

FIRST AID

PZTV289C
PZTV111C

Courses obligatory

S 1/1 C, Ex

Teacher: MUDr. Michaela Malá

Characteristics:

The obligatory course provides the students with theoretical knowledge and practical skills of care for victims during different types of emergencies (life-threatening conditions, sudden illnesses, injuries). Students will be acquainted with procedures in mass accidents, extreme events and crisis situations. In practical lessons the students learn CPR in adults and children, the usage of AED.

Lectures:

1. Introduction to First Aid. Action at an emergency. ERC Guidelines.
2. Respiratory problems, airway obstruction. Respiratory arrest.
3. Unconsciousness. Heart and circulatory problems. Cardiac arrest.
4. External and internal bleeding. Shock.
5. Thermal injuries. Burns. Heat illness. Cold exposure. Frostbite.
6. Chest injuries. Pneumothorax. Abdominal injuries.
7. Head and spinal injuries. Injuries of the locomotor system.

Practical lessons:

1. Basic steps of first aid. Treatment of acute airway obstruction.
2. Principles of adult basic life support. CAB Rule.
3. Infant and child basic life support.
4. Bleeding control. Shock treatment.
5. Bandaging techniques. Basic principles of dressing and bandaging.
6. Body positioning. AED.
7. Practical exam.

Credit and exam requirements:

- presence at lessons and practicals.
- practical exam.
- theoretical exam.

Literature:

AAOS. *First Aid, CPR, and AED: Standard - 7th edition*. Jones & Bartlett Publishers, 2017. ISBN 9781284041613.

KARREN, K.J. *First Aid for Colleges and Universities - 10th edition*. Benjamin-Cummings Publishing Co., 2012. ISBN 9780321732590.

ST JOHN AMBULANCE. *First Aid Manual - 10th Edition*. Dorling Kindersley Limited, 2016. ISBN 9780241241233.