Brookes College

Pharmacy Assistant Diploma

Course:
First Aid & CPR Training
Course Curriculum

Brookes College – Pharmacy Assistant Diploma Program
First Aid & CPR Training
Course Curriculum

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Course Syllabus: First Aid & CPR Training

Course Description:

This course provides first aid and level C of CPR training certification from a qualified training agency.

Course Duration:

- 40 hours (10 hours per week)
- In-person/Hands-on
- Distribution of hours is subject to instructor.

Course Goals:

This comprehensive First Aid & CPR Training course is designed to:

- Equip participants with the necessary skills and knowledge to respond effectively to various medical emergencies.
- Give students the essential skills to apply first aid techniques, cardiopulmonary resuscitation (CPR), and other lifesaving skills.
- Give students knowledge of the theoretical background to support the practical hands-on training.
- Prepare students to handle real-life situations confidently.

Week 1: Introduction to First Aid and Emergency Response

- **Session 1 (2 hours):** Course orientation, introduction to first aid concepts, and understanding the importance of emergency response.
- **Session 2 (2 hours):** Legal and ethical considerations in providing first aid, personal safety, and infection control measures.
- **Session 3 (2 hours):** Recognizing different types of medical emergencies and conducting scene assessments.
- **Session 4 (2 hours):** Basics of communication and calling for professional medical help.

Week 2: Basic First Aid Techniques

- **Session 5 (4 hours):** Dealing with cuts, scrapings, and minor wounds: wound cleaning, dressing, and bandaging.
- **Session 6 (4 hours):** Managing sprains, strains, fractures, and dislocations: immobilization techniques and basic splinting.
- **Session 7 (4 hours):** Treating burns, including thermal, chemical, and electrical burns: assessment and initial care.

Week 3: Cardiopulmonary Resuscitation (CPR) and Medical Conditions

- **Session 8 (4 hours):** Introduction to CPR: chest compressions, rescue breaths, and hands-only CPR.
- **Session 9 (4 hours):** CPR for infants, children, and adults: hands-on practice using manikins.
- **Session 10 (4 hours):** Understanding cardiac arrest, heart attacks, and stroke: recognition and appropriate responses.

Week 4: Advanced First Aid and Practical Scenarios

- **Session 11 (4 hours):** Managing choking incidents in conscious and unconscious victims.
- **Session 12 (4 hours):** First aid for allergic reactions, anaphylaxis, and poisoning.
- **Session 13 (4 hours):** Handling medical emergencies like seizures, diabetic emergencies, and fainting spells.
- **Session 14 (4 hours):** Practical scenarios: simulation of real-life emergency situations, applying learned skills under supervision.

Assessment and Certification:

- Participants will be evaluated through written quizzes at the end of each week to ensure understanding of theoretical concepts.
- Successful completion of practical hands-on assessments during the final week's practical scenarios.
- Participants who meet the assessment criteria will be awarded a certification in First Aid & CPR Training, valid for [specified duration].

Course Materials:

- Provided course handbook containing all theoretical concepts and procedures covered in the course.
- Access to training manikins, bandages, splints, and other necessary equipment for hands-on practice.

Prerequisites:

- No prior medical knowledge required.
- Participants must be physically capable of performing CPR and other basic first aid techniques.

Note:

- Instructors may adjust the schedule as needed based on the progress of the class.
- This syllabus provides a general overview and may be subject to modifications to better suit the participants and their learning pace.

Module Plans: First Aid & CPR Training

Course Duration:

- 4 Weeks; 40 hours
- 10 hours per week

Week 1

Learning Outcomes**:** By the end of this week, students will be able to:

- Understand the course objectives and the role of first responders in emergencies.
- Comprehend legal protections, Good Samaritan laws, and ethical responsibilities in providing first aid.
- Learn to ensure personal safety and implement infection control measures.
- Recognize common types of medical, traumatic, and environmental emergencies.
- Develop effective communication skills during emergencies.
- Know how to contact emergency medical services (EMS) and stay calm in high-pressure situations.

