

| | | | | | | | | |
|------------------------|---|--|-------------|---|---|---|---|---|
| Name of Faculty | | Nursing | | | | | | L:1 T:1 |
| Name of course | | First aid | | | | | | |
| S.No. | Course Coordinator : Name : Contact: | Mr. Anoop Sandhu 09888141234 | | | Class Time:2:00-4:00pm Monday Tuesday | | | Credits:2 Marks:50 |
| S. No. | Unit | Sub Units | Time | Topic | Teaching Methodology | Assessment Methodology | Teaching Faculty | |
| 1. | Course Orientation | <p>First Aid Principles</p> <p>First Aider</p> <p>Dressing &</p> | 10 hrs | <ul style="list-style-type: none"> Welcome Course objective and methodology Precautionary measures while giving first aid (safety and comfort) Definition, Aim, Principles of first aid Golden rules of first aid Scope of first aid The Task of a First Aider First aid Kit Definition of first aider Qualities of first aider Responsibilities of first aider Definition. Purposes. Types of dressing Medicated and unmediated Dry dressing and wet dressing Pressure dressing Types of bandages Causes of poisoning | Teacher Seminar | <p>Subjective and objective type questions.</p> <p>Weekly Assessment.</p> | <p>Mr. Anoop Sandhu</p> <p>Ms Shikha Sharma Thapa</p> | |

| | | | | | | | | |
|----|---|---|-------|--|-----------------|---|---|--|
| | | Shock Wounds Burns Heat Stroke and Heat Exhaustion | | <ul style="list-style-type: none"> • Causes of shock • Sign and symptoms • Basic First aids of shock • Definition, Types of wound • General measures adopted in first aid management • Complication and hazard of wounds • Prevention of complication & management • Burns and their first aid management • Causes, sign and symptoms and its first aid • Prevention Heat Stroke and Heat Exhaustion and dehydration | | | | |
| 3. | Unconsciousness, Head injury, Cardio-pulmonary Resuscitation(CPR) | Unconsciousness Head Injury | 10hrs | <ul style="list-style-type: none"> • Causes of unconsciousness • Definition • Assessment of unconsciousness • Sign and symptoms • General signs and symptoms and stages of unconsciousness • Unconsciousness First aid Types of head injury • Causes, sign & symptoms • first aids | Teacher Seminar | Subjective and Objective type questions. Written assignment. Weekly assessment. | Ms. Anu Grover Mr. Anoop Sandhu Ms. Shikha Sharma Thapa | |

| | | | | | | | | |
|--|----------|---|-------|---|--|--|---|--|
| | | <p>Cardio-Pulmonary Resuscitation (CPR)</p> <p>Seizures</p> | | <ul style="list-style-type: none"> • Management <ul style="list-style-type: none"> • Modification child/Baby • Indication ,Causes • Signs and symptoms of cardiac arrest • Procedures of resuscitation <ul style="list-style-type: none"> • Seizure <ul style="list-style-type: none"> • Causes, sign & symptoms, • Minor and Major Epileptic Fits and its first aids | | | | |
| | Asphyxia | <p>Asphyxia</p> <p>Drowning</p> <p>Chocking</p> <p>Foreign bodies</p> | 10hrs | <ul style="list-style-type: none"> • Causes , Signs and symptoms • Aim. first aid management • Causes , Signs and symptoms • Rescue of a drowned person • first aid management • Causes of air way obstruction • Signs and symptoms • First aid in chocking • Prevention of chocking • Foreign body in the eye • Sign and symptoms • Aim • Treatment • Definition, Types of fracture and their management | <p>Teacher Seminar</p> <p>Focus Group Discussion</p> | <p>Subjective and Objective type questions.</p> <p>Written assignment.</p> <p>Weekly Assessment.</p> | <p>Ms. Ritu Yadav</p> <p>Mr. Anoop Sandhu</p> | |

| | | | | | | | | |
|--|--|---|--|--|--|--|--|--|
| | | Fractures Injuries to the Muscles | | <ul style="list-style-type: none"> • Causes of Sprain • Sign& symptoms of sprain • Treatment of Sprain • Causes of Strains • Sign. & symptoms of Strains <ul style="list-style-type: none"> • Treatment of Strains | | | | |
|--|--|---|--|--|--|--|--|--|

Imparting transferable and life skills about First Aid which shown to known to all as an individual for self well being as well as for well being of surrounding people. The course enhances the knowledge about commonly encountered medical problems and the type of first aid that should be administered so that the chances of recovery are maximized.