

FIRST AID

Branch: Physiotherapy PZTV111C	Courses obligatory	S 1/1 C, Ex
Branch: Physical Education and Sport PZTV205C	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). In practical lessons the students learn CPR in adults and children and the main principles of immobilization and bandaging techniques.

Lectures:

1. Introduction to First Aid, the meaning and the types of First Aid. Action at an emergency.
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. Electrical and chemical injuries. Cold exposure. Frostbite.
6. Chest and abdominal injuries. Pneumothorax.
7. Head and spinal injuries. Injuries of the locomotor system.

Practical lessons:

1. Guidelines and basic steps of first aid. Treatment of acute airway obstruction.
2. Principles of adult basic life support. Cardiopulmonary resuscitation (CPR).
3. Infant and child basic life support.
4. Bleeding control. Shock treatment. Positioning.
5. Basic principles of dressing and bandaging. Bandaging techniques I.
6. Bandaging techniques II.
7. Practical exam.

Credit and exam requirements:

- minimum 80% presence, practical knowledge of CPR and bandaging techniques.
- practical exam, theoretical exam.

Literature:

HANDAL, K.A., *The American Red Cross First Aid and Safety Handbook*. New York: Little, Brown and Company, 1992

First Aid Manual. London: Brown Publishing, 2014

WYATT, J.P. et al., *Oxford Handbook of Emergency Medicine*. Oxford: Oxford University Press, 2008