

## School of Medicine, University of Rijeka

**Course: First Aid**

**Course coordinator: Alen Protić, MD, PhD, assist. prof.**

**Department: Department of Anaesthesiology, Reanimatology and Intensive Care Medicine**

**Study programme: Integrated undergraduate and graduate university study of medicine**

**Year of study: 1<sup>st</sup> year**

**Academic year: 2017./2018.**

### IMPLEMENTATION PLAN

**Information about the course (brief description, general instructions, etc.):**

**First Aid Course** is an obligatory first year course of the **integrated undergraduate and graduate university study of medicine**. Course is made of 8 hours of lectures and 12 hours of practical classes, in total 20 hours (**1 ECTS**). It is organised in Kabinet vještina – Skills Lab Simulation Centre of the Department of anaesthesiology, reanimatology and intensive care medicine (School of Medicine, University Campus, building of the university departments).

**Aim** of the course is to learn basic knowledge and skills to provide first aid. The students will be introduced with basic life support and automated external defibrillation. Also, the students will be taught to assess the deteriorating patient and to provide first aid for medical and trauma emergencies.

**Course content:**

Definition and meaning of First Aid. Cardiorespiratory arrest and resuscitation. Basic life support. Use of automated external defibrillator. Assessment of the deteriorating patient (ABCDE approach). First Aid for medical emergencies. First Aid for trauma emergencies.

**Classes:**

The class is composed of lectures and practicals, during two weeks per group. During the practical classes assistant is demonstrating skills and then supervising active student performance. Special circumstances of each skill are discussed. During the practicals, an obligatory test will be held and a written exam at the end of all classes. By the end of the course, with completion of all tasks and obligations, a student earn 1 ECTS point.

**Assigned reading:**

1. Slide handouts
2. G.D. Perkins et al. European Resuscitation Council Guidelines for Resuscitation 2015: Section 2. Adult basic life support and automated external defibrillation. Resuscitation, October 2015, Pages 81 - 99
3. D.A. Zideman et al. European Resuscitation Council Guidelines for Resuscitation 2015 Section 9. First aid. Resuscitation, October 2015, Pages 264 - 277

**Optional/additional reading:**

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| <ol style="list-style-type: none"><li>1. <b>Basic life support</b> ERC course manual</li><li>2. Guidelines for first aid: 2015 American Heart Association and American Red Cross</li></ol> |
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**Implementation plan:**

**Lecture list (with titles and explanation):**

<p><b>L1. Course introduction. Vital functions and death. Basic life support (BLS)</b></p>
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Learning outcomes:

Familiarize with First Aid and course obligations.  
Learn how to perform basic life support (chest compressions and rescue breaths).  
Understanding the importance and significance of basic life support.

**L2. Automated external defibrillator (AED).**

Learning outcomes:

Understanding the place for AED in the BLS algorithm.  
Learning how to safely use an AED.

**L3. Side-lying recovery position. First Aid in choking.**

Learning outcomes:

Recognition and treatment of airway obstruction.

**L4. Assessment of the deteriorating patient. ABCDE approach.**

Learning outcomes:

Recognition of life threatening conditions.  
Systemic approach for patient assessment.

**L5. First Aid for trauma emergencies**

Learning outcomes:

Learn basic skills for treatment of critically injured patient using First Aid guidelines.

**L6. First Aid for medical emergencies**

Learning outcomes:

Recognize situations where First Aid may be useful.  
Learn basic knowledge for First Aid in different emergencies.

**Practical classes :**

<p><b>P1. Basic life support (BLS).</b></p>
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<p><b>P2. Automated external defibrillation (AED). BLS practical test.</b></p>
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<p><b>P3. Side-lying recovery position. Choking. The deteriorating patient (ABCDE approach).</b></p>
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<p><b>P4. First Aid for trauma and medical emergencies</b></p>
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<p>Practical classes are organised in Kabinet vještina – Skills Lab Simulation Centre of the Department of anaesthesiology, reanimatology and intensive care medicine (School of Medicine, University Campus, building of the university departments).</p>
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<p>Before taking the practical classes, students are obliged to learn theoretical knowledge to be able to practically perform.</p>
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<p>Classes are based on the European Resuscitation Council standards and performed on specialized</p>
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**Student obligations:**

Students are obliged to attend all practical classes and to actively participate during the classes. Also, the students have to pass the BLS practical test.

