

Department of Kinesiology/Sports Medicine

West Los Angeles College

9000 Overland Avenue

Culver City, CA 90230

Health 012 - Safety Education and First Aid (UC : CSU) – 3.0

Section: 1194

American Heart Association – HeartSaver First Aid with CPR & AED

Course Information:

Units: 3

Semester/Year: Spring 2014

Location: PEC 113

Time: Mon – Wed 9:35 - 11:00

Prerequisites: None

Instructor Information:

Instructor: Victor Pulido

Office: C-1 Building – Athletic Training Clinic

Phone: (310) 287-4456

E-mail: pulidov@wlaac.edu

Office Hours: 11:00 – 12:00 T-Th

Course Description:

Provide Immediate, Organized and Structured Emergency Response to a Victim with a potential life threatening condition.

Course Objectives:

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

1. Evaluate first aid emergency situations.
2. Formulate and put into motion an effective plan of action to deal with emergencies.
3. Be prepared to save lives through the use of first aid procedures.
4. Become aware of how to survive health emergencies.
5. Recognize the need for and apply first aid and CPR procedures.
6. Recognize that prevention of emergencies is better than emergency treatment.
7. Discuss the Medical Legal Ramifications involved when rescuing a victim.
8. Discuss the different techniques involved with special populations (pregnancy, obesity and wheelchair).
9. Become certified through **American Heart Association** as a *HeartSaver First Aid CPR and AED*.

Required Textbook:

American Heart Association

HeartSaver First Aid CPR AED Health & Safety (Student Workbook)

Attendance:

Attendance is vital for this course. Missing class will not allow appropriate skill attainment for the rescuing procedures learned. Instructor will not review material individually only as a group. The pace of the course does not allow going back. Not attending class more than once will result with an automatic **DROP** of course.

Grading Scale:

The grading will be based on the Skills demonstrated during practical applications and Knowledge Assessments. There will be a multiple choice & fill in the blank final along with the practical assessment. In order to receive a certification card there will have to be a score of 80 % or higher on Knowledge & Skills Assessment.

Fee:

There will be a **\$6.00 fee** for the **American Heart Association** *HeartSaver First Aid CPR and AED* card. This fee is from the *National EMS Academy Training Center* which generates the cards.

There will also be a **\$1.00 charge** to purchase a disposal face shield. I will provide the first one for **free**.

Schedule:

Week 1: February 10 - February 16. Introduction, Compression, and Breathing

Instruction: Video will lead the students in establishing proper compression and breathing techniques, body position, and rhythm.

Tasks: To provide compressions in rhythm to the beat from the video. Students will be given 1 minute to provide 100 compressions. Instructor will provide feedback on compression rate, proper form, and quality.

Text Book: Page 76 – 86

Week 2: February 19 – February 23. Compressions, Breathing, Checking Victims, and Special Situations

Instruction: Video will lead students in assessing the victim's status and determine the proper procedure.

Tasks: Show the ability to perform proper compressions per minute and demonstrate different forms based on the persons age, sex, and body composition.

Week 3: February 24 – March 2. Legal Ramifications, Liability, and Ethics

Instruction: Students will learn about active omission, co-mission, and Good Samaritan Law

Tasks: Students will be given different scenarios and show the ability to identify the legal responsibility for that action.

Week 4: March 3 – March 9. CPR Demonstration, Sequence Practice, and Child Victim

Instruction: Have the students take a mock practice to demonstrate the ability to check the status of the victim and provide CPR and breathing when needed

Tasks: Students will perform the steps given and instructor will provide feedback on areas of improvement.

Text Book: Page 83

Week 5: March 10 – March 16. CPR Student Test and Summary

Instruction: Students will be given a written multiple choice exam and CPR practical.

Tasks: Students will be given a scenario and will apply the proper technique in CPR and assessment of victim. Students will be graded on performing all steps correctly.

Text Book: Page 76-86

Week 6: March 17 – March 23. AED Introduction, Using an AED, and AED Trainer Demonstration

Instruction: Video will lead the students in proper use of an AED, when it should be applied, and transition from CPR to AED use.