Module 1: Introduction to First Aid and Emergency Response **(10 hours)**

Session 1 (2 hours): Course orientation and Importance of First Aid

- Introduction to the course, objectives, and expectations
- Understanding the role of first responders in emergencies

Session 2 (2 hours): Legal and Ethical Considerations in First Aid

- Legal protections and Good Samaritan laws
- Ethical responsibilities in providing first aid
- Personal safety and infection control measures

Session 3 (2 hours): Recognizing Medical Emergencies

- Common types of emergencies: medical, traumatic, environmental
- Scene assessments: ensuring safety, assessing the situation

Session 4 (2 hours): Communication and Seeking Professional Help

- Effective communication during emergencies
- Properly contacting emergency medical services (EMS)
- Handling stress and staying calm in high-pressure situations

Week 2
Module 2: Basic First Aid Techniques (12 hours)

Learning Outcomes**:** By the end of this week, students will be able to:

- Acquire skills to clean, disinfect, and dress various wound types.
- Master bandaging techniques for different wound scenarios.
- Respond effectively to musculoskeletal injuries, including sprains, strains, fractures, and dislocations.
- Apply immobilization techniques and basic splinting.
- Administer proper first aid for thermal, chemical, and electrical burns.
- Determine burn severity and provide initial care.

Session 5 (4 hours): Wound Care and Dressings

- Cleaning, disinfecting, and dressing wounds
- Bandaging techniques for various wound types

Session 6 (4 hours)**:** Musculoskeletal Injuries

- Responding to sprains, strains, fractures, and dislocations
- Immobilization techniques and basic splinting

Session 7 (4 hours): Burn Management

- Treating thermal, chemical, and electrical burns
- Determining burn severity and providing initial care

Week 3
Module 3: Cardiopulmonary Resuscitation (CPR) and Medical Conditions **(12 hours)**

Learning Outcomes**:** By the end of this week, students will be able to:

- Recognize the importance of CPR and its role in saving lives.
- Demonstrate the correct technique for hands-only CPR and the appropriate chest compression rate.
- Be able to perform CPR on infants, children, and adults confidently.
- Practice CPR using training manikins effectively.
- Identify signs of cardiac arrest, heart attack, and stroke.
- Execute appropriate responses and steps to take before professional help arrives.

Session 8 (4 hours): Introduction to CPR

- Importance of CPR and its role in saving lives
- Hands-only CPR technique and correct chest compression rate

Session 9 (4 hours): CPR for Different Age Groups

- Performing CPR on infants, children, and adults
- Practice using training manikins

Session 10 (4 hours): Cardiac Arrest and Medical Conditions

- Identifying signs of cardiac arrest, heart attack, and stroke
- Appropriate responses and steps to take before professional help arrives.

Week 4
Module 4: Advanced First Aid and Practical Scenarios (6 hours)

Learning Outcomes**:** By the end of this week, students will be able to:

- Recognize and respond to choking incidents in conscious and unconscious victims.
- Be proficient in performing abdominal thrusts (Heimlich maneuver).
- Administer first aid for allergic reactions and anaphylaxis.
- Manage poisoning incidents and provide initial care effectively.
- Respond appropriately to seizures, diabetic emergencies, and fainting spells.
- Engage in realistic simulations of emergency situations.
- Apply all learned skills and techniques under supervision.
- Successfully complete written quizzes and practical assessments to earn First Aid & CPR Training certification.

Session 11 (2 hours): Choking Incidents

- Recognizing and responding to choking in conscious and unconscious victims
- Performing abdominal thrusts (Heimlich maneuver)

Session 12 (2 hours): Allergic Reactions and Poisoning

- First aid for allergic reactions and anaphylaxis
- Managing poisoning incidents and providing initial care

Session 13 (2 hours): Medical Emergencies and Practical Scenarios

- Responding to seizures, diabetic emergencies, and fainting spells

- Realistic simulations of emergency situations

Session 14 (Practice and Assessment)

- Review of all learned skills and techniques
- Practical scenarios to apply acquired knowledge under supervision

Assessment and Certification (2 hours)

- Written quizzes at the end of each module to assess theoretical understanding
- Practical assessments during simulated scenarios in the final session
- Awarding of First Aid & CPR Training certification to successful participants

Note:

- The schedule is subject to adjustment by instructors based on the progress of the class and specific learning needs.
- Practical sessions will involve hands-on practice using training materials and manikins.

