

## **COURSE OUTLINE**

### **First Aid**

#### **Course Description**

HL 130. First Aid. 2 hours credit. This course will enable the student to intervene appropriately in an emergency before medical help arrives. The student will be able to make appropriate decisions regarding standard first aid care and apply the techniques required for American Red Cross certification in the procedures for adult, child and infant Cardiopulmonary Resuscitation (CPR). This renewable CPR certificate is valid for one year and the Standard First aid certificate is valid for three years.

#### **Course Relevance**

The principles learned in this course will allow the student to make appropriate decisions when faced with a first aid emergency by knowing how to respond with proper care for an injury or sudden illness until professional medical help arrives. This course meets the requirements for the American National Red Cross CPR certification.

#### **Required Materials**

The American National Red Cross (2006). *First aid responding to emergencies* (4th ed.). Yardley, PA: StayWell.

#### **Learning Outcomes**

The intention is for the student to be able to

1. Demonstrate the ability to intervene appropriately in an emergency before medical help arrives, applying the American Red Cross check-call-care procedures
2. Perform specific mannequin skills competently for adult, child and infant cardiopulmonary resuscitation (CPR) techniques

#### **Primary Learning PACT Skills that will be DEVELOPED and/or documented in this course**

Through the student's involvement in this course, he/she will develop his/her ability in the following primary PACT skill areas:

1. Critical Thinking
  - Through the assessment of specified emergency situations and the victim's condition, the student will determine how to properly respond by making appropriate decisions and actions regarding first aid care.

Secondary skills (developed but not documented):

Health Management  
Problem Solving  
Field-Related Technology

#### **Major Summative Assessment Task(s)**

These learning outcomes and primary Learning PACT skills will be demonstrated by

1. Completion of the American Red Cross certification requirements and by competently performing specific mannequin skill tests while following the check-call-care procedures for adult, child and infant cardiopulmonary resuscitation, rescue breathing and obstructed airway for an unconscious victim

### **Course Content**

- I. Themes – Key recurring concepts that run throughout the course:
  - A. Checking the scene for safety and assessing the victim's condition
  - B. Calling for medical assistance
  - C. Caring for the victim properly
- II. Issues – Key areas of conflict that must be understood in order to achieve the intended outcome:
  - A. Barriers to responding and providing care in a medical emergency
  - B. Identifying life-threatening emergencies that would warrant a 911 call
- III. Concepts – Key concepts that must be understood to address the issues:
  - A. Identifying and recognizing an emergency situation
  - B. Recognition of when to call for professional medical help
  - C. Making appropriate decisions and actions regarding first aid care
- IV. Skills/Competencies – Actions that are essential to achieve the course outcomes:
  - A. Explain barriers to action and define check-call-care
  - B. Demonstrate proper check assessment procedures for unconscious and conscious adult, child and infant victims
  - C. Explain and list the procedure and information necessary when placing a 911 emergency call for professional medical help
  - D. Demonstrate specific mannequin skill tests for adult, child and infant cardiopulmonary resuscitation, rescue breathing and obstructed airway techniques
  - E. Explain the procedure of care for severe bleeding

### **Learning Units**

- I. Emergency situations
  - A. A citizen responder
  - B. The Emergency Medical Services (EMS) system
  - C. Barriers to action
  - D. Emergency action steps (check-call-care)
  - E. Calling EMS personnel
- II. Proper check procedures for unconscious and conscious victims (adult, child and infant)
  - A. Body systems
  - B. Assessment of unconscious victims
  - C. Assessment of conscious victims
- III. Life-threatening conditions
  - A. Breathing emergencies

- B. Rescue breathing techniques
- C. Cardiac emergencies
- D. Cardiopulmonary Resuscitation (CPR)
- E. Obstructed airway techniques for conscious and unconscious victims
- F. Automated External Defibrillators (AEDs)
- G. Severe bleeding
- H. Shock

#### IV. Injuries

- A. Soft tissue injuries
- B. Musculoskeletal injuries
- C. Immobilization (splinting) techniques

#### V. Medical emergencies

- A. Sudden illnesses (fainting, diabetes, seizures and stroke)
- B. Poisonings
- C. Insect bites and stings
- D. Substance abuse and misuse
- E. Heat and cold exposure

#### VI. Special situations

- A. Rescue moves
- B. Special needs
- C. Delayed help

### **Learning Activities**

Learning activities will be geared toward achieving the intended course outcomes through lecture, instructor led-class discussion, textbook reading assignments, audio-visual aids and mannequin assessment presentations.

### **Grade Determination**

The student will be graded on assessment tasks, exams, in-class assignments, observed performance of mannequin skill tests and other methods of evaluation at the discretion of the instructor.