



UNIVERSITY OF WARMIA AND MAZURY IN OLSZTYN
Faculty of Medicine

Course syllabus – part A

USOS Code: 48SJO-FAIES

ECTS: 1.00

Cycle: 2026

First Aid in Emergency Situations First Aid in Emergency Situations

SUBJECT MATTER CONTENT:

Classes – BLS CPR in adults. Recovery position. Part 1. BLS CPR in adults. Recovery position. Part 2. BLS CPR in children. AED.

Lecture – Fainting. Nosebleed. Drowning. Electrocution. Heart attack. Seizures. Hypothermia. Hyperthermia. First aid in pregnant women. Electrical and chemical burns. Frostbites. Types of wounds. Eye wound. Sprains and strains. Injuries of various body parts. Cramps

Seminar – Sudden cardiac arrest (SCA) in adults. SCA epidemiology in Poland and worldwide. Anatomy and physiology of cardiovascular system. Definition and causes of SCA. Relation between cardiac arrest and respiratory arrest. clinical and biological death. assessment using AVPU scale. Chain of survival. BLS (Basic life support) in adults. Airway opening in case of suspected spine injury. AED – principles of operations and implementation. Recovery position. CPR termination. Social education as a way of SCA prevention. Sudden cardiac arrest in children. Definitions: neonate, newborn, infant

TEACHING OBJECTIVE:

After finishing the course student will be able to: identify the goals of first aid, identify the actions that should be taken in an emergency by a bystander, describe how to perform a scene survey, identify situations in which EMS should be called and know how to contact EMS personnel, 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 adult, 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+

Legal acts specifying learning outcomes:
467/2024;

Discipline: Medical Sciences

Course status: Obligatory

Group of courses: A - basic course

ISCED Code: 0912

Field of studies: Medicine

Field: Medicine

Learning profile: -

Form of studies: full-time

Level of studies: uniform master's studies

Year/Semester: 1st year, Medicine in English

Classes types: Classes; Lecture; Seminar;

Classes: Classes (10h); Lecture (6h); Seminar (4h);

Language: ANG

Introductory subject: non

Prerequisites: Basic knowledge of human structure from high school

Organized by the unit:

Coordinators responsible for the course:

Rakesh Jalali, rakesh.jalali@uwm.edu.pl

Additional notes:

Symbols for outcomes related to the field of study:

K.5+, K.2+, K.1+, F.U9+, F.U11+, F.W9.+

LEARNING OUTCOMES:

Knowledge (W1) – F.W9. the guidelines to cardiopulmonary resuscitation in new-born babies, children and adults;

Skills (U1) – F.U.9 conduct basic life support (BLS) in newborns and children in accordance with the guidelines of the European Resuscitation Council (ERC)

Skills (U2) – FU11perform basic life support (BLS) in adults, including the use of an automated external defibrillator, in accordance with the ERC guidelines

Social competences (K1) – noticing and recognizing own limitations and self-assessment of deficits and educational needs

Social competences (K2) – He is guided by the good of the patient, putting them first.

Social competences (K3) – Is able to establish and maintain a deep and respectful contact with the sick person.

Symbols for outcomes related to the field of study:

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:

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

REQUIRED LITERATURE:**1. FIRTS AID for the students of medical school**

Rakesh Jalali; PZWL; 2025; Pages: ; Tome: ;

2. European Resuscitations Council 2025 guidelines,

ERC; ERC; 2025; Pages: ; Tome: ;

COMPLIMENTARY LITERATURE:



UNIVERSITY OF WARMIA AND MAZURY IN OLSZTYN
Faculty of Medicine

Detailed description of ECTS credits awarded - part B

USOS Code: 48SJO-FAIES

ECTS: 1.00

Cycle: 2026

First Aid in Emergency Situations

First Aid in Emergency Situations

1. Contact hours with the academic teacher:

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

Independent work of a student:

- prepare to MCQ	3.00 h
Total:	3.00 h

contact hours + independent work of a student Total: 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

- including the number of ECTS credits for contact hours with the direct participation of an academic teacher - 0.88 ECTS pts

- including the number of ECTS credits for hours of independent work of a student - 0.12 ECTS pts