Assessment:

- To be determined by Instructor

Sample Lesson Plan

Module 3: Cardiopulmonary Resuscitation (CPR) and Medical Conditions Topic: CPR Techniques

Lesson Plan for 3.5-Hour Online Blended Lesson

Learning Outcomes: By the end of this lesson, participants should be able to perform hands-only CPR and CPR for different age groups accurately, maintaining proper chest compression rate and rescue breaths.

Prerequisite**:** Participants should have a basic understanding of CPR and its importance.

Materials:

- Online learning platform (Zoom, Microsoft Teams, etc.)
- Presentation slides
- CPR training manikins
- Stopwatch or timer
- Printed CPR guidelines

Session Breakdown:

1. Introduction and Recap (20 minutes)
    - Welcome participants and briefly recap the importance of CPR from previous sessions.
    - Outline the objectives for the current session.
2. The Basics of Hands-Only CPR (30 minutes)
    - Present a slideshow with detailed steps of hands-only CPR technique.
    - Discuss the significance of proper hand placement, compression depth, and rate.
    - Use a video demonstration to illustrate the technique effectively.
    - Address common misconceptions and questions related to hands-only CPR.
3. Practical Demonstration and Hands-On Practice (60 minutes)
    - Conduct a live practical demonstration of hands-only CPR using a training manikin.
    - Participants follow along and practice hands-only CPR technique under your guidance.
    - Provide individual feedback and corrections to participants as they practice.
    - Divide participants into breakout rooms for smaller group practice sessions.
4. CPR for Different Age Groups (40 minutes)
    - Explain the differences between CPR for infants, children, and adults.
    - Present a comparison of compression depth and rate for each age group.

- Emphasize the importance of adapting techniques to the victim's size and age.
- Share real-life scenarios to illustrate the variations in CPR techniques.

5. Break and Interactive Q&A (15 minutes)

- Allow participants to take a short break.
- Address any questions or concerns participants may have regarding the hands-only CPR technique or CPR for different age groups.

6. Rescue Breaths and Full CPR Procedure (30 minutes)

- Introduce the concept of rescue breaths and their role in traditional CPR.
- Demonstrate the proper technique for rescue breaths, including head tilt and chin lift.
- Present the full CPR procedure, combining chest compressions and rescue breaths.
- Discuss the compression-to-ventilation ratio for different age groups.

7. Guided Simulation and Assessments (30 minutes)

- Lead participants through a guided simulation of CPR scenarios using case studies.
- Participants respond to different scenarios, applying hands-only CPR and full CPR techniques as appropriate.
- Evaluate participants' performance during the simulation and provide immediate feedback.

8. Conclusion and Next Steps (10 minutes)

- Summarize the key takeaways from the session.
- Provide additional resources for further practice and learning.
- Encourage participants to continue practicing CPR techniques regularly.

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Rubric for Course: First Aid & CPR Training

Assessment Criteria	Excellent (4)	Proficient (3)	Competent (2)	Developing (1)	Not Evident (0)
Module 1: Introduction to First Aid and Emergency Response					
Scene Assessment	Can effectively assess an emergency scene, ensuring safety for self and victims, and promptly calling for professional help.	Conducts a scene assessment while taking appropriate safety measures and initiating contact with emergency services.	Demonstrates some aspects of scene assessment but may overlook certain safety considerations or lack promptness in seeking help.	Struggles to assess the scene, neglecting safety measures and encountering delays in calling for help.	Unable to properly assess an emergency scene.
Legal and Ethical Considerations	Demonstrates a thorough understanding of legal protections and ethical responsibilities when providing first aid. Applies infection control measures effectively.	Understands the legal and ethical aspects of first aid, including infection control, but may exhibit occasional lapses.	Displays limited comprehension of legal and ethical considerations, resulting in inconsistent infection control practices.	Shows a lack of understanding regarding legal and ethical considerations, often neglecting infection control measures.	Fails to grasp legal and ethical considerations or infection control practices.
Module 2: Basic First Aid Techniques					
Wound Care and Dressings	Executes proper wound cleaning, disinfection, dressing, and bandaging techniques effectively and consistently.	Applies correct wound care procedures, dressing wounds appropriately, with minor inconsistencies.	Demonstrates basic wound care techniques, but may struggle with proper application of dressings or bandages.	Struggles to execute wound care procedures effectively, leading to improper dressing and bandaging.	Unable to perform adequate wound care or dressings.
Musculoskeletal Injuries	Skillfully responds to and manages sprains, strains, fractures, and dislocations with precise immobilization and splinting techniques.	Adequately addresses musculoskeletal injuries, using immobilization and splinting techniques with minor inaccuracies.	Shows limited proficiency in handling musculoskeletal injuries, resulting in inadequate immobilization or splinting.	Struggles to respond to musculoskeletal injuries effectively, leading to improper immobilization or splinting.	Fails to respond properly to musculoskeletal injuries or execute immobilization techniques.
Burn Management	Effectively assesses burn severity, and provides appropriate initial care and	Adequately assesses and provides initial care for different types of burns, with minor	Displays limited ability to assess burn severity accurately or provide correct initial care,	Struggles to assess burn severity and provide proper initial care,	Unable to assess burn severity or provide appropriate initial care.

