**Specializations: No specialization**

**Academic year: 2022/2023**

FIRST AID	
<b>SUBJECT</b>	<b>First aid with ambulance propedeutics</b>
<b>NUMBER OF ECTS POINTS</b>	1
<b>LANGUAGE OF INSTRUCTION</b>	English
<b>TEACHER(S)</b>	Joanna Sowizdraniuk, MD, PhD Łukasz Haber, MSc
<b>PERSON RESPONSIBLE</b>	Joanna Sowizdraniuk, MD, PhD
NUMBER OF HOURS	
<b>LECTURES</b>	6 h
<b>CLASSES</b>	30 h
GENERAL OBJECTIVES	
<b>OBJECTIVE 1</b>	<p>Familiarize the student with the algorithm of Basic Life Support in adults and children:</p> <ul style="list-style-type: none"> <li>- safety assessment;</li> <li>- checking the victim's response;</li> <li>- recognizing life-threatening conditions;</li> <li>- starting the chain of survival;</li> <li>- chest compression technique;</li> <li>- rescue breaths techniques;</li> <li>- correct sequence and safe use of the AED.</li> </ul> <p>To learn the basic principles of post-resuscitation care.</p>
<b>OBJECTIVE 2</b>	<p>Develop and improve the practical skills of:</p> <ul style="list-style-type: none"> <li>- safety assessment;</li> <li>- checking the victim's response;</li> <li>- recognizing life-threatening conditions;</li> <li>- starting the chain of survival;</li> <li>- providing good quality chest compressions;</li> <li>- delivering effective rescue breaths using different methods;</li> <li>- safely using an AED.</li> </ul> <p>To familiarize students with legal regulations related to first aid.</p>

FIRST AID	
<b>OBJECTIVE 3</b>	<p>To familiarize students with the wide range of patient management options inside the ambulance:</p> <ul style="list-style-type: none"> <li>- advanced airway assessment and assisted ventilation</li> <li>- advanced assessment and monitoring of the circulatory system</li> <li>- advanced assessment of the neurological system and elements of physical examination</li> </ul>
<b>OBJECTIVE 4</b>	<p>To make students familiar with first aid treatment of trauma patients:</p> <ul style="list-style-type: none"> <li>- wounds, bleeding</li> <li>- amputations</li> <li>- fractures, dislocations, sprains</li> <li>- burns</li> <li>- electric shock</li> </ul>
LEARNING OUTCOMES	
<b>MK1</b>	<b>Knowledge:</b> The student correctly defines the concept of first aid, cardiac arrest and death with a description of its stages.
<b>MK2</b>	<b>Knowledge:</b> The student presents the rules of first aid in emergencies according to the current standards of conduct.
<b>MK3</b>	<b>Knowledge:</b> The student knows the algorithms of the chain of survival, and methods of assessing the patient's condition. Is able to discuss and knows the principles of post-resuscitation care.
<b>MK4</b>	<b>Knowledge:</b> The student presents the emergency procedure in adults and children of different age groups in case of foreign body airway obstruction.
<b>MK5</b>	<b>Knowledge:</b> The student introduces the cardiac arrest algorithm in adults and children of different age using AED.
<b>MK6</b>	<b>Knowledge:</b> Students know the basic legal regulations governing first aid in Poland and EU.
<b>MS1</b>	<b>Skills:</b> The student knows and applies CPR algorithms in children and adults. Performs good quality chest compressions and rescue breaths. Can safely use an AED.
<b>MS2</b>	<b>Skills:</b> The student knows the basic rules of correct treatment in case of injuries and traumas. Is able to provide first aid to a trauma patient with a life threatening condition. Knows how to put an injured person in a recovery position. Is able to correctly manage foreign body airway obstruction.
<b>MC1</b>	<b>Social Competency:</b> Students can work in a team, manage the resuscitation team, plan tasks, communicate properly, can explain the sequence of first aid to a bystander, and provide psychological support.

