

## DESCRIPTION OF THE COURSE OF STUDY

<b>Course code</b>	<b>0912.7.LEK.B.FA</b>	
<b>Name of the course in</b>	Polish	<b>Pierwsza pomoc z elementami pielęgniarstwa</b>
	English	<b>First aid with 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. Person/s preparing the course description</b>	Mgr Monika Olczyk
<b>1.6. Contact</b>	monika.olczyk@ujk.edu.pl

## 2. GENERAL CHARACTERISTICS OF THE COURSE OF STUDY

<b>2.1. Language of instruction</b>	English
<b>2.2. Prerequisites*</b>	Fundamental knowledge of human anatomy and physiology

## 3. DETAILED CHARACTERISTICS OF THE COURSE OF STUDY

<b>3.1. Form of classes</b>	<b>Classes (C): 50 h, Practical Classes: (PC): 40h</b>	
<b>3.2. Place of classes</b>	Medical Simulation Centre: <ul style="list-style-type: none"> <li>• Basic Life Support (BLS) room</li> <li>• Low-fidelity skills laboratory</li> </ul>	
<b>3.3. Form of assessment</b>	Credit with grade:	
<b>3.4. Teaching methods</b>	Classes: skill-based workshops, demonstrations, and instructional discussions Practical Classes: skill-based workshops, demonstrations, and instructional discussions	
<b>3.5. Bibliography</b>	<b>Required reading</b>	<b>First Aid:</b>  <b>1. First Aid for the students of medical schools (2025), Rakesh Jalali et al., PZWL</b>  <b>2. European Resuscitation Council Guidelines 2025</b>  <b>Elements of Nursing:</b>  1. Potter A.P, Perry G.A. Potter and Perry's Pocket guide to nursing skills and procedures. Elsevier Illinois 2023.  2. Potter A.P, Perry G.A. Potter, Ostenford R. W, Laplante N. Clinical Nursing Skills and techniques. Elsevier Pensylwania 2024.
	<b>Further reading</b>	

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

## 4.1. Course objectives (including form of classes)

## Classes

C1. To familiarize students with the theoretical foundations of first aid and the execution of basic medical procedures and interventions.

C2. To provide students with knowledge of the legal framework and principles for documenting patient health status

and treatment.

C3. To introduce the principles of asepsis and their application in fundamental therapeutic procedures.

C4. To cultivate the professional attitudes and behaviours expected of medical practitioners.

### ***Practical Classes***

C1. Students will acquire the skills necessary to provide first aid and perform selected medical procedures in accordance with established standards and techniques.

C2. Students will demonstrate the professional attitudes expected of medical practitioners, engage in critical self-assessment, utilize reliable sources of information, practice collegiality and collaboration, and take responsibility for their clinical decisions.

....

## **4.2. Detailed syllabus (including form of classes)**

### **4.2.1. First Aid–Classes 25h**

1. Introduction. Legal basis for providing first aid. Types of personal protective equipment. Causes and mechanisms of sudden cardiac arrest. Basic resuscitation procedures – guidelines for cardiopulmonary resuscitation in adults, children and newborns. Proper use of an automated external defibrillator (AED). First aid in the presence of a foreign body in the airways.
2. In-hospital cardiac arrest. Advanced resuscitation procedures – guidelines for cardiopulmonary resuscitation in adults, children and newborns. Instrumental methods of airway management. Electrical cardioversion and defibrillation. Monitoring and interpretation of vital signs.
3. First aid in trauma patients. Mechanisms of injuries. Wounds, bleeding, musculoskeletal injuries, burns. First aid in poisonings. Assessment of the level of consciousness according to applicable international scoring scale.
4. First aid in emergency conditions. Management of shock. Recognition of stroke. Management of anaphylaxis, hypoglycemia, an asthma attack, chest pain, and dyspnea.
5. Basis of performing and analysing a standard ECG. SAMPLE – Training in structured communication and appropriate questioning during emergency patient assessment.

### **4.2.2. Nursing Elements – Classes (10 hours)**

Sessions begin with an assessment of the student's preparedness on the topics to be covered during class.

1. Hygienic handwashing. Measurement and assessment of basic vital signs, including temperature, pulse, and blood pressure.
2. Administration of subcutaneous injections (both typical and atypical) and intramuscular injections.
3. Collection of swabs for microbiological and cytological examinations
4. Performing strip tests, including blood glucose measurement using a glucometer.

### **4.2.3. First Aid–Practical Classes 20h**

1. There are four practical classes during the semester, conducted in the Simulation Center. Each session consists of two parts. The first part focuses on hands-on training using simulation mannequins, allowing students to practice and develop the practical skills introduced during theoretical classes. The second part involves clinical case scenarios using simulators, during which students are expected to apply the knowledge and skills acquired in previous sessions to assess, analyze, and manage the presented cases. The scenarios are designed around topics discussed throughout the course and aim to reinforce theoretical knowledge through practical, case-based learning in a simulated clinical environment.

### **4.2.4. Nursing Elements – Practical Classes (10 hours)**

1. Peripheral vein cannulation, including the insertion of a cannula (e.g., Venflon), and intravenous drug administration. Collection and proper handling of blood samples for laboratory tests, including microbiological analyses.
2. Various forms of inhalation therapy (pocket inhalers, nebulization) and selection of the appropriate inhaler based on the patient's clinical condition. Measurement of peak expiratory flow. Oxygen therapy using non-invasive methods.
3. Application of sterile gloves. Urinary catheterization in both female and male patients.
4. Insertion of a gastric tube.
5. Administration of a rectal enema.

