

SYLLABUS

Academic year 2023/2024

Name of a course / module	First aid and nursing	
Name of a department where course is held	Department of Emergency Medicine	
E-mail of department	medrat@umb.edu.pl	
Faculty of	Medicine with Division of Dentistry and Division of Medical Education in English	
Name of a field of study	Medicine	
Level of education	<i>First degree studies, Uniform master's degree studies</i>	
Form of study	full time <input checked="" type="checkbox"/>	part time <input type="checkbox"/>
Language of instruction	Polish <input type="checkbox"/>	English <input checked="" type="checkbox"/>
Type of course	obligatory <input checked="" type="checkbox"/>	facultative <input type="checkbox"/>
Year of study / Semester	I <input checked="" type="checkbox"/> II <input type="checkbox"/> III <input type="checkbox"/> IV <input type="checkbox"/> V <input type="checkbox"/> VI <input type="checkbox"/>	1 <input type="checkbox"/> 2 <input checked="" type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5 <input type="checkbox"/> 6 <input type="checkbox"/> 7 <input type="checkbox"/> 8 <input type="checkbox"/> 10 <input type="checkbox"/> 11 <input type="checkbox"/> 12 <input type="checkbox"/>
Introductory courses with preliminary requirements	getting credit according to recruitment procedure	
Number of didactic hours with specification of forms of conducting classes	Total: 30 hours: lecture - 10 hours, classes – 20 hours	
Assumptions and aims of the course	<p>The student should acquire knowledge: recognition of a sudden life-threatening conditions , standards of cardiopulmonary resuscitation according to Polish Resuscitation Council Guidelines 2021 , the use of automated external defibrillators – AED, principles of the assessment of vital functions , health care of the unconscious patient , transport of victims. The student should be able to: recognize life threatening conditions (cardiac arrest, respiratory failure , states of unconsciousness), correctly perform cardiopulmonary resuscitation in outside hospital conditions , provide first aid in certain life-threatening conditions (poisoning, burns, heat stroke, frostbite , bites , electric shock , bleeding and hemorrhage), provide medical treatment in wounds , fractures , practical use of an automatic defibrillator (AED) , perform basic nursing of patients, putting on dressings.</p>	
Didactic methods	<ul style="list-style-type: none"> • providing knowledge in a form of lectures • theoretical classes with discussion • practical classes with the use of phantoms, • practical training in the Intensive Care Unit, • multimedia presentations • student consultations every first Wednesday of the month and consultations carried on after classes 	
Full name of the person conducting the course	Adam Jakubowski, Łukaszewicz Aleksander, Jabłońska Sylwia, Bielska Klaudia	
Full name of the person responsible for teaching	MD, PhD, Marzena Wojewódzka-Żeleznikowicz, assistant professor	

Symbol and number of learning outcomes according to the teaching standards and other learning outcomes	Description of directional learning outcomes	Form of classes	Verification methods for achieving intended learning outcomes
Knowledge			
	Knows the principles of cardiopulmonary resuscitation in outside hospital conditions (BLS) in adults and children according to Polish Resuscitation Council Guidelines 2015.	Lectures and classes	Classes - oral exam Lectures - written exam (test)
	Knows the causes, diagnosis and treatment of cardiac arrest.	Lectures and classes	
	Knows the principles of the use of automated external defibrillators (AED).	Lectures and classes	
	Knows the causes, diagnosis and treatment of acute respiratory failure.	Lectures and classes	
	Knows the principles of first aid in certain life-threatening conditions (poisoning, burns, heat stroke, frostbite, stings, electric shock, bleeding and hemorrhage).	Lectures and classes	
	Knows the principles of first aid for choking, aspiration, hanging.	Lectures and classes	
	Knows the principles of first aid in fractures and injuries.	Lectures and classes	
	Knows the principles of the evaluation of the vital functions.	Lectures and classes	
	Knows the principles of care of unconscious patient.	Lectures and classes	
	Knows the principles of providing vascular access for peripheral veins and putting on dressings.	Lectures and classes	
Skills			
	Can recognize life threatening conditions - cardiac arrest, respiratory failure, states of unconsciousness.	Classes	practical examination (with phantoms)
	Knows how to properly perform CPR outside hospital.	Classes	
	Can handle the automatic external defibrillator (AED).	Classes	
	Knows how to give first aid in certain life-threatening conditions (poisoning, burns, heat stroke, frostbite, stings, electric shock, bleeding and hemorrhage)	Classes	
	Can provide basic wound and fracture care.	Classes	
	Can perform basic nursing for patients - positioning, physiotherapy,blood pressure measurement.	Classes	
Social competence			
K1	Recognizes own limitations diagnostic and therapeutic, educational needs, planning educational activity	Classes	<u>Summarizing methods</u> Continuous assessment by teachers (observation) <u>Forming methods</u> - observation of the student's work - discussion in class - opinions colleagues
K2	Can work in a team of professionals, in a multicultural and multinational environment.	Classes	
K3	Implements the principles of professional collaboration with other professionals in the field of healthcare.	Classes	
K4	Follows the rule of medical confidentiality and respects patient rights.	Classes	