## FIRST AID

### INTRODUCTORY REQUIREMENTS

There are no specific prerequisites.

### COURSE PROGRAM

### DETAILED DESCRIPTION OF THE TOPIC BLOCKS

<b>LECTURE 1</b>	First aid - legal regulations.
<b>LECTURE 2</b>	Basic Life Support and AED use.
<b>LECTURE 3</b>	Basic Life Support in children and foreign body airway management.
<b>LECTURE 4</b>	Special considerations in first aid – myocardial infarction, cerebrovascular accident, seizures, syncopal episode, hypo- and hyperglycemia.
<b>LECTURE 5</b>	Trauma related first aid – bleeding, wounds, fractures, sprains, strains.
<b>LECTURE 6</b>	Trauma related first aid – electric shock, lightning strike.
<b>CLASS 1</b>	Basic Life Support in adults and children, Automatic External Defibrillator use.
<b>CLASS 2</b>	Basic airway management and assisted ventilation. Elements of advanced airway and breathing assessment. Foreign body airway management.
<b>CLASS 3</b>	Advanced assessment and monitoring of circulatory system.
<b>CLASS 4</b>	Elements of advanced neurological assessment and elements of physical examination.
<b>CLASS 5</b>	Trauma related first aid.
<b>CLASS 6</b>	Elements of patient assessment inside the ambulance, leading resuscitation team, elements of psychological support.

### DIDACTIC METHODS (APPLIED)

Lectures,  
Medical simulation,  
Case study,  
Practicing on mannequins.

### STUDENTS WORKLOAD

<b>NUMBER OF HOURS UNDER SUPERVISION</b>	36 h
<b>NUMBER OF PREPARATION HOURS</b>	N/A
<b>TOTAL NUMBER OF HOURS FOR THE COURSE</b>	36 h

## FIRST AID

### CONDITIONS FOR COURSE COMPLETION

Attendance at all lectures and classes is obligatory.  
 Credit of the practical classes based on attendance and correct management during medical scenario.  
 MCQ test with one correct answer based on the knowledge discussed during lectures.

### METHODS OF ASSESSMENT

<b>IN TERMS OF KNOWLEDGE</b>	Pre-test and post-test. True or false test.
<b>IN TERMS OF SKILLS</b>	Practical demonstration of the skills learned during classes.
<b>IN TERMS OF SOCIAL COMPETENCY</b>	Evaluation of the team management skills, leading resuscitation team, coping with stressful situations.
<b>FORMATIVE</b>	Pre-tests – evaluation of knowledge gained during self-preparation for classes.  Post-tests – evaluation of knowledge and skills gained during lectures and classes.
<b>SUMMATIVE (I &amp; II terms)</b>	<b>I term (EXAM):</b> MCQ test with one correct answer  <b>II term (RETAKE EXAM):</b> MCQ test with one correct answer

### GRADING SCALE

<b>3,0 (SATISFACTORY)</b>	<b>57% - 61%</b> of total number of possible points during exam
<b>3,5 (SATISFACTORY PLUS)</b>	<b>62% - 71%</b> of total number of possible points during exam
<b>4,0 (GOOD)</b>	<b>72% - 81%</b> of total number of possible points during exam
<b>4,5 (GOOD PLUS)</b>	<b>82% - 91%</b> of total number of possible points during exam
<b>5,0 (VERY GOOD)</b>	<b>92% - 100%</b> of total number of possible points during exam

### BASIC LITERATURE

- [1] European Resuscitation Council Guidelines for Resuscitation 2015: Section 2. Adult basic life support and automated external defibrillation
- [2] European Resuscitation Council Guidelines for Resuscitation 2015: Section 6. Paediatric life support
- [3] European Resuscitation Council Guidelines for Resuscitation 2015: Section 9. First aid

### SUPPLEMENTARY LITERATURE

- [1] <https://www.resus.org.uk/library/2015-resuscitation-guidelines>
- [2] <https://www.resus.org.uk/library/2015-resuscitation-guidelines/abcde-approach>