



## «FIRST AID» course

### **for international students of the 1st year at the Surgery Department II**

First aid is the initial assistance or treatment given to a person who is injured or taken ill. The person who provides this help is a first aider. This course prepares you for being a first aider, psychologically and emotionally, as well as giving practical advice on what you should not do in an emergency. The skills acquired throughout this course will help you to provide you effective first aid to any casualty in any situation.

## **SYLLABUS**

**1 class: Introduction to the course "First Aid". Managing in incident.** What is the first aid? First aid priorities. Dealing with a casualty. Protection from infection. Action at an emergency. Assessing an incident (traffic, electrical and water incidents, fires).

**2 class: Assessing a casualty.** The primary and secondary survey. Head-to-toe examination. Monitoring of vital signs.

**3 class: First aid for unresponsive casualty.** The concept of breathing and circulation. Live-saving priorities. Chain of survival. CPR for adult, child and infant. How to use AED.

**4 class: First aid for respiratory problem.** The concept of anatomy and physiology of the respiratory system. Hypoxia. Airway obstruction. Inhalation of fumes. Drowning. Asthma and croup. Penetrating chest wound. Hyperventilation.

**5 class: First aid for wounds, skin and soft tissue injuries.** Classification of wounds, skin and soft tissue injuries. First aid for cuts, abrasions, blisters, amputation, crush injury, foreign body in the wound. Complication of wounds.

**6 class: First aid for bleeding.** The concept of anatomy and physiology of the cardiovascular system, blood circulation and blood composition. Bleeding and their classification. Blood loss and shock. Methods of stopping bleeding. First aid for nosebleeds, bleeding from the ear, oral cavity, varicose vein, internal bleeding.

**7 class: First aid for bone, joint and muscle injuries.** The concept of anatomy of the skeleton, muscles and joints. Recognition and first aid for fractures, dislocations, cramp, muscles, tendons and ligaments injuries of upper and lower extremities.

**8class: First aid for head, facial, spinal, ribs, pelvicinjuries.**The concept of anatomy and physiology of the nerves system.Recognition and features of first aid for head, facial, spinal, ribs, pelvic injuries.

**9class: First aid for effects of heat and cold.**Structure of skin and maintaining body temperature.Assessing a burns. First aid for severe and minor burns.Electrical and chemical burns.Burns to the airway and eyes.Sunburn and heatstroke.Hypothermia and frostbite.

**10class: First aid for poisoning, foreign objects, bites and stings.**First aid for foreign objects in the eye, in the ear, in the nose.Types of poison.Recognition and first aid for drug and alcohol poisoning. First aid for human, animals, snake, and tick bites, insect sting.

**11 class: First aid for medical condition:**angina, heart attack, stroke, headache, migraine, meningitis, fainting, hiper- or hypoglycemia, seizures.

**12 class:First aid for medical condition:** allergy, anaphylactic shock, sore throat, earache and toothache, abdominal and back pain, vomiting and diarrhoea, fever, emergency childbirth

**13class:Credit (end-of-course test).**

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