

## Information sheet for the course First Aid

<b>University:</b> <i>Alexander Dubček University of Trenčín</i>	
<b>Faculty:</b> <i>Faculty of Health Care</i>	
<b>Course unit code:</b> PrPom/d	<b>Course unit title:</b> First Aid
<b>Type of course unit:</b> <i>compulsory</i>	
<b>Planned types, learning activities and teaching methods:</b> <i>Lecture: 1 hour weekly/13 hours per semester of study; full-time</i> <i>Seminar: 1 hour weekly/26 hours per semester of study; full-time</i>	
<b>Number of credits:</b> 4	
<b>Recommended semester:</b> <i>3<sup>th</sup> semester in the 2<sup>nd</sup> year (full-time)</i>	
<b>Degree of study:</b> <i>I (bachelor)</i>	
<b>Course prerequisites:</b> <i>none</i>	
<b>Assessment methods:</b> <i>50 points</i> – essay of a topic of first aid (5 points) – practical test of first aid (15 points) – written exam (30 points) <i>Score:</i> 50 - 48 points – A 47 - 44 points – B 43 - 41 points – C 40 - 38 points – D 37 - 35 points – E 34 - 0 points – FX	
<b>Learning outcomes of the course unit:</b> <i>Student is able to (demonstrate knowledge, skills, attitudes):</i> 1. demonstrate practice skills for providing first aid in a variety situations. 2. demonstrate cardiopulmonal resuscitation (CPR) - adult person. 3. demonstrate cardiopulmonal resuscitation (CPR) - child. 4. use automated external defibrillator (AED). 5. describe chain of survival.	
<b>Course contents:</b> <b>Lectures:</b> 1. Introduction to first aid - motivation people to provide first aid, the current trend in the number and kinds of sudden severe illness, basic concept first aid, the European emergency number 112, "KOS ZZS SR", by phone assisted resuscitation, safety of rescuers, used first aid kits. 2. Transport, moving and positioning. 3. Chain of survival. 4. CPR - adult person. CPR - child. Use AED. 5. Unconsciousness - causes, disturbances of consciousness, first aid at the unconsciousness. 6. Disordered breathing and shortness of breath - causes, diagnosis, first aid. 7. Convulsions and seizures - epilepsy, tetany, tetanus, febrile convulsions. First aid. 8. Bleeding. Internal bleeding. Bleeding from nose, ears, mouth. 9. Wounds - types of wounds, animal bites. First aid. 10. Shock - types, first aid. 11. Bone injuries, fractures, muscle injury, spinal cord. First aid.	

12. Selected urgent conditions - cardiac arrest, intoxication, burns, frosbite, drowning. First aid.
13. Specificities of first aid in accidents with a lot of people. Car accidents.

**Seminars:**

1. Motivation willingness to provide first aid : short film. Correctly calling the "KOS ZZS SR", handling first aid kit , safety rescuer and person with healthy problem.
2. Training to use Rautek touch, movement by one or more rescuers, position - recovery, autotransfusion , anti-shock , the back 's slight. Practical training.
3. Chain of survival. Practical training diagnosis of cardiac arrest.
4. Practical training: CPR - adult person. Practical trainig: AED.
5. Practical training: CPR - child.
6. Practical training in first aid for unconsciousness person.
7. Practical training how to use Gordon hit und Heimlich touch.
8. Practical training in first aid for people with epilepsy, tetany, tetanus, febrile convulsions.
9. Practical training in first aid for people with massive bleeding, wound, animal bites and shock states.
10. Practical training in first aid with injuries of bones and joints, fractures and spinal cord.
11. Practical training in first aid in selected acute conditions. Solving model situations.
12. Practical training in first aid in selected acute conditions. Solving model situations.
13. Training sorting wounded. First aid in a car accident. Solving model situations.

**Recommended of required reading:**

1. *European resuscitation Council* 100.000 lives can be saved per year in Europe. The new ERC Guidelines on resuscitation [online]. 2013-1018 [cit. 2013-01-14]. Dostupné na: [www.cprguidelines.eu](http://www.cprguidelines.eu)
2. DOBIAŠ, V. *Prednemocničná urgentná medicína*. Martin : Osveta, 2012. 737 s. ISBN 978-80-80-633-875.
3. Kolektív autorov. *Záchrana života profesionálne a bezpečne*. Publikácia pre účastníkov vzdelávacieho programu Prvá pomoc a život zachraňujúce výkony. Modul I. Trenčín : RZP - Asistenčné služby, s.r.o. 2012. 36 s. ISBN 978-80-971023-2-6
4. Kolektív autorov. *Záchrana života profesionálne a bezpečne*. Publikácia pre účastníkov vzdelávacieho programu Sestra v neodkladnej zdravotnej starostlivosti. Modul II. Trenčín : RZP - Asistenčné služby, s.r.o. 2012. 36 s. ISBN 978-80-971023-1-9
5. DOBIAŠ, V. *Urgentná zdravotná starostlivosť*. Martin : Osveta, 2007. 178 s. ISBN 978-80-80-632-44-1
6. KELNAROVÁ, J. - TOUFAROVÁ, J. - SEDLÁČKOVÁ, J. - ČÍKOVÁ, Z. *První pomoc I*. Pro studenty zdravotnických oborů. Praha : Grada Publishing, 2007. 112 s. ISBN 978-80-247-2182-8
7. KELNAROVÁ, J. - TOUFAROVÁ, J. - SEDLÁČKOVÁ, J. - ČÍKOVÁ, Z. - KELNAROVÁ, E. *První pomoc II*. Pro studenty zdravotnických oborů. Praha : Grada Publishing, 2007. 112 s. ISBN 978-80-247-2183-5

**Language:** Slovak

**Remarks:**

**Evaluation history:** *Number of evaluated students*

A	B	C	D	E	FX

**Lectures:** prof. MUDr. Jiří Klein, Ph.D., FETCS.

**Seminars:** PhDr. Anna Litvínová, PhD.

**Last modification:** 22.04.2014

**Supervisor:** doc. MUDr. Mária Štefkovičová, PhD., MPH.