Assessment Criteria	Excellent (4)	Proficient (3)	Competent (2)	Developing (1)	Not Evident (0)
	treatment for thermal, chemical, and electrical burns.	inaccuracies or omissions.	leading to potential errors.	resulting in potential harm.	
Module 3: Cardiopulmonary Resuscitation (CPR) and Medical Conditions					
CPR Techniques	Performs hands-only CPR and CPR for different age groups accurately, maintaining proper chest compression rate and rescue breaths.	Successfully conducts hands-only CPR and CPR for different age groups with minor variations in compression depth or rate.	Demonstrates basic proficiency in CPR techniques, but may exhibit inconsistent chest compression rate or depth.	Struggles to perform CPR techniques effectively, leading to significant deviations from recommended practices.	Fails to perform CPR techniques properly.
Cardiac Arrest and Medical Conditions	Recognizes signs of cardiac arrest, heart attack, and stroke, and responds appropriately by initiating proper first aid measures.	Identifies signs of cardiac arrest, heart attack, and stroke with occasional lapses, and initiates correct responses with minor errors.	Displays limited ability to recognize signs of cardiac arrest or medical conditions accurately, resulting in inconsistent responses.	Struggles to identify signs of cardiac arrest or medical conditions, often leading to incorrect or delayed responses.	Unable to recognize signs of cardiac arrest or medical conditions or initiate proper responses.
Module 4: Advanced First Aid and Practical Scenarios					
Choking Incidents	Responds effectively to choking incidents in conscious and unconscious victims, performing abdominal thrusts accurately.	Successfully addresses choking incidents with minor accuracy issues when performing abdominal thrusts.	Demonstrates basic proficiency in responding to choking incidents, but may struggle with performing abdominal thrusts correctly.	Struggles to respond adequately to choking incidents, often mishandling abdominal thrusts.	Unable to respond appropriately to choking incidents or perform proper abdominal thrusts.
Allergic Reactions and Poisoning	Provides proper first aid for allergic reactions and anaphylaxis, and manages poisoning incidents effectively.	Offers adequate first aid for allergic reactions and anaphylaxis, with minor inconsistencies or inaccuracies.	Displays limited proficiency in addressing allergic reactions or anaphylaxis, resulting in potential errors.	Struggles to provide correct first aid for allergic reactions or anaphylaxis, potentially causing harm.	Fails to provide appropriate first aid for allergic reactions, anaphylaxis, or manage poisoning incidents.
Medical Emergencies and Practical Scenarios	Demonstrates advanced skills in responding to seizures, diabetic emergencies, and fainting spells.	Proficiently responds to medical emergencies, with minor variations in approach or	Displays basic ability to respond to medical emergencies and practical scenarios, but may	Struggles to respond adequately to medical emergencies, leading to	Unable to respond properly to medical emergencies or demonstrate proficiency in

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Assessment Criteria	Excellent (4)	Proficient (3)	Competent (2)	Developing (1)	Not Evident (0)
	Excels in realistic simulation of emergency scenarios.	performance during practical scenarios.	exhibit inconsistency or errors.	significant errors during practical scenarios.	practical scenarios.