Załącznik nr 5 do zarządzenia nr 189/2025

COURSE SPECIFICATION

Course code: 0912.7.LEK.B.FA

Course title in Polish: Pierwsza pomoc z elementami pielęgniarstwa
Course title in English: First aid with elements of nursing

1. Placement of the course within the study programme

1.1. Field of study	Medicine
1.2. Mode of study	full-time
1.3. Level of study	uniform Master's study
1.4. Profile of study	General academic
1.5. Course specification author	Mgr Monika Olczyl
1.6. Contact	monika.olczyk@gmail.com

2. Generał characteristics of the course

2.1. Language of instruction	English
2.2. Entry requirements	

3. Detailed characteristics of the course

3.1. Type of classes	Classes (C): 20, Practical classes (PC): 30
3.2. Place of course delivery	Medical Simulation Centre: • Basic Life Support (BLS) room • Low-fidelity skills laboratory
3.3. Form of assessment	Credit with grade
3.4. Teaching methods	Classes: skill-based workshops, demonstrations and instructional discussions Practical Classes: skill-based workshops, demonstrations and instructional discussions
3.5.a. Basic reading list	First Aid: 1.First Aid for the students of medical schools (2025), Rakesh Jalali et al., PZWL 2. European Resuscitation Council Guidelines 2025 Elements of Nursing: 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.
3.5.b. Supplementary reading list	

4. Objectives, content and learning outcomes

4.1. Course objectives (taking into account the form of classes)

Classes

- **CO1.** To familiarize students with the theoretical foundations of first aid and the execution of basic medical procedures and interventions.
- **CO2.** To provide students with knowledge of the legal framework and principles for documenting patient health status and treatment.

- **CO3.** To introduce the principles of asepsis and their application in fundamental therapeutic procedures.
- **CO4.** To cultivate the professional attitudes and behaviours expected of medical practitioners.

Practical classes

- CO1. Students will acquire the skills necessary to provide first aid and perform selected medical procedures in accordance with established standards and techniques.
- CO2. Students will demonstrate the professional attitudes expected of medical practitioners, engage in critical selfassessment, utilize reliable sources of information, practice collegiality and collaboration, and take responsibility for their clinical decisions.

4.2. Course content (taking into count the form of classes)

Classes – First aid

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 standart ECG. SAMPLE – Training in structured communication and appropriate questioning during emergency patient assessment.

Classes – Elements of nursing

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.

Practical classes – First aid

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.

Practical classes – Elements of nursing

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. Course learning outcomes

Course learning outcomes (code)	Upon completion of the course, the student	Alignment with programme learning outcomes
	in the area of knowledge knows and understands:	
W01	Guidelines in the field of cardiopulmonary resuscitation for newborns, children, and adults;	F.W9.
W02	Common life-threatening conditions in children and adults and the principles of management in these states, particularly in: 1. Sepsis; 2. Shock; 3. Hemorrhages; 4. Fluid and electrolyte and acid-base disorders; 5. Poisonings; 6. Burns, hypothermia, and hyperthermia; 7. Other acute conditions of: • Cardiovascular origin, • Respiratory origin, • Neurological origin, • Renal origin, • Oncological and hematological origin, • Diabetological and endocrinological origin, • Psychiatric origin, • Ophthalmological origin, • Otolaryngological origin, 8. Gynecological, obstetrical, and urological origin;	F.W10.
W03	Principles of the integrated National Medical Rescue System	F.W12.
	in the area of skills knows how to:	
U01	Perform medical procedures and treatments, including: 1. Measurement and assessment of basic life functions (temperature, pulse, blood pressure) and monitoring them using a cardiac monitor and pulse oximeter; 2. Various forms of inhalation therapy and selecting an inhaler appropriate for the patient's clinical condition; 3. Measurement of peak expiratory flow; 4. Oxygen therapy using non-invasive methods; 5. Instrumental and non-instrumental airway clearance P7U_U P7S_UW 6. Intravenous, intramuscular, and subcutaneous drug administration; 7. Collection and securing of blood for laboratory and microbiological testing; 8. Collection of arterial and arterialized capillary blood; 9. Collection of swabs for microbiological and cytological examinations;	E.U14.

