

EASTERN ARIZONA COLLEGE

First Aid and CPR

Course Design

2016-2017

Course Information

Division Allied Health
Course Number EMT 122
Title First Aid and CPR
Credits 2
Developed by Amy Ollerton
Lecture/Lab Ratio 2 Lecture/0 Lab

Transfer Status

ASU	NAU	UA
EXW Dept Elective	Elective Credit	Elective Credit

Activity Course No
CIP Code 51.0904
Assessment Mode Pre/Post Test (60 Questions/60 Points)
Semester Taught Fall and Spring
GE Category None
Separate Lab No
Awareness Course No
Intensive Writing Course No

Prerequisites

None

Educational Value

It is intended for students and members of the community who are interested in health occupations.

Description

This course is focused on basic life support as performed by a health care provider. The content includes patient assessment, airway management, cardiopulmonary resuscitation, shock, bleeding and wounds, body area injuries, poisoning, burns, cold and heat-related emergencies, bone injuries, medical emergencies, emergency childbirth, and first aid skills. Identical to HCE 101 and HPE 190.

Supplies

None

Competencies and Performance Standards

1. Assess patient and act appropriately at an emergency.

Learning objectives

What you will learn as you master the competency:

- a. Recognize the emergency.
- b. Activate Emergency Medical System, if needed.
- c. Assess the victim: open the airway, assess breathing, and assess circulation.

Performance Standards

Competence will be demonstrated:

- o in completion of the class assignments
- o in demonstration of the required skills
- o in completion of the tests

Performance will be satisfactory when:

- o learner participates in class activities and discussions

2. Demonstrate proficient skill in cardiopulmonary resuscitation.

Learning objectives

What you will learn as you master the competency:

- a. Recognize life-threatening emergencies.
- b. Demonstrate skill in adult basic life support.
- c. Demonstrate skill in adult airway obstruction.
- d. Demonstrate skill in child basic life support.
- e. Demonstrate skill in child airway obstruction.
- f. Demonstrate skill in infant basic life support.
- g. Demonstrate skill in infant airway obstruction.

Performance Standards

Competence will be demonstrated:

- o in completion of the class assignments
- o in demonstration of the required skills
- o in completion of the tests

Criteria - Performance will be satisfactory when:

- o learner participates in class activities and discussions

3. Recognize and treat bleeding and shock.

Learning objectives

What you will learn as you master the competency:

- a. Recognize external and internal bleeding.
- b. Identify shock (Hypoperfusion).
- c. Recognize anaphylaxis.
- d. Follow flowchart for bleeding control, hypovolemic shock and anaphylaxis.

Performance Standards

Competence will be demonstrated:

- o in completion of the class assignments
- o in demonstration of the required skills
- o in completion of the tests

Criteria - Performance will be satisfactory when:

- o learner participates in class activities and discussions

4. Manage wounds, apply dressing and bandages.

Learning objectives

What you will learn as you master the competency:

- a. Recognize open wounds, amputations, blisters, impaled objects, closed wounds, wounds that require medical attention, and gun shot wounds.
- b. Describe first aid for wounded victim.
- c. Demonstrate the application of dressings and bandages.

Performance Standards

Competence will be demonstrated:

- o in completion of the class assignments
- o in demonstration of the required skills
- o in completion of the tests

Criteria - Performance will be satisfactory when:

- o learner participates in class activities and discussions

5. Describe first aid for burns.

Learning objectives

What you will learn as you master the competency:

- a. Recognize various types of burns: thermal burns, chemical burns and electrocution.
- b. Describe burn care of first, second and third degree burns.
- c. Describe burn care of scald burns and sunburn.
- d. Follow the flowchart for heat burns, chemical burns, and electrocution.

Performance Standards

Competence will be demonstrated:

- o in completion of the class assignments
- o in demonstration of the required skills
- o in completion of the tests

Criteria - Performance will be satisfactory when:

- o learner participates in class activities and discussions

6. Describe first aid for head and spine injuries.

Learning objectives

What you will learn as you master the competency:

- a. Assess victim for head and brain injuries.

- b. Care for patients with head injuries, eye injuries, nosebleeds, dental injuries, or spine injuries.

Performance Standards

Competence will be demonstrated:

- o in completion of the class assignments
- o in demonstration of the required skills
- o in completion of the tests.

Criteria - Performance will be satisfactory when:

- o learner participates in class activities and discussions

7. Describe first aid for chest, abdominal, and pelvis injuries.

Learning objectives

What you will learn as you master the competency:

- a. Recognize chest, abdominal, and pelvis injuries.
- b. Describe first aid for chest injuries: rib fractures, flail chest, impaled object in chest, and sucking chest wound.
- c. Describe first aid for abdominal injuries: blunt wound, penetrating wound, protruding organs.
- d. Describe first aid for pelvis injuries.

