

COURSE OUTLINE

HEED-108

Adult CPR and First Aid

1 Semester Hour

HOWARD COMMUNITY COLLEGE

Description

This course is designed to acquaint students with theories and techniques of CPR and First Aid and Safety. After the successful completion of this course a two-year card from the American Heart Association in Adult CPR and a three-year certification in First Aid and Safety from the National Safety Council will be awarded. (1 hour weekly)

Overall Course Objectives

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

1. Define CPR, the legal duty to act, standard of care, and Good Samaritan Law.
2. Explain how to gain entry into the EMS system.
3. Define prudent heart living and describe five ways to reduce the risk of heart disease.
4. Identify warning signs and symptoms of a heart attack.
5. Describe normal heart and lung anatomy and functions.
6. Explain the four links in the Chain of Survival.
7. List three ways to determine the signs of circulation.
8. Define AED and list three special precautions associated with defibrillation.
9. Demonstrate proper performance guidelines for adult CPR: one and two rescuer.
10. Define universal precautions and identify three ways to reduce the risk of disease transmission (particularly of the AIDS and Hepatitis viruses) while performing CPR.
11. Define First Aid, the victim's right to refuse care and informed consent.
12. List the purpose of performing victim assessment and the steps involved.
13. Define shock and differentiate between hypovolemic and anaphylactic signs, symptoms and treatment.
14. Identify the three steps for controlling bleeding.
15. Demonstrate the application of splints and dressings.
16. Identify the causes, signs, symptoms and treatment for: head, eye, chest, and abdominal injuries, heat-related emergencies, seizures, diabetes, spinal cord injuries, stroke and burns.
17. Describe when and how to move a victim in an emergency situation.
18. Assemble and explain the contents of a First Aid Kit.

Major Topics

1. CPR – Adult – one and two rescuer
2. Rescue breathing
3. Foreign body airway obstruction – conscious and unconscious victim
4. Legal aspects
5. Automated External Defibrillation
6. Prudent Heart Living
7. Heart and Lung Anatomy and Function
8. Injuries and Illness – recognition and treatment

Course Requirements

Grading/Exams:

Grading procedures will be determined by the individual faculty member but will include the following:

The final grade will be based on successful demonstration of adult emergency skills, quizzes, case study presentation, first aid kit, multiple-choice exam, class participation and attendance.