	10.Urinary catheterization in both females and males; 11.Placement of a nasogastric tube; 12.Administration of an enema; 13.Performing a standard resting electrocardiogram and interpreting its results; 14.Defibrillation, electrical cardioversion, and external pacing; 15.Strip tests, including measuring glucose levels using a glucometer; 16.Pleural procedures: thoracentesis and pneumothorax decompression; 17.Anterior nasal packing; 18.Ultrasound examination in life-threatening situations according to the FAST protocol (Focused Assessment with Sonography in Trauma) or its equivalent, and interpreting its results;	
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.

in the area of social competences is able to:

K01	Recognize his/her own limitations and self-evaluate educa-tional deficiencies and needs;	K.S5.
K02	Uses reliable information sources;	K.S7.
K03	Formulate onclusions 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 form other medical professions also in the multicultural and multinational environment;	K.S9.
K05	Give opinions concerning various aspects of professional activity;	K.S10.

4.4. Assessment methods for learning outcomes

Assessment method (+/-)

Course learning outcomes (code)	Oral/written/ practical examinaion /other (specify)*	Test*	Project*	In-class activity*	Independent study*	Group work*	Individual Practical Assessment in a Simulated Clinical Environment (Checklists)

Type of classes

1: / 2:	L	C	PC	L	C	PC	L	C	PC	L	C	PC	L	C	PC	L	C	PC	L	C	PC
W01																					
W02																					
W03																					

U01											+	+							+	+
U02											+	+							+	+
U03											+	+							+	+
U04											+	+							+	+
U05											+	+							+	+
U06											+	+							+	+
U07											+	+							+	+
U08											+	+							+	+
K01-K05											+	+							+	+

Annotation. 1: form of classes; 2: learning outcomes

4.5. Assessment criteria for learning outcomes

Type of classes:

CLASSES (L) (including classes conducted with the use of distance learning methods and techniques)

Grade	Assessment criteria
3,0	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
4,0	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.
5,0	Credit is awarded for achieving 93–100% of the score on the colloquium assessing the knowledge and skills included in the curriculum.

Type of classes:

PRACTICAL CLASSES (PC) (including classes conducted with the use of distance learning methods and techniques)

Assessment Criteria – Individual Practical Assessment in a Simulated Clinical Environment

Selected practical skills corresponding to the intended learning outcomes will be assessed individually using standardised assessment checklists developed specifically for the evaluation of particular clinical procedures.

Each checklist contains clearly defined performance criteria, with each criterion scored as **1 point (correctly performed)**or **0 points (not performed or incorrectly performed)**.

The same percentage-based grading criteria will apply to all practical skills assessed using these checklists, regardless of the procedure or the maximum number of points available.

The grading scale is illustrated using three examples of practical procedures: venous blood collection, indwelling urinary catheter insertion, and intramuscular injection.

Grade	Percentage criteria	Venous Blood Collection (22 points)	Urinary Catheterisation. (15 points)	Intramuscular Injection (15 points)
5.0	93-100%	21-22	15-25	14-15
4.5	85-92%	19-20	13	13
4.0	77-84%	17-18	12	12
3.5	69-76%	16	11	11
3.0	61-68%	14-15	10	10
2.0	Below 61%	0-13	0-9	0-9

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5,0	Credit is awarded for achieving 93–100% of the score on the colloquium assessing the knowledge and skills included in the curriculum.

5. ECTS credit allocation – student workload

Category	Student workload (full-time mode)	Student workload (part-time mode)
NUMBER OF HOURS WITH THE DIRECT PARTICIPATION OF THE TEACHER (CONTACT HOURS)	**50**	
Participation in lectures*		
Participation in seminars/laboratories*	50	
Other (specify) e.g. classes conducted with the use of distance learning methods and techniques*		
INDEPENDENT STUDY (NON-CONTACT HOURS)	**85**	
Preparation for lectures*		
Preparation for seminars/laboratories*	85	
Preparation for examination/test*		
Gathering materials for project, online research*		
Preparation of a multimedia presentation*		
Other (specify)*		
TOTAL HOURS	**135**	
ECTS CREDITS for the course	**6**	

*** delete as appropriate**

Approved for implementation (date and legible signatures of course instructors in the given academic year):

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