

## English Division, Faculty of Medicine, 1<sup>st</sup> year

### Subject:

<b>Medical first aid with elements of nursing</b>
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<b>Name of unit teaching course:</b>	<b>Chair and Department of Anaesthesiology and Intensive Therapy</b>
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### Localization:

**Aula, Simulation Center. Chałubińskiego Street 7A, Main Campus, Medical University Wrocław**

### Topics:

#### **Theoretical classes**

##### **1. BLS**

Organizational classes. Checking the skills on medical first aid. Acute life-threatening conditions - definitions. Organizing and providing first aid. Unconscious patient. The causes of unconsciousness, diagnosis and management at the scene of an accident. Recovery position. Sudden cardiac arrest (BLS + AED) in adults - definition, causes, diagnosis and management. Basics of defibrillation. Foreign body airway obstruction (FBAO) - diagnosis and management.

##### **2. PBLIS**

Organizing and providing first aid in the pediatric population. Unconscious children. The causes of unconsciousness, diagnosis and management at the scene of an accident. Recovery position in children. Sudden cardiac arrest (PBLIS + AED) in children - definition, causes, diagnosis and management depending on children's age and size. Most common emergencies in children. Febrile seizures. Foreign body airway obstruction (FBAO) in children - diagnosis and management.

### **3. Trauma**

Organizing and providing first aid in case of injury. Injuries - types of injuries, injury to the chest, abdomen and head. Management in case of external and internal bleeding, stopping bleeding in superficial injuries, putting on dressings. Wounds, types of wounds, general rules for first aid in wounds. Bone fractures and joint damage- diagnosis, procedure, immobilization rules for long bone fractures. Placing the patients in various pathological conditions. Thermal and chemical injuries.

### **4. Emergencies and basic nursing procedures**

Organizing and providing first aid in case of various emergencies. Fainting - symptoms, diagnosis and general rules of the first aid. Heart attack - symptoms, diagnosis and general rules of first aid. Stroke - symptoms, diagnosis and general rules of first aid. Epilepsy attack - symptoms, diagnosis and general rules of first aid. Poisoning, drug and alcohol overdose - examples of toxidromes and antidotes, organizing first aid including rescuer safety. Types of access and injections (intravenous, intramuscular, subcutaneous), rules for performing simple nursing activities (measuring blood pressure, urinary bladder catheterization, bases of vital functions monitoring).

### **5. Shock and students activity**

Shock - definition, types, symptoms and diagnosis, general rules of first aid. Electrical shock - differences in BLS algorithm organizing first aid including rescuer safety. Drowning - differences in BLS algorithm organizing first aid including rescuer safety. Hanging - differences in BLS algorithm organizing first aid including rescuer safety. Hypothermia - symptoms, diagnosis and general rules of first aid. Hyperthermia and heat stroke - symptoms, diagnosis and general rules of first aid. Giving first aid on the airplane - basics.

### **Practical classes**

1. Exercises on phantoms - practical conduct of resuscitation action of adults for 1-2 rescuers. The use of automatic defibrillators (AED + providing rescue breathing with face mask and Ambu) - phantom exercises

2. Basic resuscitation in children. Exercises on phantoms (providing rescue breathing with face mask and Ambu) - practical conduct of the resuscitation action of infant and child for 1-2 rescuers. Instrumental method to maintain airway open - basics.

3. First aid in choking for infants, children and an adult - exercises with phantoms. Recovery position. Intravenous injection - exercises on phantom and preparation of a drip infusion. Measuring blood pressure and using pulse oximeters.

**4. Practical exam** - providing first aid in simulated conditions.

**5. Final test** (30 closed questions).

**Literature: Guidelines of European Resuscitation Council 2021, International Trauma Life Support**

**Conditions to receive credits:**

The condition to receive credit for the course is to **attend all classes** in accordance with the Study Regulations. In the case of an excused absence - the student is obligated to make up the classes after prior agreement with the teaching adjunct. **Each absence must be made up**, including rector days and dean's hours - the way and form of doing the classes after prior arrangement with a teaching adjunct.

**Completion of classes - written test.**

<b>Grade:</b>	<b>Criteria for course</b>
Very Good (5.0)	has knowledge of each of the content of education at the level of 90% -100%
Good Plus (4.5)	has knowledge of each of the content of education at the level of 84%-89%
Good (4.0)	has knowledge of each of the content of education at the level of 77%-83%
Satisfactory Plus (3.5)	has knowledge of each of the content of education at the level of 70%-76%
Satisfactory (3.0)	has knowledge of each of the content of education at the level of 60%-69%