Performance Standards

Competence will be demonstrated:

- o in completion of the class assignments
- o in demonstration of the required skills
- o in completion of the tests

Criteria - Performance will be satisfactory when:

- o learner participates in class activities and discussions

8. Describe first aid for bone, joint, and muscle injuries.

Learning objectives

What you will learn as you master the competency:

- a. Recognize bone, joint, and muscle injuries.
- b. Describe first aid for fractures.
- c. Describe first aid for joint injuries: dislocations, sprains.
- d. Describe first aid for muscle injuries: strains, contusions, cramps.

Performance Standards

Competence will be demonstrated:

- o in completion of the class assignments
- o in demonstration of the required skills
- o in completion of the tests

Criteria - Performance will be satisfactory when:

- o learner participates in class activities and discussions

9. Describe first aid for extremity injuries and splint the extremities.

Learning objectives

What you will learn as you master the competency:

- a. Identify types of extremity injuries.
- b. Describe first aid for upper and lower extremity injuries.
- c. Demonstrate splinting technique.
- d. Follow flowcharts and treat fractures, sprains, strains, contusions, dislocations, and muscle injuries.

Performance Standards

Competence will be demonstrated:

- o in completion of the class assignments
- o in demonstration of the required skills
- o in completion of the tests

Criteria - Performance will be satisfactory when:

- o learner participates in class activities and discussions

10. Describe first aid for sudden illnesses

Learning objectives

What you will learn as you master the competency:

- a. Recognize heart attack, angina, stroke (Brain Attack), hyperventilation, chronic obstructive pulmonary disease, altered mental status, fainting, seizure, diabetic emergencies, and abdominal distress.
- b. Demonstrate first aid skills for sudden illnesses.

Performance Standards

Competence will be demonstrated:

- o in completion of the class assignments
- o in demonstration of the required skills
- o in completion of the tests

Criteria - Performance will be satisfactory when:

- o learner participates in class activities and discussions

11. Describe first aid for poisoning.

Learning objectives

What you will learn as you master the competency:

- a. Recognize poisoning emergencies: ingested poison, alcohol and drug emergencies, carbon monoxide poisoning, poison plants.
- b. Demonstrate first aid skills for poisoning emergencies.

Performance Standards

Competence will be demonstrated:

- o in completion of the class assignments
- o in demonstration of the required skills
- o in completion of the tests

Criteria - Performance will be satisfactory when:

- learner participates in class activities and discussions

12. Describe first aid for bites and stings.

Learning objectives

What you will learn as you master the competency:

- a. Recognize animal bites, human bites, snakebites, insect stings, spider bites, scorpion stings, centipede bites, and tick bites.
- b. Demonstrate first aid skills for bites and stings.

Performance Standards

Competence will be demonstrated:

- in completion of the class assignments
- in demonstration of the required skills
- in completion of the tests

Criteria - Performance will be satisfactory when:

- learner participates in class activities and discussions

13. Describe first aid for cold-related emergencies.

Learning objectives

What you will learn as you master the competency:

- a. Recognize cold-related emergencies, nonfreezing cold injuries, freezing cold injuries, hypothermia, and dehydration.
- b. Demonstrate first aid skills for cold-related emergencies.

Performance Standards

Competence will be demonstrated:

- in completion of the class assignments
- in demonstration of the required skills
- in completion of the tests

Criteria - Performance will be satisfactory when:

- learner participates in class activities and discussions

14. Describe first aid for heat-related emergencies.

Learning objectives

What you will learn as you master the competency:

- a. Recognize heat-related emergencies: water loss, electrolyte loss, effects of humidity, and heat illness.
- b. Demonstrate the first aid for heat-related emergencies.

Performance Standards

Competence will be demonstrated:

- in completion of the class assignments
- in demonstration of the required skills
- in completion of the tests

Criteria - Performance will be satisfactory when:

- o learner participates in class activities and discussions

15. Describe first aid for emergency childbirth.

Learning objectives

What you will learn as you master the competency:

- a. Recognize when a situation will require emergency childbirth.
- b. Demonstrate the first aid for emergency childbirth.

Performance Standards

Competence will be demonstrated:

- o in completion of the class assignments
- o in demonstration of the required skills
- o in completion of the tests

Performance will be satisfactory when:

- o learner participates in class activities and discussions.

Types of Instruction

Classroom Presentation

Grading Information

Grading Rationale

A pretest will be administered at the beginning of the course, which will not count as part of the final grade. The final written exam (posttest) will count as 25% of the final course grade. Exams, homework activities and quizzes are student evaluation learning tools utilized in the course.

Grading Scale

A	90-100%
B	80-89%
C	70-79%
D	60-69%
F	0-59%