The University of Jordan

Faculty of Pharmacy

2014-2015

**Course Title:** First Aid

**Course Number:** 1203302

**Semester:** summer semester 2014/2015

**Pre requisite:** None

**Credit Hours:** 2

**Course instructor:** Ruqayya S. Zeilani, RN, MPhiL, PhD

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**Office number:** 48

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**Course Description:**

This course provides students with the basic skills and knowledge that assist them to identify the traumas and accidents and intervene accordingly at the accident scene. It also introduces the students with the skills to assess the emergency incident and implement the first aid procedures that will prevent further complications using the accessible resources until the victim is transferred to the hospital.

 **Intended Learning Outcomes (ILOs)**

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

A. **Knowledge and Understanding**

* Identify the knowledge of the principles of first aid for different common illnesses or injures.
* Recognize specific problems through various signs and symptoms.
* Identify the new guidelines for cardiopulmonary resuscitation for all age groups.

B. **Cognitive and Intellectual Skills**

* Identify different emergency actions, principles, and procedures.
* Interpret priorities for first aid and emergency care.
* Evidence critical thinking skills in class discussion and written work.

C. **Subject Specific Skills**

* Demonstrate knowledge and ability in basic first aid measures for a conscious and unconscious.
* Demonstrate the knowledge of subjective and objective data collection with different casualties
* Practice the cardiopulmonary resuscitation techniques.

D. **Transferable Skills**

* Examine different strategies for different first aid accidents’ control and management prevention.
* Integrate relevant research findings in the first aid care of all age groups.

**Learning and teaching strategies:**

* Interactive lectures
* Group work
* Self-reading
* Audiovisual aids

**Course Policies:**

* Students are expected to prepare for lectures, log in to class regularly, pay attention, take notes, and utilize instructor’s website and email.
* Arrival on time is expected and attendance is required at every class of this course. Students who miss more than five lecture hours with or without excuse will be dismissed from the course according to the university policy.
* When unavoidable circumstances to make scheduled exam, student must provide a satisfactory explanation to the instructor within 3 days and make arrangements for a make-up exam otherwise the missed exam will result in grade of zero for that exam.
* Cell phones should be turned off during class time. A turned on cell phone during exams is considered cheating attempts and actions will be taken according to UJ regulations.
* 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. (2011) Guidelines CPR, ECC. (1st. ed.). AHA

American Heart Association. (2006). *Heart saver first aid with CPR and AED*. (1st. ed ) AHA.

Barraclough N. (2014). *First aid made easy*. A comprehensive first aid manual and reference guide. Lippincott Company.

Chapleau, W. (2010). *Emergency first responder making the difference*. 2ed ed.. Mosby Jems: Elsevier.

Julia, F., and Patty, A. (2005). Emergency Nursing. (3ed. Ed). Mosby's Company

Karren, K., & et al. (2011). *First aid for colleges and universities*. 10th ed. UK: Pearson Education.

Le T. & Bhushan, V. (2009). First Aid for the USMLE Step 1: A Student to Student Guide (19 ed.). McGraw-Hill Medical.

Schottke, D., (2011) First responder, your first response in emergency care. (3ed. ed.). Jones and Barltlett.

The American college of emergency physicians (2014). *First Aid Manual*. (5th.Ed.). New York: DK Publishing Company.

**Evaluation:**

First exam 20%

Participation 5%

Second Exam 25%

Final exam 50%

Total 100%

**Course outline:**

1. **Introduction to first aid care**
2. Definition of First Aid
3. Principles of First Aid
4. The purpose of First Aid
5. First Aid Provider
6. Characteristics of First Aid Provider
7. Safety & protection
8. **Lifting and moving victim**
9. General principles of moving
10. one-rescuer and two-rescuer techniques
11. Recovery Position
12. **Basic Life Support -Cardiopulmonary Resuscitation**
13. Cardiopulmonary resuscitation
14. Chest compressions
15. Defibrillation
16. **Respiratory emergencies**
17. Chocking
18. Asthma
19. Hyperventilation
20. **Cardiovascular and stroke emergencies**
21. Angina pectoris
22. Myocardial infarction
23. **Neurologic emergencies**
24. Stroke
25. Fainting
26. Seizures
27. **Diabetes emergencies**
28. Hyperglycemia
29. Hypoglycemia
30. **Body injuries and bleeding**
31. wounds
32. Musculoskeletal injuries
33. Head and spine injuries
34. Ear, nose and Ear injuries
35. Bleeding
36. shock
37. Burns
38. **Poisoning emergencies**
39. Ingested poisons
40. Inhaled poisons-CO poisoning
41. Absorbed poisons
42. Injected poisons
43. **XII. Bites and stings**
44. snake bite
45. insect bite and stings
46. **environmental emergencies**
47. Temperature related emergencies
48. Drowning

**Tentative Class Schedule**

2014-2015

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| --- | --- | --- |
| Semester week | Day and Date | Topics |
| First | 21/6-24/6 | * Introduction to the course

**Introduction to first aid care*** Definition of First Aid
* Principles of First Aid
* The purpose of First Aid
 |
| First | **Introduction to first aid care*** Characteristics of First Aid Provider
* Safety & protection
 |
| First | **Lifting and moving victim*** General principles of moving
* one-rescuer and two-rescuer techniques
* Recovery Position
 |
| Second | 28/6-1/7 | **Basic Life Support -Cardiopulmonary Resuscitation*** Cardiopulmonary resuscitation
* Chest compressions
* Defibrillation
 |
| Second | **Respiratory emergencies*** Chocking
* Asthma
* Hyperventilation
 |
| Third | 5/7-8/7 | **Cardiovascular and stroke emergencies*** Angina pectoris
* Myocardial infarction

**The first Exam (8/7/2015 at 10 AM)** |
| Fourth | 12/7-15/7 | **Neurologic emergencies*** Stroke
* Seizures
 |
| Holiday | 17/7-20/7 | **Eid Holiday** |
| Fifth | 21/7-22/7 | **Neurologic emergencies*** Fainting

**Diabetes emergencies*** Hyperglycemia
* Hypoglycemia
 |
| Fifth | 26/7-28/7 | **Body injuries and bleeding** * Wounds
* Musculoskeletal injuries
 |
| Sixth | 29/7 | **Body injuries and bleeding** * Head and spine injuries
* Ear, nose and Ear injuries
* Bleeding
 |
| Sixth | 2/8-3/8 | **Body injuries and bleeding** * shock
* Burn
 |
| Seventh | 4/8-5/8 | **Poisoning emergencies** * Ingested poisons
* Inhaled poisons-CO poisoning
* Absorbed poisons
* Injected poisons

**The Second Exam (2/8/2015 at 10 AM)** |
| Eighth | 9/8-12/8 | **Bites and stings** * snake bite
* insect bite and stings
 |
| Eighth | 9/8-12/8 | **environmental emergencies*** Temperature related emergencies
* Drowning
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|  |  | **The final exam (19/8/2015 at 10 AM)** |