

Bergen Community College
Division of Health Professions
Department of Wellness/Exercise Science

Course Syllabus

WEX-159 CPR & First Aid

Semester and year: All

Course and Section Number: WEX-159 CPR & First Aid

Meeting Times and Locations: TBD

Instructor: TBD

Office Location:

Phone:

Departmental Secretary: Margaret Calamari, G-207, 201-447-7899, mcalamari1@bergen.edu

Office Hours:

Email Address:

Course Description

WEX-159 CPR & First Aid provides the student with the knowledge and practical skills needed to respond to emergency situations including burns, wounds, respiratory and cardiac problems, broken bones, poisoning, etc. Students will qualify for certification in CPR & First Aid upon successful completion of course.*

Student Learning Outcomes

The student will demonstrate knowledge of practical skills needed to earn certification in CPR and First Aid.

- A. To investigate the rescuer's role and responsibilities in dealing with emergencies.
- B. To analyze the essential components of the emergency assessment process- i.e. primary and secondary responsibilities.
- C. To explore responses to situation including but not limited to seizures, wounds, poisoning, exposure to heat/cold, injuries to the musculoskeletal system and diabetic reactions.
- D. To acquire skills necessary to recognize situations including but not limited to shock, fractures, frostbite, hypothermia, heat stroke, heat exhaustion and open and closed wounds.
- E. To acquire skills necessary for cardiac and respiratory related emergency performance-CPR with AED.

Student Learning Objectives and Means of Assessment

| STUDENT LEARNING OBJECTIVES | MEANS OF ASSESSMENT |
|---|--|
| To investigate the rescuer's role and responsibilities in dealing with emergencies. | Students will demonstrate both verbally through class discussion and in writing, an understanding of a rescuer's roles, responsibilities and liabilities relative to CPR & first aid. |
| To analyze the essential components of the emergency assessment process- i.e. primary and secondary responsibilities. | Students will demonstrate verbally through class discussion, in writing and through demonstration, an understanding of primary and secondary responsibilities of the emergency assessment process. |
| To explore responses to situation including but not limited to seizures, wounds, poisoning, exposure to heat/cold, injuries to the musculoskeletal system and diabetic reactions. | Students will demonstrate verbally through class discussion, in writing and through demonstration, an understanding of first aid in regard to specific situations. |
| To acquire skills necessary to recognize situations including but not limited to shock, fractures, frostbite, hypothermia, heat stroke, heat exhaustion and open and closed wounds. | Students will demonstrate verbally through class discussion, in writing and through demonstration, an understanding of how to respond to certain emergency situations. |
| To acquire skills necessary for cardiac and respiratory related emergency performance-CPR with AED. | Students will demonstrate verbally through class discussion, in writing and through demonstration, an understanding of CPR. |

Course Content

- A. Course Orientation
 - 1. Overview of course requirements
 - 2. Procedures, responsibilities and expectations
- B. Liability Concerns
 - 1. Good Samaritan Laws
 - 2. Negligence
- C. Assessment Process
 - 1. Primary assessment
 - 2. Secondary assessment
 - 3. Application to conscious and unconscious situations
- D. Cardiac and Respiratory Emergencies
 - 1. Age group variations in skill performance

2. Associated skills in emergencies relating to airways, breathing process and circulation.
- E. Shock
1. The cycle of shock and the circulatory response
 2. Response sequence to shock situations
- F. Wounds
1. Assessment and management of closed wounds
 2. Dealing with the consequences of open wounds
- G. Exposure to heat and cold
1. Recognition, assessment and management of heat exhaustion and heat stroke
 2. The sequence and response associated with frostbite and hypothermia
- H. Diabetic reactions
1. Hypoglycemia-assessment as a primary and secondary concern
 2. Hyperglycemia-warnings, assessment and management
- I. Burns
1. Recognition and assessment process relative to severity
 2. Response plan associated with each degree of burn
- J. Poisoning
1. The four classifications of poisoning
 2. Responding to specific poisoning situations
- K. Fractures
1. Assessment process for broken bones
 2. The theory and practice of supportive techniques