Tasks: Students will practice transitioning from CPR to AED and determine AED use is immediate or delayed based on victim's age and condition.

Text Book: Page 73-85

Week 7: March 24 – March 30. AED Special Situations/Safety and Summary

Instruction: Have students learn and demonstrate the ability to use an AED in special situations.

Tasks: Be able to demonstrate use of AED in special situations (size of thoracic area, imbedded defibrillator, medication patch, hairy chest, and patient in water)

Text Book: Page 73-85

Week 8: March 31 – April 6. CPR + AED Practice and Test

Instruction: Students will be given a written multiple test and CPR + AED practical.

Tasks: Students will be given a scenario with different age groups, AED locations, and special considerations. Students will be graded on proper management of situations with rubric provided.

Text Book: Page 115

Week 9: April 7 – April 13. SPRING BREAK NO CLASS

Week 10: April 14 – April 20. Introduction to Infant CPR/Compressions and Breathing

Instruction: Video will lead students in assessing the Infant's status and determining the proper technique for performing CPR and Breathing for an Infant.

Tasks: Show the ability to perform proper compressions per minute and demonstrate the proper form for an infant.

Text Book: Page 100-109

Week 10: April 21 – April 27. Infant Special Airway Situation, Choking, and Infant CPR Summary.

Instruction: Video will lead students on how to help with a choking infant. Modifying head tilt chin lift, switching from prone to supine back thrusts and chest blows. Students will also demonstrate transitioning from choking to CPR procedure.

Tasks: Student will list signs of choking in an infant and demonstrate how to provide assistance. They will demonstrate 5 cycles of choking and continue with transitioning into CPR.

Text Book: Page: 110-112

Week 11: April 28 – May 4. Infant CPR Demonstration, Sequence, Practice, and Test

Instruction: Students will be given a written multiple choice test and CPR practical for infants.

Tasks: Students will be given a scenario involving an infant. Students will be graded on proper management of situation with rubric provided.

Week 12: May 5 – May 11. First Aid Basics: Rescue Duties, Rescuer and Victim Safety, Gloves and Hand Washing, First Aid Kit, Phoning for Help, and Finding the Problem. First Aid Basics Test

Instruction: Video will instruct students on duties of a First Responder, protection for rescuer, removal and disposal of gloves, proper hand washing, proper procedure to initiate EMS, and assessing the problem.

Tasks: Demonstrate the proper removal and disposal of gloves, use of protective equipment (eye protection, face shield ...etc.) when needed, and list the information to the 911 operator. Students will be given a written multiple choice test and first aid practical.

Week 13: May 12 – May 18. Medical Emergencies: Adult/Child Choking, Allergic Reactions, Chest Pain, Heart Attack, Fainting, Diabetes, Stroke, Seizures, Shock, and Summary

Instruction: Video will instruct students on management and procedure for Adult/Child choking, allergic reactions, & victims with chest pain, diabetes, stroke, seizures, shock, and fainting.

Tasks: Students will demonstrate the ability to properly care for and manage victims with chest pain, diabetes, stroke, seizures, shock, and fainting. Show proper procedure for choking Adult/Child.

Week 14: May 19 – May 25. Injury Emergencies: Bleeding, Bandaging, Head and Spine Injuries, Sprains, Broken Bones, and Splinting

Instruction: Video will instruct students in steps to manage bleeding, apply a bandage to the area, procedure and techniques for a head and spine injury, and splinting.

Tasks: Students will demonstrate how to properly care for a victim that is bleeding and how to apply proper bandaging. Show the ability to handle and care for a victim with a head and spine injury. Students will have mock injuries and demonstrate how to splint and care for a victim with a broken bone.

Week 15: May 26 – June 1. Injury Emergencies Summary & Test

Instruction: Students will review Injury Emergencies and take a written multiple choice test and practical.

Task: Students will be given a scenario involving a randomly assigned Injury Emergency. Students must demonstrate the ability to recognize the injury and provide proper treatment and care. Students will be graded on proper management of situation with rubric provided.

Finals: June 2. Remediation

Students that did not pass the practicals will be given a second opportunity to complete the failed section at instructor's discretion.