

## DESCRIPTION OF THE COURSE OF STUDY

<b>Course code</b>	<b>0912-7LEK-B2.8-FP</b>	
<b>Name of the course in</b>	Polish	<b>Pierwsza pomoc z elementami</b>
	English	<b>First aid and elements of nursing</b>

### 1. LOCATION OF THE COURSE OF STUDY WITHIN THE SYSTEM OF STUDIES

<b>1.1. Field of study</b>	Medicine
<b>1.2. Mode of study</b>	Full-time
<b>1.3. Level of study</b>	Uniform Master's study
<b>1.4. Profile of study*</b>	General academic
<b>1.5. Specialization*</b>	lack
<b>1.6. Unit running the course of study</b>	Faculty of Medicine and Health Sciences
<b>1.7. Person/s preparing the course description</b>	dr n. med. Renata Stępień
<b>1.8. Person responsible for the course of study</b>	lek. Michał Bączek
	lek. Łukasz Nawacki
	mgr piel. Elżbieta Zawierucha
<b>1.9. Contact</b>	mzawer@interia.pl; michalo.baczek@gmail.com

### 2. GENERAL CHARACTERISTICS OF THE COURSE OF STUDY

<b>2.1. Affiliation with the module</b>	Scientific basis of medicine
<b>2.2. Language of instruction</b>	English
<b>2.3. Semesters in which the course of study is offered</b>	2 <sup>nd</sup> semester
<b>2.4. Prerequisites*</b>	Basic knowledge of human anatomy and physiology

### 3. DETAILED CHARACTERISTICS OF THE COURSE OF STUDY

<b>3.1. Form of classes</b>	First aid – classes 15 hours Elements of nursing – practical classes 20 hours	
<b>3.2. Place of classes</b>	Classes in the laboratory of medical emergency - first aid, Classes in the laboratory of nursing – elements of nursing	
<b>3.3. Form of assessment</b>	Credit with grade	
<b>3.4. Teaching methods</b>	Practical classes, demonstration, didactic disussion	
<b>3.5. Bibliography</b>	<b>Required reading</b>	1.ERC guidelines 2015, <a href="http://www.cprguidelines.eu">www.cprguidelines.eu</a> 2.First Aid Manual DK 2014 Dorling Kindersley Publishers 3.Case Files Emergency Medicine Liu Terrence 2012 McGraw-Hill
	<b>Further reading</b>	1.Fundamentals of Nursing Craven Ruth 2016 Lippincott Williams & Wilkins 2. Procedures for the Primary Care Provider Edmunds Marilyn Winterton 2016 Mosb, ISBN: 9780323340038.

#### 4. OBJECTIVES, SYLLABUS CONTENT AND INTENDED TEACHING OUTCOMES

<p><b>4.1. Course objectives</b> (<i>all form of classes</i>)</p> <ul style="list-style-type: none"> <li>• Practical and theoretical instruction in first aid and nursing.</li> <li>• Training learners in the skills necessary to provide first aid and nursing procedures.</li> <li>• Improving patients safety by enhancing communication and teamwork.</li> </ul>
<p><b>4.2. Detailed syllabus</b> (<i>classes, practical classes</i>)</p> <ul style="list-style-type: none"> <li>• <b>First aid - classes (15 h)</b> <ol style="list-style-type: none"> <li>1. European Resuscitation Council Guidelines for Resuscitation 2015</li> <li>2. Adult Basic life support and automated external defibrillation. The chain of survival. Early recognition of cardiac arrest. The BLS/AED algorithm. Use of automated external defibrillator. Pediatric life support. Cardiac monitoring and oximetry.</li> <li>3. Foreign body airways obstruction (choking) – recognition, treatment for mild and severe airway obstruction.</li> <li>4. Bones, joint injuries - treatment for fractures, discolations, sprains. Wounds – types and treatment.</li> <li>5. Poisoning: first aid. Consciousness assessment using world-wide used scales.</li> </ol> </li> <li>• <b>Elements of nursing – classes (20h)</b> <ol style="list-style-type: none"> <li>1. Taking body temperature, heart rate, non-invasive auscultatory measurement of blood pressure.</li> <li>2. Aseptic and antiseptic techniques. Scrubbing. IV, IM, SC injections. Use of glucose meter.</li> <li>3. Intravenous cannulation technique, venous blood collection.</li> <li>4. Collection of nasal, throat and skin swab.</li> <li>5. Urethral catheterization in men and women.</li> </ol> </li> </ul>

#### 4.3 Education outcomes in the discipline

Code	A student, who passed the course	Relation to teaching outcomes
within the scope of <b>KNOWLEDGE:</b>		
W01	knows the current guidelines for cardiopulmonary resuscitation of the newborns, children and adults;	F.W7.
within the scope of <b>ABILITIES:</b>		
U01	performs basic medical procedures and treatments, including: <ol style="list-style-type: none"> <li>a) measurement of body temperature, pulse measurement, non-invasive blood pressure measurement,</li> <li>b) monitoring of vital signs using a cardio-monitor or pulse oximetry,</li> <li>c) intravenous injection , intramuscular and subcutaneous injections, cannulation of peripheral veins, collection of peripheral venous blood, collection of arterial blood, collection arterialized capillary blood,</li> <li>d) collecting swabs from the nose, throat and skin, puncture of pleural cavity,</li> <li>e) catheterization of the urinary bladder in women and me, nasogastric intubation, gastric lavage, enema,</li> <li>f) standard electrocardiogram along with its interpretation, cardioversion and defibrillation of the heart,</li> <li>g) simple test strips and measuring the concentration of glucose in the blood;</li> </ol>	E.U29.
U02	complies with the aseptic and antiseptic rules;	F.U3.
U03	manages external bleeding;	F.U9.
U04	performs basic resuscitation with automated external defibrillator and other rescue activities and provides first aid;	F.U10.