Special Features of the Course

- A. PowerPoint
- B. Internet
- C. The inclusion of technological literacy learning
- D. Hands on training using special equipment like mannequins and AED

Course texts and/or Other Study Materials

- A. ECSI, First Aid CPR & AED, Jones and Bartlett Publishers, 7th edition, 2016. This text must be purchased and registered on the JB Learning website. Instructions and a code are located in the textbook. You must also enter an instructor code that will be provided in class. Without proper registration, you will not be eligible for certification. Registration also provides you with access to several online study aids as well as PowerPoint presentations.
- B. Only if you are obtaining the AHA Heartsaver CPR certification, you will need the Heartsaver First Aid CPR AED student workbook-item # 15-1018-ISBN: 978-1-61669-424-1.
- C. Mannequins for CPR skills practice and assessment
- D. Cravat and triangle bandages for use in bleeding control and splinting techniques
- E. Pocket face mask for use during CPR.

- F. Successful completion of this course earns you a CPR and first aid certification from ECSI. If an AHA Heartsaver CPR certification is required for your major, a certification card can be obtained for a \$5 fee. Interest in obtaining this additional certification must be conveyed to the instructor before CPR testing occurs.

Grading Policy

A grade in this course will be determined by the following:

- A. Each student will take a series of first aid quizzes and tests. One make up opportunity will be permitted and it must be done within one week of the original quiz/test date.
- B. There will be one exam based on the CPR aspects of the course.
- C. A series of CPR and AED related situations will be tested and students must be proficient in each part of the series.
- D. All first aid skills must be demonstrated with proficiency.
- E. Final grades are based on a total point scale. All written work and skills demonstrations will be factored in as follows:

| | |
|---------------------|------------------|
| 1. Quizzes | 175 points |
| 2. Exams | 200 points |
| 3. First Aid Skills | 75 points |
| 4. CPR Skills | <u>50 points</u> |

Total: 500 Points Possible

- F. The following point scale reflects the total values necessary for each particular final grade:

| | |
|---------------|---|
| 450 and above | A |
| 400-449 | B |
| 350-399 | C |
| 300-349 | D |
| 299 and below | F |

- G. Certification in CPR and AED is available for students who complete the CPR/AED skills series and score a minimum of 70 on the exam. If an American Heart Association certification card is desired, a minimum of 84 on the exam is required.
- H. Certification is available in first aid for students who have demonstrated all of the first aid related skills and a minimum of 70% on the first aid quizzes and test taken throughout the semester.

Please Take Note: *You cannot earn the points assigned to the First Aid Workshops if you are not prepared to participate in the scheduled activity.*

Attendance Policy

BCC Attendance Policy

All students are expected to attend punctually every scheduled meeting of each course in which they are registered. Attendance and lateness policies and sanctions are to be determined by the instructor for each section of each course. These will be established in writing on the individual course outline. Attendance will be kept by the instructor for administrative and counseling purposes

Attendance Policy in this Course

Students are expected to attend punctually every scheduled meeting of each course in which they are registered. Failure to attend lectures will result in a lack of knowledge of the material necessary to pass the course. One workshop can be made up if it is available in another class, otherwise points earned during the workshop absences cannot be made up. Quizzes and tests can be made up, but arrangements must be made within one week of the original quiz/test date.

Course Calendar

| Week | Topic(s) |
|------|---|
| 1 | Class orientation: Procedures Policies Requirements Liability concerns Basic anatomy |
| 2 | Assessment of emergencies |
| 3 | Sudden illnesses |
| 4 | CPR & AED |
| 5 | CPR & AED |
| 6 | CPR & AED |
| 7 | Shock |
| 8 | Bleeding Wounds Bandaging |
| 9 | Burns |
| 10 | Poisoning |
| 11 | Bites and Stings |
| 12 | Bone, joint and muscle injuries Extremity injuries Splinting extremities |
| 13 | Cold related emergencies |
| 14 | Heat related emergencies |
| 15 | Final |

*Students who qualify for AHA Heartsaver CPR Certification must pay a \$5 fee in order to receive the certification card.

COURSE SEQUENCE AND CONTENT ARE SUBJECT TO CHANGE WITHOUT NOTICE