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|  | UNIVERSITY OF WARMIA AND MAZURY IN OLSZTYN |
|  |  **Course sylabus – part A** |
| **48SJO-FAIES** | **First Aid in Emergency Situations** |
| **2025** |  |
| **ECTS: 1.00** |  |

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| **SUBJECT MATTER CONTENT:****Classes**BLS CPR in adults. Recovery position. Part 1. BLS CPR in adults. Recoveryposition. Part 2. BLS CPR in children. AED.**Lecture**Fainting. Nosebleed. Drowning. Electrocution. Heart attack. Seizures.Hypothermia. Hypertermia. First aid in pregnant women.Electrical andchemical burns. Frostbites. Types of wounds. Eye wound. Sprains andstrains. Injuries of various body parts. Cramps**Seminar**Sudden cardiac arrest (SCA) in adults. SCA epidemiology in Poland andworldwide. Anatomy and physiology of cardiovascular system. Definitionand causes of SCA. Relation between cardiac arrest and respiratory arrest.clinical and biological death. assessment using AVPU scale. Chain ofsurvival. BLS (Basic life suport) in adults.Airway opening in case ofsuspected spine injury. AED – principles of operations and implementation.Recovery position. CPR termination. Social education as a way of SCAprevention. Sudden cardiac arrest in children. Definitions: neonate, newborn, infant**TEACHING OBJECTIVE:**After finishing the coure student will be able to: identify the goals of first aid, identify the actions that should be taken in an emergency by a bystander, descibe how to perform a scene survey, identify situations in which EMS should be called and know how to contact EMS personel, identify the ways to minimize the cross infections, describe and demonstrate when and how to perform BLS for an adult, child and infant, describe and demonstrate how to provide first aid for a choking aduld, child and infant, describe and demonstrate how to provide first aid in case of bleeding, describe and demonstrate how to provide basic first aid for most common conditions (fractures, injuries, strains, sprains, cramps, internal and external bleeding, burns, shock, allergic reactions, heat and cold injuries, seizures, sudden sickness, diabetic emergencies).**DESCRIPTION OF THE LEARNING OUTCOMES OF THE COURSE IN RELATION TO THE DESCRIPTION OF THE CHARACTERISTICS OF THE SECOND LEVEL LEARNING OUTCOMES FOR QUALIFICATIONS AT LEVELS 6-8 OF THE POLISH QUALIFICATION FRAMEWORK IN RELATION TO THE SCIENTIFIC DISCIPLINES AND THE EFFECTS FOR FIELDS OF STUDY:****Symbols for outcomes related to the discipline:**M/NMA\_P7S\_KO+++, M/NMA\_P7S\_ UW++, M/NMA\_P7S\_WG+**Symbols for outcomes related to the field of study:**K.5+, K.2.+, K.1.+, F.U9.+, F.U11.+, F.W9.+**LEARNING OUTCOMES (Knowledge, Skills, Social competence):**

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| **W1**  | F.W9. the guidelines to cardiopulmonary resuscitation in new-born babies, children and adults; |
| **U1**  | F.U.9 conduct basic life support (BLS) in newborns and children in accordance with the guidelines of the European Resuscitation Council (ERC) |
| **U2**  | FU11perform basic life support (BLS) in adults, including the use of an automated external defibrillator, in accordance with the ERC guidelines |
| **K1**  | noticing and recognizing own limitations and self-assessment of deficits and educational needs |
| **K2**  | He is guided by the good of the patient, putting them first. |
| **K3**  | Is able to establish and maintain a deep and respectful contact with the sick person. |

**TEACHING FORMS AND METHODS:**

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| Classes-['K1', 'K2', 'K3', 'U1', 'U2', 'W1']-PRACTICAL CLASSES WITH PHANTOM |
| Lecture-['K1', 'K2', 'K3', 'U1', 'W1']-LECTURE WITH MULTIMEDIA PRESENTATION |
| Seminar-['K1', 'K2', 'K3', 'U1', 'W1']-SEMINAR WITH MULTIMEDIA PRESENTATION, DISCUSSION |

**FORM AND CONDITIONS OF VERIFYING LEARNING OUTCOMES:**

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| Seminar-(Colloquium test)-['K1', 'K2', 'K3', 'U1', 'W1']-single choice test |
| Classes-(Colloquium practical)-['K1', 'K2', 'K3', 'U1', 'U2', 'W1']-A practical test covering the scope of knowledge acquired during the exercises |
| Lecture-(Competention test)-['K1', 'K2', 'K3', 'U1', 'W1']-single choice test |

**Literature:**

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| 1. ***FIRTS AID for the students of medical school***, Rakesh Jalali, PZWL, 2025, Strony: , Tom: (literatura podstawowa)  |
| 2. ***European Resuscitations Council 2021 guidelines,***, ERC, ERC, 2021, Strony: , Tom: (literatura podstawowa)  |

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| **Legal acts specifying learning outcomes:** 467/2024 (Medicine), **Status of the course:** None**Group of courses:**None**Discipline**: Medical Sciences**Classes:**  Lecture (6 h)  Seminar (4 h)  Classes (10 h)**Step**: Kierunek lekarski pierwszy rok (oferta w jęz. angielskim dla obcokrajowców)**Program:** Medicine**Form of studies:**full-time**Level of studies:** uniform master's studies |

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| **Introductory subject:** non**Prerequisites:** Basic knowledge of human structure from high school |

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| **Coordinators:****Rakesh Jalali, rakesh.jalali@uwm.edu.pl** |

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|  | **Detailed description of ECTS credits awarded - part B** |
| **48SJO-FAIES** | **First Aid in Emergency Situations** |
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The number of ECTS credits awarded consists of:

1. Contact hours with the academic teacher:

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| - participation in: Lecture | 6 h |
| - participation in: Seminar | 4 h |
| - participation in: Classes | 10 h |
| - consultation | 2 h |
|  | Total: 22 h |

2. Independent work of a student:

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| prepare to MCQ | 3.00 h |
|  | Total: 3.00 h |

Total (contact hours + independent work of a student): 25.00 h

1 ECTS credit = 25-30 h of an average student’s work, number of ECTS,

ECTS Points = 25.00 h : 25 h/ECTS = **1.00** ECTS

Average: 1.00 ECTS

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| - including the number of ECTS credits for contact hours with the direct participation of an academic teacher | 0.88 ECTS |
| - including the number of ECTS credits for hours of independent work of a student | 0.12 ECTS |