**Final exam:**

Student grading will be conducted according to the current Ordinance on Studies of the University of Rijeka (approved by the Senate) and the Ordinance on Student Grading at the Faculty of Medicine in Rijeka (approved by the Faculty Council).

Student work will be assessed and graded during the course and at the final exam. During the course, all students are obliged to take the BLS practical test. During the test, the assistant assesses the skill and knowledge of a student.

At the end of the course and after taking the practical test, a written exam follows, with 30 multiple choice questions.

Students that have achieved **75%** of correct answers on the written exam are graded **satisfactory (1ECTS point)**. Students that have not achieved **75%** of correct answers are graded **non satisfactory**.

**Other information:**

Course content and all the notifications regarding the course, including exam dates, can be found on the official web site - <http://www.medri.uniri.hr>

**Timetable (2017./2018.)**

Datum	Predavanja (vrijeme i mjesto)	Seminari (vrijeme i mjesto)	Vježbe (vrijeme i mjesto)	Nastavnik
02.10.2017.	L1,2 (13,00- 15,00) Kabinet vještina 028			Alen Protić, MD, PhD, assist. prof.
<u>05.10.2017.</u>			P1(8,00-11,00) Kabinet vještina P2(11,00-14,00) Group 2	Erika Šuper-Kučina, MD Ana Pičuljan, MD Peer tutors
09.10.2017.	L3,4 (13,00- 15,00) Kabinet vještina			Alen Protić, MD, PhD, assist. prof.

	<b>028</b>			
<b>16.10.2017.</b>	<b>L5,6 (13,00- 15,00)</b> <b>Kabinet vještina</b> <b>028</b>			Alen Protić, MD, PhD, assist. prof.
<b>23.10.2017.</b>	<b>L7,8 (13,00- 15,00)</b> <b>Kabinet vještina</b> <b>028</b>			Alen Protić, MD, PhD, assist. prof.
<u>10.11.2017.</u>			P3(8,00-11,00) Kabinet vještina P4(11,00-14,00) Group 2	Erika Šuper-Kučina, MD Ana Pičuljan, MD Peer tutors
<u>20.11.2017.</u>			P1(8,00-11,00) Kabinet vještina P2(11,00-14,00) Group 1	Erika Šuper-Kučina, MD Ana Pičuljan, MD Peer tutors
<u>21.11.2017.</u>			P3(8,00-11,00) Kabinet vještina P4(11,00-14,00) Group 1	Erika Šuper-Kučina, MD Ana Pičuljan, MD Peer tutors

**List of lectures and practical classes:**

	<b>LECTURES (themes)</b>	<b>Hours</b>	<b>Location</b>
L1	Course introduction. Vital functions and death. Basic life support (BLS)	1	Kabinet vještina – Skills Lab Simulation Centre
L2	Automated external defibrillator (AED).	1	Kabinet vještina – Skills Lab Simulation Centre
L3	Side-lying recovery position. First Aid in choking.	1	Kabinet vještina – Skills Lab Simulation Centre
L4	Assessment of the deteriorating patient. ABCDE approach.	1	Kabinet vještina – Skills Lab Simulation Centre
L5	First Aid for trauma emergencies, part 1	1	Kabinet vještina – Skills Lab Simulation Centre
L6	First Aid for trauma emergencies, part 2	1	Kabinet vještina – Skills Lab Simulation Centre
L7	First Aid for medical emergencies, part 1	1	Kabinet vještina – Skills Lab Simulation Centre
L8	First Aid for medical emergencies, part 2	1	Kabinet vještina – Skills Lab Simulation Centre
	<b>Total</b>	<b>8</b>	

	<b>PRACTICAL CLASSES (themes)</b>	<b>Hours</b>	<b>Location</b>
P1	Basic life support (BLS).	3	Kabinet vještina – Skills Lab Simulation Centre
P2	Automated external defibrillation (AED). BLS practical test.	3	Kabinet vještina – Skills Lab Simulation Centre
P3	Side-lying recovery position. Choking. The deteriorating patient (ABCDE approach).	3	Kabinet vještina – Skills Lab Simulation Centre
P4	First Aid for trauma and medical emergencies	3	Kabinet vještina – Skills Lab Simulation Centre
	<b>Total</b>	<b>12</b>	

	<b>FINAL EXAM</b>
1.	28.11.2017.
2.	31.01.2018.
3.	