**Syllabus / Course Outline Template**

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| **Course Name: ADVANCED FIRST AID** |

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| **Course Code: HPED - 150** | **Course Type : ELECTIVE** | **Course Credits: 4 hrs** |
| **Class Timings: 8:00am - 9:00 am (Monday, Wednesday, Friday)** | **Section:** A | **Student Meeting Hours/ Office Hours:**  10:30 am – 12:30 pm |
| **Instructor Name: Zaibunnisa Shahzad** | | |

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| **A Note from the Instructor:**   * *In this course HPED-150 Advanced First Aid , students will learn to recognize and provide immediate medical care for life threatening emergencies; e.g. accident, electric shock, choking, fainting, bleeding etc. until Professional Medical help arrives.* * *First Aid Skills consist of simple techniques and procedures that can be performed with limited equipment and can be applied at home, workplace or in public locations.* * *Learning First Aid will give the students, the confidence to act appropriately when an emergency / accident occurs.* * *This course will prove very helpful for all of the students, especially for those who are living / working with individuals who require ongoing special attention/ treatment.* |
| **Instructor Contact Details**  Email: zaibunnisa@fccollege.edu.pk  [Optional] Mobile No: 03214385163  Office Hours : 10:30 am – 12:30 pm |
| **Course Description**:  ***The purpose of this course is to help students identify and eliminate potentially hazardous conditions in their environment, recognize emergencies, and make appropriate decisions of how to provide First Aid.***   * *Topics included are Advanced First Aid Introduction , Nose Bleeding , Electric Shock , Fainting , Drug Overdose , First Aid Mistakes , Accidents and First Aid , Bandaging Techniques , CPR , Unconsciousness , Burn Injuries , Natural Disasters ( e.g. Earth Quake , Tsunami , Flood , Tornado etc..) , Hypovolemia and Hypovolemic Shock , Hypothermia , Hyperthermia , Internal Bleeding , External Bleeding , Crush Injuries , Amputation , First Aid for Severe Bleeding , Snake Bite , Dog Bite , Poisons , Types of Poisons , Food Poisoning.* |
| **Main Mode of Instruction:** *Moodle, lectures in classroom, WhatsApp class group, AVideos & Classroom Demonstration.* |
| **Course Objectives :**   * The students will be better able to assess their surroundings. * Knowledge of first aid **promotes a sense of safety and well-being amongst the students**.   **Learning Outcomes :**  **Students will be able to assess situations and circumstances in order to provide First Aid safely, promptly and effectively in a range of emergencies, such as:**   * administering first aid to an adult casualty who is unconscious . * administering cardiopulmonary resuscitation to an adult, including using an AED. * administering first aid to an adult casualty who is choking , fainting , having drug overdose. * administering first aid to an adult casualty who is wounded and bleeding. * administering first aid to an adult casualty who is suffering from shock. * providing appropriate first aid for minor injuries (including small cuts,bruises, minor burns and scalds). |

**Course Content**

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| **Wk** | **Topic/ Title** |  | | | | | |
| **Synchronous**  **(Simultaneously conducted)**  *Presentation / Lecture*  *Live Video-Audio*  *Small-Group Discussion/ Breakout Rooms*  *In-class quiz*  *Q&A/ Live Chat* | | | | **Asynchronous**  (postal/ Moodle/ email) | |
| In-Person | | Online | | Off-campus and offline | |
| 1. Definition, First Aid Kit Equipment, Benefits of First Aid | | | Lectures | | Moodle | Moodle |
| Principles of First Aid, Qualities of First Aid Provider, First Aid Training | | | Lectures | | Moodle | Moodle |
| Nose Bleeding, Electric Shock, Choking | | | Lectures , Demonstration | | Moodle | Moodle |
| 2 | Drug Overdose, Definition, Risk Factors, Signs and Symptoms, Causes, Effects | Lectures | | Moodle | | Moodle | |
| First Aid, Prevention of Drug Overdose | Lectures | | Moodle | | Moodle | |
| 3 | First Aid Mistakes | Lectures | | Moodle | | Moodle | |
| Definition of Accident, Road Accident, First Stage Examination in a Road Accident, Causes of Increase in Traffic Accidents | Lectures , Demonstration | | Moodle | | Moodle | |
| Definition of Unconsciousness , Management of Unconscious Patient | Lectures | | Moodle | | Moodle | |
| 4 | Stages of Unconsciousness,  Causes of Unconsciousness | Lectures | | Moodle | | Moodle | |
| Definition, Procedure,  Responsive Casualty,  Unresponsive and not Breathing Casualty | Lectures | | Moodle | | Moodle | |
| Unresponsive and Breathing Casualty | Lectures | | Moodle | | Moodle | |
| 5 | Advantages of CPR Training , CPR Performance Mistakes | Lectures | | Moodle | | Moodle | |
| CPR – PROTOCOLS, Bandaging Techniques | Lectures | | Moodle | | Moodle | |
| External Bleeding, Crush Injuries, Amputations, First Aid for Severe Bleeding | Lectures | | Moodle | | Moodle | |
| 6 | Internal Bleeding, Difference between Internal and External Bleeding | Lectures | | Moodle | | Moodle | |
| Definition of Burn, Burn Levels/Types | Lectures | | Moodle | | Moodle | |
| 7 | First Aid, Complications, Burn Shield , Prevention of Burn Injuries, Treatment | Lectures | | Moodle | | Moodle | |
| Hypovolemia, Hypovolemic Shock | Lectures , Poster Presentation | | Moodle | | Moodle | |
| Hypothermia, Hyperthermia | Lectures , Group Discussion | | Moodle | | Moodle | |
| 8 | Definition, Types  Of Natural Disasters | Lectures,  Group Discussion | | Moodle | | Moodle | |
| Earth Quake | Lectures,  Group Discussion | | Moodle | | Moodle | |
| Tsunami | Lectures,  Group Discussion | | Moodle | | Moodle | |
| 9 | Flood | Lectures,  Group Discussion | | Moodle | | Moodle | |
| Tornado | Lectures,  Group Discussion | | Moodle | | Moodle | |
| POISON ,Definition, Mode of Transmission, Symptoms  First Aid, Difference between venom and poison, 10 Deadliest Poisons | Lectures | | Moodle | | Moodle | |
| 10 | Ricin, Amatoxin | Lectures | | Moodle | | Moodle | |
| Botulinum Toxin, Tetradotoxin | Lectures | | Moodle | | Moodle | |
| Batrachotoxin, Arsenic, Polonium, POISONING,  Types of Poisoning | Lectures | | Moodle | | Moodle | |
| 11 | Food Poisoning, First Aid and Prevention of Poisoning, Treatment of Poisoning | Lectures | | Moodle | | Moodle | |
| SNAKE BITE Definition, Types of Bites, Difference between Venomous and Non-Venomous Snakes | Lectures | | Moodle | | Moodle | |
| Difference between Venom and Poison, Mode of Attack | Lectures | | Moodle | | Moodle | |
| 12 | Composition of Snake Venom, Composition of Anti-Venom | Lectures | | Moodle | | Moodle | |
| What happens after a snake bite, Treatment | Lectures | | Moodle | | Moodle | |
| First Aid and Prevention of Snake Bite | Lectures | | Moodle | | Moodle | |
| 13 | Definition of Dog Bite, Treatment of Dog Bite | Lectures | | Moodle | | Moodle | |
| First Aid and , Complications of Dog Bite | Lectures | | Moodle | | Moodle | |
| Prevention of Infection after Dog Bite | Lectures | | Moodle | | Moodle | |
| 14 |  |  | |  | |  | |
| **Revision** |  | |  | |  | |
| 15 |  | | | | | | |

