

# College of Micronesia-FSM

## Course Outline

**Course Title:** First Aid Care

**Department No.** CHS 241a

**Course Description:** This course discusses the emergency management of the common life threatening situations. It is geared toward approaches that are feasible to apply at the community and dispensary level (rather than at the hospital emergency room).

**Course Prepared By:** Dr Mark Durand

**Campus:** Yap

	Hours Per Week	No. of Week	Total Hours	Semester Credits
<b>Lecture</b>	<u>  3  </u>	x <u> 16 </u>	= <u> 48 </u>	= <u>  3 </u>
<b>Laboratory</b>	<u>         </u>	x <u>         </u>	= <u>         </u>	= <u>         </u>
<b>Workshop</b>	<u>         </u>	x <u>         </u>	= <u>         </u>	= <u>         </u>
<b>Total Semester Credits =</b>				<u>  3 </u>

Purpose of Course:   Degree Requirement                       
                          Degree Elective                           
                          Certificate               X      
                          Other                                     

Prerequisite: CHS 220a

\_\_\_\_\_  
Signature Chairperson, Curriculum Committee

\_\_\_\_\_  
Date

\_\_\_\_\_  
Signature, President, COM-FSM

\_\_\_\_\_  
Date

**General Course Objectives:** To develop the skills needed for health assistants to save lives and prevent disability from emergency conditions, using the tools that are available at the dispensary level.

**Specific Learning Objectives:**

- ◆ Explain the 10 principles for health workers in the Code of Conduct of the International Red Cross as they apply both to disaster relief and community health (see Community Health. Wood, CH. AMREF, 2<sup>nd</sup> ed. Nairobi Kenya, 1997.)
- ◆ Define confidentiality and explain why it is important for all health workers to preserve confidentiality.
- ◆ Demonstrate 3 techniques for establishing rapport with a patient.
- Identify the most common serious emergency conditions encountered in student's community.
- Identify potential preventive measures that could be taken to reduce each of these.
- Take accurate readings of pulse rate, respiratory rate, blood pressure, and blood glucose.
- Identify whether readings taken are normal or abnormal, and relate the significance of abnormal readings.
- Explain what are the "ABCD's" of assessing an emergency patient.
- List 5 signs to look for when assessing for airway obstruction.
- Demonstrate the Heimlich maneuver on a simulated choking patient.
- List 5 signs to look for when assessing for adequate breathing.
- Describe the indications for mouth to mouth breathing.
- Demonstrate correct technique for mouth to mouth breathing , including positioning of the patient's body and head using a manikin.
- Demonstrate management of a drowning victim, using a manikin.
- Recognize four signs of shock.
- Identify the likely cause (hypovolemia, cardiogenic, septic and neurogenic) of shock based on the scenario of a patient's history, and select the correct interventions to apply based on the likely cause.
- Recognize signs of heat exhaustion and heat stroke and describe the correct treatment for each condition.
- List common causes for decreased consciousness and in what situations to suspect each one.
- Describe first aid steps to take for each of these.
- List common causes for seizure and in what situations to suspect each one.
- Describe first aid steps to take for each of these.
- List two safe ways to stop bleeding from a wound.
- Explain why use of a tourniquet to control bleeding is dangerous and should be used only in rare situations.
- Describe the rare situation where a tourniquet is indicated for control of bleeding.
- Describe the technique for stopping a nosebleed.

- Explain why it is important to clean a wound.
- Describe the tools and technique needed to thoroughly clean a wound.
- Describe the indications for suturing a wound (vs. leaving it open).
- Demonstrate the technique for suturing a deep wound, including cleaning the wound, giving local anesthesia, suturing and dressing the wound (under supervision or using an uncooked chicken leg as a model).
- Describe the situations when it is better to leave a deep wound open than to close it with sutures.
- Describe how to dress a wound, including what to use for dressing, how to apply dressings to the arms, feet, trunk, face and head, what cautions to take and when to change dressings.
- Explain how to recognize an infected wound.
- Describe 3 elements for treating an infected wound.
- List first aid measures to apply for penetrating injuries to each of the following: abdomen, chest, skull.
- List the signs of an acute abdomen (as compared to other abdominal pain) and explain what to do if these signs are present in a patient.
- Demonstrate technique of examination for rebound tenderness of the abdomen.
- Explain how to assess the severity of a burn and whether it requires hospital care.
- Explain the first aid needed for small and large burns.
- Correctly diagnose child illness, counsel and treat according the Integrated Management of Childhood Illness algorithms.
- Explain what to do for a child who has swallowed a poison, including whether to induce vomiting.
- Explain what signs to look for when examining an injured extremity to determine whether fracture, nerve and vascular damage are present and when to seek a doctor's advice for management of the injury.
- Explain first aid measures to take for an injured extremity to keep blood flowing to the ends of the extremity, to prevent infection, and to prevent nerve damage.
- Explain how to tell that a patient may have a spine injury.
- Demonstrate how to position and move a patient who may have a spine injury.
- Describe how to determine whether a patient has a possible severe head injury.
- List the measures to take for a severe head injury.
- Describe specific considerations for the care of children and pregnant women with trauma.
- Describe the preparations needed for the transport of a critically ill patient.

### **Course Contents:**

- Overview of basic anatomy and physiology needed for understanding of each of the emergency conditions described in the specific objectives.
- Physical assessment of the emergency patient.
- Prevention of emergencies.
- Non-traumatic emergencies and initial management.

- Trauma assessment and initial management.
- Transport of an ill patient.

**Textbooks:**

Clinical Management for Health Centers and Dispensaries- A Manual for Community Oriented Health Workers. (Chapters 6 and 7). Petet, P. Rural Health Series 10 African Medical Research and Education Foundation, Nairobi, Kenya. 1995. [ISBN 9966-874-15-1]

Primary Trauma Care Manual. Wilkinson, D. Primary Trauma Care Foundation, Oxford. 2000. [ISBN: 0-9539411-0-8]

Minor Surgical Procedures in Remote Areas- Rigal, J. Hatier-Paris, 1989. and Mediciens Sans Frontieres, 1989. [ISBN 2-218-02163-3]

Model Chapter for Textbooks- IMCI, Integrated Management of Childhood Illness. World Health Organization, Dept of Child and Adolescent Health.  
[Available at: [www.int/child-adolescent-health](http://www.int/child-adolescent-health) ]

**Methods of Instruction:** Lecture, class discussions, supervised demonstrations of skills on simulated patients

**Evaluation:** Examinations. Graded demonstrations of skills.

**Attendance Policy:** Per standard COM-FSM policy. Students will be informed of this on first day of class.

**Academic Honesty Policy:** Per standard COM-FSM policy as stated in the current catalog.