

# Minnesota State University Moorhead

## HLTH 125: First Aid and CPR

### A. COURSE DESCRIPTION

Credits: 2

Lecture Hours/Week: 2

Lab Hours/Week: 0

OJT Hours/Week: \*.\*

Prerequisites: None

Corequisites: None

MnTC Goals: None

To provide the citizen responder with the knowledge and skills necessary in an emergency situation to help sustain life and minimize pain and the consequences of injury or sudden illness until medical help arrives. Successful completion leads to American Red Cross certification in cardiopulmonary resuscitation (CPR) for adult, child and infant, and First Aid Responding to Emergencies.

**B. COURSE EFFECTIVE DATES:** 06/01/1995 - Present

### C. OUTLINE OF MAJOR CONTENT AREAS

1. Emergency Action Principles.
2. Infection.
3. Legal Issues.
4. Shock.
5. Procedures for Controlling Blood Loss.
6. Wounds.
7. Facial Injuries.
8. Infection.
9. Bandaging.
10. Burns.
11. Chest Injuries.
12. Abdominal Injuries.
13. Head Injuries.
14. Spinal Injuries.
15. Musculoskeletal Injuries.
16. Heart Attacks.
17. Strokes.
18. Diabetic Emergencies.
19. Respiratory Emergencies.
20. Cardiopulmonary Resuscitation.
21. Cold and Heat Emergencies.
22. Poisons.

#### **D. LEARNING OUTCOMES (General)**

1. Explain how the EMS system works and the citizen responder's role in the EMS system, including how and when to call EMS personnel (K).
2. Identify the signals of breathing emergencies, including choking, and demonstrate how to provide rescue breathing and first aid for choking (K).
3. Identify the major risk factors for cardiovascular disease and for injury, and describe how to minimize them. (K)
4. Recognize the possible signs and symptoms of a possible heart attack and describe how to care for someone who is experiencing persistent chest pain (K).
5. Identify the signs of cardiac arrest, and demonstrate how to provide cardiopulmonary resuscitation (CPR) for infants, children, and adults until emergency medical personnel arrive (K).
6. List the conditions in which a rescuer may stop CPR (K).
7. Demonstrate how to set-up and use an Automated External Defibrillator (AED) (K).
8. Identify life-threatening bleeding, and demonstrate how to control it (K).
9. Identify the signs and symptoms of shock, and describe how to minimize its effect (K)
10. Identify the signals of various soft tissue and musculoskeletal injuries and demonstrate how to care for them (K).
11. Identify the signals of sudden illness, including poisoning, bites and stings, and heat and cold emergencies, and describe how to care for them (K).
12. Describe when and how to move a person in an emergency situation (K).
13. Describe how to deal with people with special needs in an emergency situation (K, H).
14. Describe how to respond to various delayed situations (K).
15. Identify ways to prevent injuries and reduce risk factors of illness (K).
16. To make positive life style changes by showing improvement in the healthy life style assessment (R).
17. Demonstrate competency in each skill taught in the course. This is defined as performing each skill correctly without guidance (K).
18. Complete the Lifestyle Inventory, (pre and post).
19. Reflect on the effects of completing the First Aid/CPR course work to their own personal lifestyle after completing the post Lifestyle Inventory.

#### **E. Minnesota Transfer Curriculum Goal Area(s) and Competencies**

None

#### **F. LEARNER OUTCOMES ASSESSMENT**

As noted on course syllabus

#### **G. SPECIAL INFORMATION**

None noted