ECTS points		
Student Workload		
Form of activity	Number of hours to complete the activity	
Classes that require the participation of a teacher		
1.	Realization of the course: lectures (according to the curriculum)	

2. Realization of the course: classes (according to the curriculum)	
3. Realization of the course: seminars; (according to the curriculum)	
4. Realization of the course: electives	
5. Participation in consultation	
	Total hours:
Student self-study	
1. Preparation for the theoretical and practical classes (realization of projects, documentation, case description etc.)	
2. Preparation for tests/credits	
3. Preparation for an exam/final test-credit	
	Total hours:

Course contents:	
Learning outcomes (symbol and number)	Topics
Knows the principles of cardiopulmonary resuscitation in outside hospital conditions (BLS) in adults and children according to Polish Resuscitation Council Guidelines 2015. Knows the causes, diagnosis and treatment of cardiac arrest.	Nomenclature, purpose, indications and contraindications for cardiopulmonary resuscitation. Outside hospital cardiopulmonary resuscitation in adults and children
Knows the principles of the use of automated external defibrillators (AED).	The use of automatic external defibrillators (AEDs) and manual defibrillators - exercises on phantoms. Cardiac effects of defibrillation.
Knows the causes, diagnosis and treatment of acute respiratory failure.	Acute respiratory failure: suffocation, drowning, hanging, electrocution – principles of first aid. Noninstrumental and instrumental methods of airway opening. Endotracheal intubation - indications, early and late complications. Tracheotomy and konicotomy - indications and complications.
Knows how to give first aid in certain life-threatening conditions.	Poisoning - diagnosis and treatment Burns - assessment of the extent and severity of the burns, principles of first aid. Sunstroke and heat stroke - principles of first aid. Frostbite - assessment of the extent and severity of frostbite, principles of first aid. Bites - principles of first aid. Electrocution - symptoms, complications and treatment. External bleeding and hemorrhages – methods of stopping bleeding in superficial injuries, setting dressings. Choking and aspiration - differentiation, principles of first aid. Haimlich maneuver - indications and contraindications, application. Hanging - principles of first aid.
Knows the principles of first aid for injuries and bone fractures.	Treatment of traumatic injuries. Practical rules for immobilization of fractures of the long bones (Pott's rule). Attaching wound dressings, bandaging.
Knows the principles of the evaluation of the vital functions.	Monitoring of vital function - instrumental and noninstrumental. Assessment of cardiovascular, respiratory, nervous system. Principles of blood pressure measurement.
Knows the principles of providing vascular access for peripheral veins	Learning peripheral veins cannulation technique and preparing intravenous line. Principles of care for peripheral intravenous insertion. Central venous cannulation - indications and complications.
Knows the principles of care of unconscious patient.	Principles of care after unconscious patient. Intensive Care Unit- therapeutic goals and tasks, principles of treatment. Nursing and health care of the unconscious patient: bedsores therapy, physical therapy.

Obligatory textbook:

European Resuscitation Council Guidelines for Resuscitation 2021(available on www.erc.edu)

Optional textbook:**Criteria for assessing the achieved learning outcomes and the form and conditions for receiving credit:**

Presence on all classes included in the curriculum is obligatory to receive credit. In case of excused absence it is mandatory to make up classes after the consultation with teaching assistant. Admission to the final exam (test) after passed practical exam.

.....
(date and signature of the person preparing the syllabus)

Prof. dr hab. Jerzy Robert Ładny

.....
(date and signature of the Head of the
Department where the course is held)

Dr hab. med. Marzena Wojewódzka-Żeleznikowicz

.....
and (course coordinator)