--

#### 4.3 Intended learning outcomes

Code	A student, who passed the course	Relation to learning outcomes
within the scope of <b>KNOWLEDGE:</b>		
W01	... Guidelines in the field of cardiopulmonary resuscitation for newborns, children, and adults;	F.W9.
within the scope of <b>ABILITIES:</b>		
U01	... Perform medical procedures and treatments, including: <ol style="list-style-type: none"> <li>1. Measurement and assessment of basic life functions (temperature, pulse, blood pressure) and monitoring them using a cardiac monitor and pulse oximeter;</li> <li>2. Various forms of inhalation therapy and selecting an inhaler appropriate for the patient's clinical condition;</li> <li>3. Measurement of peak expiratory flow;</li> <li>4. Oxygen therapy using non-invasive methods;</li> <li>5. Instrumental and non-instrumental airway clearance</li> <li>6. Intravenous, intramuscular, and subcutaneous drug administration;</li> <li>7. Collection and securing of blood for laboratory and microbiological testing;</li> <li>8. Collection of arterial and arterialized capillary blood;</li> <li>9. Collection of swabs for microbiological and cytological examinations;</li> <li>10. Urinary catheterization in both females and males;</li> <li>11. Placement of a nasogastric tube;</li> </ol>	E.U14.
U02	...Perform surgical handwashing, apply sterile gloves, dress for surgery or a procedure requiring asepsis, prepare the surgical field in accordance with the principles of asepsis, and participate in a surgical procedure;	F.U1.
U03	...Temporarily immobilize a limb, including choosing the type of immobilization in typical clinical situations and checking the correctness of limb perfusion after applying an immobilizing dressing;	F.U6.
U04	...Immobilize the cervical and thoracolumbar spine after injury;	F.U7.
U05	...Manage external bleeding;	F.U8.
U06	...Perform basic resuscitation procedures (Basic Life Support, BLS) in newborns and children, in accordance with the guidelines of the European Resuscitation Council (ERC);	F.U9.
U07	...Perform basic life support (BLS) procedures in adults, including the use of an automated external defibrillator, in accordance with ERC guidelines;	F.U11.
U08	...Conduct advanced life support (ALS) procedures in adults, in accordance with ERC guidelines;	F.U12.
within the scope of <b>SOCIAL COMPETENCE:</b>		
K01	... Recognize his/her own limitations and self-evaluate educational deficiencies and needs;	K.S5.
K02	... Use reliable information sources;	K.S7.
K03	... Conclude on the basis of own surveys and observations;	K.S8.
K04	... Introduce rules of social conduct and teamwork to the group of specialists, including specialists from other medical professions also in the multicultural and multinational environment;	K.S9.
K05	... Give opinions concerning various aspects of professional activity;	K.S10.
K06	...Take responsibility for own decisions made during professional activities including own safety and safety of other people.	K.S11.

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

Teaching outcomes (code)	Method of assessment (+/-)						
	Exam oral/written*	Test*	Project*	Effort in class*	Self- study*	Group work*	Others* e.g. standard- ized test

													used in e-learning	
	Form of classes		Form of classes		Form of classes		Form of classes		Form of classes		Form of classes		Form of classes	
	C	P C	C	P C	C	P C	C	P C	C	P C	C	P C	C	P C
W01														
U01								+						
U02														
U03														
U04														
U05														
U06														
U07														
U08														
K01														
K02														
K03								+						
K04														
K05														
K06														

*\*delete as appropriate*

4.5. Criteria of assessment of the intended learning outcomes		
Form of classes	Grade	Criterion of assessment
Classes (C)	3	Credit is awarded for achieving 61–68% of the score on the colloquium assessing the knowledge and skills included in the curriculum.
	3,5	Credit is awarded for achieving 69–76% of the score on the colloquium assessing the knowledge and skills included in the curriculum
	4	Credit is awarded for achieving 77–84% of the score on the colloquium assessing the knowledge and skills included in the curriculum.
	4,5	Credit is awarded for achieving 85–92% of the score on the colloquium assessing the knowledge and skills included in the curriculum.
	5	Credit is awarded for achieving 93–100% of the score on the colloquium assessing the knowledge and skills included in the curriculum.
Practical Classes (PC)	3	Credit is awarded for achieving 61–68% of the score on the practical skills assessment included in the curriculum.
	3,5	Credit is awarded for achieving 69–76% of the score on the practical skills assessment included in the curriculum.
	4	Credit is awarded for achieving 77–84% of the score on the practical skills assessment included in the curriculum.
	4,5	Credit is awarded for achieving 85–92% of the score on the practical skills assessment included in the curriculum.
	5	Credit is awarded for achieving 93–100% of the score on the practical skills assessment included in the curriculum.

**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>90</b>
<i>Participation in lectures*</i>	
<i>Participation in classes, seminars, laboratories*</i>	90
<i>Preparation in the exam/ final test*</i>	
<i>Others (please specify e.g. e-learning)*</i>	
<i>INDEPENDENT WORK OF THE STUDENT/NON-CONTACT HOURS/</i>	<b>55</b>
<i>Preparation for the lecture*</i>	
<i>Preparation for the classes, seminars, laboratories*</i>	55
<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>	
<i>TOTAL NUMBER OF HOURS</i>	<b>145</b>
ECTS credits for the course of study	<b>6</b>

*\*delete as appropriate*

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

.....