**Course Requirements:**

### **Tests & Quizzes :**

MCQs exam, Written Exam and Viva exam.

The entire course is worth 100%, the breakup is as follows (for example):

The breakup is as follows:

**Class Participation: 20**%

**Assignments: 10% (Optional)**

**Quiz** : **25 %**

**Mid Term Exam: 25%**

**Final Term Exam : 30%**

**Total : 100 %**

**Students will get extra 5 Marks for participating in the demonstrations in class , these 5 Marks will be added in the Final Evaluation and Grading of the course.**

**Attendance Policy :**

Students must fulfil the requirement of 80% attendance to appear in the Final Exam.

 Students are expected to attend each class of Advanced First Aid Course. However, it is understandable that there are times when students may miss an occasional class.

 There are **NO EXCUSED ABSENCES** under this policy. All absences are counted, regardless of the reason for the absence, except for illness and other personal reasons. (with proof by documentation)

 Students are responsible for keeping track of the number of their absences. The instructor is not required

to notify a student orally or in writing if the student has excessive absences.

* Students who do not meet the **required attendance policy of 80 %** in the course, will not be able to appear in the **Final Exam**.

**CLASS LATENESS:**

 Student should not be late than ten minutes according to the class timings.

• If a student is coming late in class (i.e. more than ten minutes), the student will be considered absent.

• No attendance will be marked after the first ten minutes of class.

**LEAVE POLICY:**

* Student must submit the LEAVE APPLICATION to the instructor before the leave or on the very next day when the student returns to the class, after the absence.
* No Leave will be marked after the certain date as mentioned above.
* It is not the responsibility of any student to ask the instructor to mark leave for another student if he/she is

absent from class. Such information will not be considered as Leave.

* Leaves without proof of documentation will be considered as absent.

**CLASS PARTICIPATION POLICY:**

Attendance (20 MARKS)

This will be considered as an important component of evaluation and grading. Therefore, lack of attendance may influence the student’s ability to do well in the course were participation is highly valued.

Participation in classroom activities including lectures, videos, projects, posters, assignments, class discussions and group activities all contribute to student success in coursework.

• There will be a final evaluation and grading of 20 Marks for the attendance throughout the course.

• Leaves will not be counted as Present in the Final Evaluation of 20 Marks.

**Grade Determination & Course Assessment as per FCC Policy:**

**Grading Legend**

Below is the grading legend of FCCU (published in all catalogs and available on the FCCU website) as approved by the Academic Council

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| **Grade** | **Point Value** | **Numerical Value** | **Meaning** |
| A | 4.00 | 93-100 | Superior |
| A- | 3.70 | 90-92 |
| B+ | 3.30 | 87-89 | Good |
| B | 3.00 | 83-86 |
| B- | 2.70 | 80-82 |
| C+ | 2.30 | 77-79 | Satisfactory |
| C | 2.00 | 73-76 |
| C- | 1.70 | 70-72 |
| D+ | 1.30 | 67-69 | Passing |
| D | 1.00 | 60-66 |
| F | 0.00 | 59 or below | Failing |