

SMO109 FIRST AID

Vocational School of Health Services- Compulsory course

Credit: 3 ECTS: 3



Course Description: It is a comprehensive course that provides both theoretical and practical knowledge on the significance of first aid, its fundamental principles, and essential techniques to respond effectively to medical emergencies. The course covers various topics, including bleeding, shock, injuries, CPR, foreign body aspiration, fractures, dislocations and sprains, burns, exposure to hot and cold, and poisoning.

Course Outcomes

- Recognize the importance of first aid in emergencies.
- Understand and apply the fundamental principles of providing effective first aid.
- Demonstrate proper techniques for managing bleeding incidents.
- Identify different types of shock and implement appropriate first aid measures.
- Respond appropriately to various injuries, considering the severity and nature of the trauma.
- Perform Cardio Pulmonary Resuscitation (CPR) by established guidelines.
- Effectively handle cases of foreign body aspiration to prevent further complications.
- Differentiate between fractures, dislocations, and sprains, and provide appropriate initial care.
- Administer first aid for burns, considering the degree of severity and the affected area.
- Respond appropriately to exposure to hot and cold environments to minimise health risks.
- Recognize signs of poisoning and apply immediate first aid measures.
- Align first aid practices with the principles of Sustainable Development Goal 3, ensuring a healthy life and promoting well-being for all at all ages.