

**College of Micronesia – FSM
P.O. Box 159
Kolonia, Pohnpei**

Course Outline Cover Page

Basic First Aid
Course Title

MSG 091
Department and Number

Course Description: To provide the learner with the knowledge and skills required to provide primary first aid treatment to the sick and injured whilst at sea

Prepared by: Brent Villiers

State: FSM-FMI

	Hours per Week	No. Of Weeks	Total Hours	Semester Credits
Lecture	1/2	2/1	8	0.5
Laboratory	3/6/12/24	16/8/4/2	48	1
Total Semester Credits:				1.5

Purpose of Course

Degree Requirement	_____
Degree Elective	_____
Advanced Certificate	_____
Certificate	_____XX_____
Remedial	_____
Other (Workshop)	_____

Prerequisite Course(s): Nil

Signature, Chairman, Curriculum Committee

Date Approved by Committee

Signature, President, COM-FSM

Date Approved by the President

General Objective: To equip the seafarers in the maritime industry with practical skills and competence in shipboard operations consistent with their duties on merchant vessels and fishing vessels. To enable mariners to adapt with confidence to the demands and opportunities of a team approach to shipboard operations. This course provides candidates with the skills and knowledge required to:

- To provide the learner with the knowledge and skills required to provide primary first aid treatment to the sick and injured whilst at sea

Learning Outcomes: Upon successful completion of this course the student will be able to:

1. Outline the basic concepts underlying the practice of First Aid
2. Describe and demonstrate the priorities of management in First Aid Care dealing with life threatening conditions.
3. Describe the dangers associated with a bleeding wound, and manage blood loss.
4. Describe the dangers of and provide management for, fractures
5. Describe the dangers associated with and the management of burns.
6. Explain the spread of infection by means of 'cross infection'.

STUDENTS SHOULD BE MADE AWARE OF OCCUPATIONAL HEALTH AND SAFETY ISSUES IN ALL SITUATIONS AND BE EXPECTED TO DEMONSTRATE SAFE WORKING PRACTICES AT ALL TIMES.

Outline of Content: This course contains:

1. Responsibilities of the First Aider
 - DRABC Action Plan
 - moving a casualty
2. Respiratory and circulatory systems
 - respiratory arrest,
 - cardiac arrest,
 - five levels of consciousness
 - causes of shock,
 - management of shock.
3. Wounds and bleeding
 - manage amputation
 - penetrating chest wound

- nose bleed
- internal bleeding
- 4. Fractures to the
 - skull
 - limbs
 - chest
- 5. Burns
 - dry
 - scalds
 - chemical
 - electrical
- 6. Infection prevention
 - universal precautions
 - cross infection

Learning Outcomes: On completion of this course the learner will be able to:

Learning Outcome 1 **Outline the basic concepts underlying the practice of First Aid.**

- Assessment criteria**
- 1.1 The term First Aid is defined
 - 1.2 The 4 main responsibilities of the First Aider are listed
 - 1.3 The 5 primary priorities of management for any casualty are listed
 - 1.4 The removal of a casualty from a dangerous situation is demonstrated
 - 1.5 Checking for a response in an unconscious casualty is demonstrated
 - 1.6 Positioning an unconscious casualty in a stable side position is demonstrated
 - 1.7 A jaw thrust is demonstrated
 - 1.8 A jaw support is demonstrated
 - 1.9 A head tilt/neck lift is demonstrated
 - 1.10 A triple airway maneuver is demonstrated
 - 1.11 Checking for breathing in an unconscious casualty is demonstrated
 - 1.12 Checking for a carotid pulse in an unconscious person is demonstrated
 - 1.13 Checking for a radial pulse is demonstrated
 - 1.14 Checking a brachial pulse is demonstrated
 - 1.15 Checking a posterior tibial pulse is demonstrated
 - 1.16 The 2 situations when a casualty should be moved are listed

Conditions and methods of assessment

As specified at the end of the outline and by a combination of:

- written assessment
- practical assessment

Learning Outcome 2

Describe and demonstrate the priorities of management in First Aid Care dealing with life threatening conditions.

Assessment criteria

- 2.1 The structure and function of the central nervous system is described
- 2.2 The 5 levels of consciousness are listed
- 2.3 The causes of an altered level of consciousness are listed
- 2.4 Possible dangers for the unconscious casualty are listed
- 2.5 The management of a casualty with an altered level of consciousness is demonstrated
- 2.6 The structure and function of the respiratory system is described
- 2.7 The signs/symptoms of a partial airway obstruction are listed
- 2.8 The signs/symptoms of a full airway obstruction are listed
- 2.9 The effects of an airway obstruction and/or respiratory arrest on the body are listed
- 2.10 The management of a casualty with a partial airway obstruction is demonstrated
- 2.11 The management of a baby with a full airway obstruction is demonstrated
- 2.12 The management of an adult with a full airway obstruction is demonstrated
- 2.13 The management of an adult in respiratory arrest is demonstrated
- 2.14 The management of child in respiratory arrest is demonstrated
- 2.15 The management of a baby in respiratory arrest is demonstrated
- 2.16 The structure and function of the circulatory system
- 2.17 List the effects of cardiac arrest on the body
- 2.18 List the causes of cardiac arrest
- 2.19 Demonstrate the management of an adult in

