

The University of Jordan
Faculty of Nursing

Course Title: First Aid- English

Course Number: 0710100

Semester: First 2013-2014

Section: 19

Credit Hours: Three credits

Course coordinator: Dr. Manar Nabolsi

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Course Description:

This course provides the students with the basic knowledge and skills in the first aid of adult individuals in non-hospital settings. This course helps the students to care for victims with injury or sudden illness before professional emergency treatment is available. The main aims of the course are to prepare the students to assist in the assessment and intervention of caring of victims in the accident scene and to prevent possible complications.

Intended Learning outcomes:

Successful completion of the course should lead to the following learning outcomes:

A. Knowledge and Understanding

- Understand the knowledge in basic CPR and first aid techniques.
- Explain the reason behind managing each emergency situation and the priority care in managing the victims.
- Know the emergency departments and their emergency calls in Jordan.
- Define relevant terms related to emergency and first aid management.

B. Cognitive and Intellectual Skills

- Be able to identify the victim's health problems and manage them according to priority.
- Demonstrate the basic Cardio Pulmonary Resuscitation (CPR) skills.
- Be able to provide care and manage unconscious victim.
- Identify major changes in the victims' conditions and make a priority first aid decisions.

C. Subject Specific Skills

- Demonstrate knowledge and skills in managing victims with trauma and medical emergencies.

D. Transferable Skills

- Be able to provide emergency care for the public until the professional emergency services arrive.
- Be able to support emergency victims before their transfer to the hospital.

Learning and teaching strategies:

- Interactive lectures
- Group work
- Lab. Training
- Audiovisual aids

Participation and Educational Guidelines:

- Each student must recognize that he/she bears the primary responsibility for his/her education. Classroom participation provides an opportunity to both refine your thinking and to practice expressing your ideas.
- Students are encouraged to seek faculty assistance when they are having difficulty with content or with a specific learning skill. Seek help early. Do not wait until you are too deeply in trouble to bail yourself out.

Students are encouraged to talk with faculty on an individual basis if they want to explore specific content in more depth than is possible in class.

General Course Policies:

Attendance Policy:

- Attendance is expected. Arrival on time is expected.
- Students who miss more than 15% class sessions without excuse will be dismissed from the course automatically. It is advisable to review the University of Jordan's policies regarding absenteeism.

Cell Phone Policy:

Cell phones should be turned off during class time. Disruption of class by ringing cell phones and cell phone conversations is inconsiderate of fellow students and faculty; you will be asked to leave the classroom and will be marked as absent. A turned on cell phone during exams is considered cheating attempts and actions will be taken according to UJ regulations.

Examination Policy:

Students unable to take a scheduled exam are expected to inform the instructor within three (3) days to arrange for a make-up exam. A written make up exam will be given only to students who have notified the instructor and set up an alternate time. Any missed exam will result in a grade of zero for that particular examination. Exams will be carried out using computer answer sheets therefore each student should bring (a pencil (2HB), sharpener and eraser).

References:

- American Heart Association. (2010). Basic Life Support. AHA
- American Heart Association. (2006). Heart saver first aid with CPR and AED. (1st. ed) AHA.
- American Heart Association. (2005) Guidelines CPR, ECC. (1st. ed.). AHA
- Chapleau, W. (2010) Emergency First Responder: Making the Difference. (2nd ed.). St. Louis: MOSBY ELSEVIER.
- Gupta, S. (2009). Your Guide to First Aid Abhisek Publications Chandigarh, IND access: <http://site.ebrary.com/lib/uoj/docDetail.action>
- Julia, F., and Patty, A. (2005). Emergency Nursing. (3rd ed.). Mosby's.
- Karren, K. etal. (2010). First aid for Colleges and Universities. (10th.ed). San Francisco: Pearson Company
- Le T. & Bhushan, V. (2009). First Aid for the USMLE Step 1: A Student to Student Guide (19th ed.). McGraw-Hill Medical.
- Newberry, L. (2009) *Sheehy's Emergency Nursing: Principles and practice* (6th ed) Mosby, St Louis
- Thygerson, A. (2006). First Aid and CPR Essentials. (5th ed.). Jones & Bartlett Publishers
- Schottke, D., (2001) First responder, your first response in emergency care. (3rd ed.). Jones and Bartlett.

Evaluation:

First exam	25%
Second Exam	25%
Final exam	50%
Total	100%

Course outline:

I. Introduction to first aid care

1. Definition of First Aid
2. Principles of First Aid
3. The purpose of First Aid
4. First Aid Provider
5. Characteristics of First Aid Provider
6. Safety & protection

II. Assessment of victims

1. Primary assessment
2. Secondary assessment
3. Chief complaints and vital signs
4. Taking a history
5. Ongoing assessment
6. Communication and documentation

III. Lifting and moving victim

1. General principles of moving
2. one-rescuer and two-rescuer techniques
3. Recovery Position

IV. Basic Life Support -Cardiopulmonary Resuscitation

1. Cardiopulmonary resuscitation
2. Chest compressions

3. Defibrillation
- V. Respiratory emergencies**
 1. Choking
 2. Asthma
 3. Hyperventilation
- VI. Cardiovascular and stroke emergencies**
 1. Angina pectoris
 2. Myocardial infarction
 3. Stroke
- VII. Diabetes emergencies**
 1. Hyperglycemia
 2. Hypoglycemia
- VIII. Fainting and Seizures**
 1. Fainting
 2. Seizures
- IX. Bleeding and shock**
 1. bleeding and its effects
 2. control of bleeding
 3. internal bleeding
 4. external bleeding
 5. shock-Types
- X. Body injuries**
 1. Soft tissue injuries
 2. Chest and abdominal injuries
 3. Musculoskeletal injuries
 4. Head and spine injuries
- XI. Poisoning emergencies**
 1. Ingested poisons
 2. Inhaled poisons-CO poisoning
 3. Absorbed poisons
 4. Injected poisons
- XII. Bites and stings**
 1. snake bite
 2. insect bite and stings
- XIII. Burn emergencies**
 1. Assessment of burn
 2. first aid care of burns
 3. inhalation injuries
- XIV. Heat and cold emergencies**
 1. Hyperthermia
 2. Heat exhaustion
 3. Heat stroke
 4. Hypothermia
 5. Frost bite
- XV. Water emergencies**
 1. Drowning

GOOD LUCK