

INSTITUTE	FACULTY OF PHYSIOTHERAPY
PROGRAM	BACHELOR OF PHYSIOTHERAPY
SEMESTER	1
COURSE TITLE	FIRST AID
COURSE CODE	17PT0115
COURSE CREDITS	1

Objective:

- 1 To preserve life and to prevent the worsening of a patient's medical condition by managing bleeding and preventing the infection.
- 2 To help for ensuring safe transportation to the nearest healthcare facility.
- 3 Management, Reassurance and monitoring of the patient admitted to casualty.
- 4 To understand and apply cardiopulmonary resuscitation.

Course Outcomes: After completion of this course, student will be able to:

- 1 Administering basic life support skills including cardiopulmonary resuscitation
- 2 Providing first aid of simple and multiple system trauma such as:- Controlling haemorrhage Managing Burns and wounds Manually stabilizing injured extremities Identifying signs of Stroke and heart attack and safe transfer after first aid without delay in transfer. Manage general medical complaints seizures and animal bites (snake /dog bite)

Pre-requisite of course:Pre-requisite of course: A basic understanding of human biology – bones, muscles and organs is often a fundamental prerequisite.

Teaching and Examination Scheme

Theory Hours	Tutorial Hours	Practical Hours	ESE	IA	CSE	Viva	Term Work
20	0	10	0	50	0	0	0

Contents : Unit	Topics	Contact Hours
1	First aid basics First aid, importance of first aid, first aider, laws of first aid, contents of an ideal first aid kit, dealing with an emergency. Bandaging and Splinting Types of bandages and techniques (triangular, roller, pressure bandage).Splints and immobilization for fractures and dislocations.	2
2	Emergency response Cardiopulmonary resuscitation (CPR), steps for performing CPR,CPR for newborns and infants, recovery position, first aid in drowning, fractures of bones, causes and types of fractures, dislocation.	2

Contents : Unit	Topics	Contact Hours
3	First aid in common emergencies Types of burns, danger of burns, first aid in dry burns and scalds, electrical burns, chemical burns, sunburn, heatstroke, Heart attack and angina (basic recognition and first aid), stroke (FAST test, positioning, emergency response), , Seizures/epilepsy management (including febrile seizures in children), asthma attack and breathing difficulties, Hypoglycaemia and hyperglycaemia (diabetic emergencies), heat exhaustion, hypothermia, frostbite, choking (Heimlich manoeuvre for adult/infant/child), , Obstetric emergencies (e.g., delivery before reaching hospital, postpartum haemorrhage – basic first aid measures), Eye emergencies (chemical splash, blunt trauma), lightning and electric shock, earthquake, fire, flood, road traffic accident first aid principles, triage and disaster management basics, handling panic, anxiety, and trauma-related stress in victims.	10
4	First aid in wounds and injuries Types of wounds- small cuts and abrasions, head injury- nose bleed, bleeding gums, bleeding from varicose veins, Shocks- causes of shock and its first aid.	2
5	First aid in poisoning Poisoning by swallowing, gases, injections, skin absorption, Animal bites, snake bites and insect stings.	2
6	First aid in foreign objects entering the sense organs Foreign body in the eye, ear, nose, skin, swallowing of foreign objects.	2
Total Hours		20

Suggested List of Experiments:

Contents : Unit	Topics	Contact Hours
1	Bandaging and Splinting Types of bandages and techniques (triangular, roller, pressure bandage). Splints and immobilization for fractures and dislocations.	4
2	Emergency response Demonstration and application of CPR	4
3	First aid in wounds Dressing	2
Total Hours		10

Textbook :

- 1 Standard First Aid, CPR, and AED,2010, American Academy of Orthopaedic Surgeons (AAOS), American College of Emergency Physicians (ACEP), and Alton L. Thygeson. , Jones and Bartlett Publishers. , 2010

References:

- 1 American Academy of Orthopaedic Surgeons and American College of Emergency Physicians, American Academy of Orthopaedic Surgeons and American College of Emergency Physicians, American Academy of Orthopaedic Surgeons and American College of Emergency Physicians, Jones and Bartlett Publishers., 2010
- 2 Cash's textbook Of heart, chest and vascular disease for physiotherapists, Cash's textbook Of heart, chest and vascular disease for physiotherapists, Patricia A. Downie, Jaypee Brother Medical Publishers, 2023

Suggested Theory Distribution:

The suggested theory distribution as per Bloom's taxonomy is as follows. This distribution serves as guidelines for teachers and students to achieve effective teaching-learning process

Distribution of Theory for course delivery and evaluation					
Remember / Knowledge	Understand	Apply	Analyze	Evaluate	Higher order Thinking / Creative
20.00	30.00	25.00	15.00	10.00	0.00

Instructional Method:

- 1 Theory+Practical

Supplementary Resources:

- 1 NA