

# EASTERN ARIZONA COLLEGE

## First Aid and CPR

Course Design

2016-2017

### Course Information

**Division** Health and Physical Education  
**Course Number** HPE 190  
**Title** First Aid and CPR  
**Credits** 2  
**Developed by** Amy Ollerton  
**Lecture/Lab Ratio** 2 Lecture/0 Lab

### Transfer Status

ASU	NAU	UA
KIN Dept Elective, EXW Dept Elective	HS 229	PE 261

**Activity Course** No  
**CIP Code** 13.1314  
**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 EMT 122 and HCE 101.

### 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:*

- Recognize animal bites, human bites, snakebites, insect stings, spider bites, scorpion stings, centipede bites, and tick bites.
- 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:*

- Recognize cold-related emergencies, nonfreezing cold injuries, freezing cold injuries, hypothermia, and dehydration.
- 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:*

- Recognize heat-related emergencies: water loss, electrolyte loss, effects of humidity, and heat illness.
- 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%