- cardiac arrest
- 2.20 Demonstrate the management of a child in cardiac arrest
- 2.21 Demonstrate the management of a baby in cardiac arrest is described
- 2.22 The term Shock is defined
- 2.23 The 3 main causes of shock are listed
- 2.24 The signs/symptoms of shock are listed
- 2.25 The management of a casualty in shock is demonstrated

Conditions and methods of assessment

As specified at the end of the outline and by a combination of:

- written assessment
- practical assessment

Learning Outcome 3

Describe the dangers associated with a bleeding wound, and manage blood loss.

Assessment criteria

- 3.1 The 5 different types of wounds are listed
- 3.2 The 3 types of bleeding are listed
- 3.3 The body's reaction to a bleeding wound is described
- 3.4 The dangers of bleeding for the casualty and for the First Aider are listed
- 3.5 The signs/symptoms of an internal bleed are listed
- 3.6 The management of an external bleed is demonstrated
- 3.7 The management of an internal bleed is demonstrated
- 3.8 The management of an amputated limb is demonstrated
- 3.9 The management of a nose bleed is demonstrated
- 3.10 The management of a penetrating injury is demonstrated

Conditions and methods of assessment

As specified at the end of the outline and by a combination of:

- written assessment
- practical assessment

Learning Outcome 4 Describe the dangers of and provide management for fractures.

Assessment criteria	<p>4.1 The structure and function of the skeleton and connecting tissue is described</p> <p>4.2 The term fracture is defined</p> <p>4.3 The term soft tissue injury is defined</p> <p>4.4 The signs/symptoms of a soft tissue injury are listed</p> <p>4.5 The signs/symptoms of a fracture are listed</p> <p>4.6 The differences between an open fracture and a closed fracture are listed</p> <p>4.7 The management of a fracture is demonstrated</p>
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Conditions and methods of assessment

As specified at the end of the outline and by a combination of:

- Written assessment
- Practical assessment

Learning Outcome 5 Describe the dangers associated with and the management of burns.

Assessment criteria	<p>5.1 The structure and function of the skin is described</p> <p>5.2 The 3 classifications of burns are listed</p> <p>5.3 The signs/symptoms of a superficial burn are listed</p> <p>5.4 The signs/symptoms of a deep dermal burn are listed</p> <p>5.5 The signs/symptoms of a full thickness burn are listed</p> <p>5.6 The management of a burn is demonstrated</p> <p>5.7 The benefit of immediately applying running water to a burn is described</p> <p>5.8 The safety precautions whilst treating a casualty with chemical burns are described</p>
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Conditions and methods of assessment

As specified at the end of the outline and by a combination of:

- Written assessment
- Practical assessment

Learning Outcome 6 Explain the spread of infection by means of 'cross infection'.

Assessment criteria	6.1 The term universal precautions is described
	6.2 Three things which can assist with the protection from the spread of infection are listed
	6.3 The use of universal precautions is demonstrated

Conditions and methods of assessment

As specified at the end of the outline and by a combination of:

- Written assessment
- Practical assessment

Delivery strategy

This course is designed to be taught off-the-job. most learning outcomes will require an integration of theory and practical skills. Some areas of content may be common to more than one learning outcome, and thus integration may be appropriate. This module will be delivered in full-time mode. Methods of instruction should include:

1. Classroom lectures
2. Handouts
3. Course notes
4. Practical training sessions.

Resource requirements

Delivery of the training will require:

- Appropriate cleared space,
- Resuscitation mannequins,
- Auxiliary resuscitation items,
- Anatomical charts/models,
- Disposable gloves,
- Bandages, pads, gauzes, and slings,
- Blankets, pillows and towels.
- Handouts/pictures.

Occupational health and safety Requirements

Class supervision will be required whenever demonstrations are carried out. Candidates will be made aware of Occupational Health

& Safety issues in all situations and be expected to demonstrate safe working practices at all times.

ASSESSMENT STRATEGY

Assessment Method

Conditions of assessment

A range of methods is suggested for measuring progress towards and achievement of learning outcomes in this module. Knowledge-based criteria will be satisfied through written or oral multi-choice type questions, class questioning, handbook quiz, and diagram labeling. Skill-based criteria will be satisfied through practical demonstration by students on each other. Assessment will be undertaken off-the-job, however, where possible the environment will simulate a real work place situation.

Evaluation:

Final Grade for this course will be based on meeting the course requirements at the following percentage rates:

96% - 100%	A – Superior
90% - 95%	B – Above Average
80% - 89%	C – Average
69% - 79%	D – Below Average
0 % - 69%	F – Failure

Attendance:

The COM-FSM attendance policy will apply.