



## AYDIN ADNAN MENDERES UNIVERSITY COURSE INFORMATION FORM

Course Title		First Aid							
Course Code		REH205		Course Level		First Cycle (Bachelor's Degree)			
ECTS Credit	2	Workload	54 (Hours)	Theory	2	Practice	0	Laboratory	0
Objectives of the Course		The objective of this course is to explain the students the basic principles of first aid, basic life support, first aid to injuries, fractures, dislocations and sprains, first aid in other situations of emergency and transportation							
Course Content		Description of first aid, the basic principles of first aid, first aid supplies, tasks and responsibilities of first aid assistant, basic life support, first aid on obstruction of airway with foreign substance, first aid at bleedings, shocks and injuries, first aid at cracks, dislocations and strains, first aid at burns, first aid at freezes, first aid on coma, first aid on toxicity and insect bites, first aid in the case of a foreign object in the body cavities, transportation techniques.							
Work Placement		N/A							
Planned Learning Activities and Teaching Methods				Explanation (Presentation), Demonstration, Discussion, Individual Study					
Name of Lecturer(s)		Lec. Havva Hamide AYBAR							

### Assessment Methods and Criteria

Method	Quantity	Percentage (%)
Midterm Examination	1	40
Final Examination	1	70

### Recommended or Required Reading

1	Demir, G., Bingöl, N., Karagöz, S.: Eğitim Becerileri Rehberi, Ankara, 2005.
2	Demir, G., Bingöl, N., Karagöz, S.: İlk Yardım Kaynak Kitabı, Ankara, 2007.
3	Süzen B., İnan H.: İlk Yardım, Birol Yayınevi, Geliştirilmiş 2. Baskı, İstanbul, 2004.
4	Olgun, N., Eti Aslan F., Yazıcı Kuğuoğlu, S.: Acil Bakım, Yüce Yayım, İstanbul, 1998.
5	Dramalı A., Kaymakçı Ş., Özbayır T., Yavuz M., Demir F.: Temel İlk Yardım Uygulamaları, İzmir 2003.
6	Sözen C., İlk Yardım ve Acil Bakım, İstanbul, 2006.
7	Temel İlk Yardım Uygulamaları Eğitim Kitabı. Fazıl İnan, Zülfinaz Kurt, İlkur Kubilay. Sağlık Bakanlığı Yayınları 2007

Week	Weekly Detailed Course Contents	
1	Theoretical	FIRST AID ? History Of First Aid ? The Aim And Importance Of First Aid ? Situations Needed For First Aid ? Main Principles And Aims Of First Aid ? Tasks And Responsibilities Of First Aid ? First Aid Materials
2	Theoretical	TO MAINTAIN BASIC LIFE SUPPORT (PERFORMING CPR) (Heart-Lung Animation) ? Basic Life Support Indications ? The Stages Of Heart-Lung Animation ? Adult, child and infant heart-lung animation ? Complications of heart-lung animation ? Maintaining advanced life support
3	Theoretical	FIRST AID ON OBSTRUCTION OF AIRWAY WITH FOREIGN SUBSTANCE ? Reasons For Obstruction Of Airway ? Suggestions To Protect Against Obstruction Of Airway ? Signs and Symptoms of Airway Obstruction ? First Aid On Adult, child and infant Obstruction Of Airway With Foreign Substance
4	Theoretical	FIRST AID ON BLEEDING ? Definition and Reasons Of Bleeding ? Classification Of Bleeding ? External bleeding and first aid at external bleeding ? Internal bleeding and first aid at internal bleeding
5	Theoretical	FIRST AID ON SHOCKS ? Definition Of Shock ? Classification And Physiopathology Of Shock ? Stages Of Shock ? Signs and Symptoms of Shock ? Prevention And Treatment Of Shock ? Anaphylactic Shock And First Aid On Anaphylactic Shock
6	Theoretical	FIRST AID ON INJURIES ? Principles Of Treatment Of Injuries ? First Aid On Head Trauma And Injuries ? First Aid On Spine Trauma And Injuries ? First Aid On Chest Trauma And Injuries ? First Aid On Abdominal Trauma And Injuries ? Rescuing the injured people at traffic accidents
7	Theoretical	FIRST AID AT CRACKS, DISLOCATIONS AND STRAINS ? First Aid At Cracks ? First Aid At Dislocations ? First Aid At Strains
8	Theoretical	FIRST AID AT BURNS ? Types Of Burns And Reasons For Burns ? Aim Of First Aid At Burns ? First Aid At Burns Caused By Heat, Chemicals And Electricity ? First Aid At Fire Rescue And Smoke Inhalation ? First Aid On Sunstroke FIRST AID ON FREEZE ? Definition And Physiopathology Of Freeze ? Types, Signs And Symptoms Of Freeze ? First Aid On Freeze