U05	acts in accordance with the current algorithm of advanced life support activities	F.U11
U06	assesses the condition of the unconscious patient in accordance with applicable international scales;	FU21
U07	recognizes the symptoms of increasing intracranial pressure;	F.U22
U08	performs temporary immobilization of a limb, selects the type of immobilization necessary for use in typical clinical situations and checks blood supply to the limbs after using the cast;	F.U8.

#### 4.4. Methods of assessment of the intended teaching outcomes

Teaching outcome	Method of assessment (+/-)																			
	Exam oral/written*			Test*			Project*			Effort in class*			Self-study*			Group work*			Others*	
	Form of classes			Form of classes			Form of classes			Form of classes			Form of classes			Form of classes			Form of classes	
	L	C	...	L	C	...	L	C	...	L	C	...	L	C	...	L	C	...	L	C
W01	-	-		-	-		-	-		-	-			+		-	-		-	+
U01	-	-		-	-		-	-		-	-			+		-	-		-	+
U02	-	-		-	-		-	-		-	-			+		-	-		-	+
U03	-	-		-	-		-	-		-	-			+		-	-		-	+
U04	-	-		-	+		-	-		-	-			-		-	-		-	+
U05	-	-		-	+		-	-		-	-			-		-	-		-	+
U06	-	-		-	+		-	-		-	-			-		-	-		-	+
U07	-	-		-	+		-	-		-	-			-		-	-		-	+
U08	-	-		-	+		-	-		-	-			-		-	-		-	+

\*delete as appropriate

#### 4.5. Criteria of assessment of the intended teaching outcomes

Form of classes	Grade	Criterion of assessment
classes (C)*	3	Obtaining 50% correct answers at colloquium test
	3,5	Obtaining 60 % correct answers at colloquium test
	4	Obtaining 70% correct answers at colloquium test
	4,5	Obtaining 80% correct answers at colloquium test
	5	Obtaining 90% correct answers at colloquium test
Practical classes (PC)*	3	<p>Not always abides the rules, requires the supervision, performs actions chaotically, performance of simple tasks without comments</p> <p>Performs the activities doubtfully, very slowly, visible efficiency while performing simple actions</p> <p>Not always takes into account the individual situation of the patient, achieves the goal after being directed in activities</p> <p>Requires constant guidance and needs to be reminded about the performance of complex tasks</p> <p>Takes contact, however, is not capable of keeping communication with the patient</p> <p>Not always is able to evaluate and analyze their own behavior, sometimes cooperates with a therapeutic team, identifies with the professional role if it is possible.</p>
	3,5	<p>Abides the principles, after being directed, performs actions quite correctly</p> <p>Performs the activities doubtfully, sometimes requires the support and sense of confidence in acting</p> <p>takes into account the individual situation of the patient's health reaches the target</p> <p>Often needs to be reminded about taken actions</p>

		Is able to establish and maintain verbal contact with the patient Makes an effort to evaluate and analyze their own behavior, cooperates with a therapeutic team, usually identifies with the professional role
	4	Abides the principles, after being directed performs the activities correctly Performs the activities at a slow pace Draws attention to the individual situation of the patient, reaches the target Sometimes needs to be reminded about taking the actions Is able to establish and maintain verbal and non-verbal contact with the patient Presents awkwardness in the assessment and analysis of their conduct, cooperates with a therapeutic team, identifies with the professional role
	4,5	Abides the principles Activities are performed Manifests the concern about Sometimes requires a reminder and Correct, but sometimes requires Shows the efforts of the assessment after the initial orientation, technique and sequence of actions without any comments certainly but after a short reflection taking into account the health situation of the patient, reaches the target after an initial indication directed activities guidance in the selection of communication methods and analysis of their conduct, good co-operation with a therapeutic team, noticeable identification with the professional role
	5	Abides the principles, techniques and sequence of tasks without any comments performs activities confidently, vigorously Takes into account the situation of the patient and current capabilities to perform these tasks Plans and conducts operations completely independently Spontaneous, constructive and independent, content selection adequate to the expectations of the recipient Is able to evaluate and analyze their own behavior, working with therapeutic team, visible identification with professional role

#### 5. BALANCE OF ECTS CREDITS – STUDENT’S WORK INPUT

Category	Student's workload
	Full-time studies
<i>NUMBER OF HOURS WITH THE DIRECT PARTICIPATION OF THE TEACHER /CONTACT HOURS/</i>	<b>35</b>
<i>Participation in lectures*</i>	
<i>Participation in classes, seminars, laboratories*</i>	<b>35 (15/20)</b>
<i>Preparation in the exam/ final test*</i>	
<i>Others*</i>	
<i>INDEPENDENT WORK OF THE STUDENT/NON-CONTACT HOURS/</i>	<b>15</b>
<i>Preparation for the lecture*</i>	
<i>Preparation for the classes, seminars, laboratories*</i>	<b>15 (10/5)</b>
<i>Preparation for the exam/test*</i>	
<i>Gathering materials for the project/Internet query*</i>	
<i>Preparation of multimedia presentation</i>	
<i>Others*</i>	
<b>TOTAL NUMBER OF HOURS</b>	<b>50</b>
ECTS credits for the course of study	<b>2</b>

**Accepted for execution** (date and signatures of the teachers running the course in the given academic year)

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