9	Intermediate Exam	Mid-Term Exam
10	Theoretical	FIRST AID ON COMA ? Definition Of Coma And Reasons For Coma ? Types Of Coma And First Aid ? First Aid On Epilepsy And During Episodes Of Hysteria
11	Theoretical	FIRST AID IN POISONING ? Ways Of Poisoning ? Symptoms Of Poisoning Cases ? First Aid In Poisoning ? Poison Information Center ? Precautions To Be Taken Against Poisoning
12	Theoretical	FIRST AID AT INSECT STING AND BITES ? Main Effects Of Insect Sting ? Snake Bites And First Aid ? Scorpion Sting And First Aid ? Spider Bite, Bee Sting And First Aid ? Pet Bites And First Aid ? First Aid At Injuries With Marine Animals
13	Theoretical	A FOREIGN OBJECT MOVING THROUGH THE BODY CAVITIES ? A Foreign Object Moving To Eye And First Aid ? A Foreign Object Moving To Ear And First Aid ? A Foreign Object Moving To Nose And First Aid
14	Theoretical	EMERGENCY TRANSPORTATION TECHNIQUES ? Main Rules For Transportation ? Dragging Methods For Ill Or Injured Person ? Removing diseased or injured in the vehicle (rentek maneuvering) FAST TRANSPORTATION TECHNIQUES IN SHORT DISTANCE ? Transportation Techniques with one person ? Transportation Techniques with two people CREATING A STRETCHER TO CARRY A SICK OR INJURED PERSON ? Carrying With A Chair ? Creating A Temporary Stretcher With Blanket ? Placement On A Stretcher With A Spoon Technique ? Placement T On A Stretcher With A Bridge Technique ? Carrying The Stretcher With Two And Four People
15	Theoretical	General Review
16	Final Exam	Final Exam

### Workload Calculation

Activity	Quantity	Preparation	Duration	Total Workload
Lecture - Theory	14	1	2	42
Midterm Examination	1	5	1	6
Final Examination	1	5	1	6
Total Workload (Hours)				54
[Total Workload (Hours) / 25*] = ECTS				2

\*25 hour workload is accepted as 1 ECTS

### Learning Outcomes

1	To be able to recognize the basic concepts and principles related to first aid emergency care,
2	To be able to identify the common accidents, injuries, and illnesses in the society, to be able to identify the health problems of the society and the basic principles with regards to the primary and secondary prevention of these problems,
3	To be able to list the priorities for emergency care and first aid; to be able to plan and apply the methods of emergency care in accordance with the assessment process,
4	To be able to apply first aid to cracks, dislocations and strains
5	First aid in burning and poisoning cases

### Programme Outcomes (Tourism Guiding)

1	To have scientific and professional ethical values
2	To gain the ability of analytical and critical thinking
3	To have an awareness of requirement of gaining lifelong new knowledge and skills
4	To know the basic concepts about tourism sector
5	To comprehend relationship between tourism and natural, cultural and social environment
6	To have enough foreign language knowledge to follow trends and studies in his/her field and to be able to communicate
7	to be able to use the second foreign language at medium level.
8	to have the ability of doing team work.
9	To gain the ability to use information technologies in his/her field at a good level.
10	To gain administrative knowledge and ability in his/her field.
11	To be competent on the subject of human relations and behaviours which are required in tourism industry
12	To be able to track the trends in his/her field.
13	To have knowledge and ability on the subjects required for his/her profession.
14	To have comprehensive knowledge required for his/ her profession about other tourism services
15	To have enough knowledge about culture and customs of his/her own country.
16	To have enough knowledge about different cultures and customs.

**Contribution of Learning Outcomes to Programme Outcomes** 1:Very Low, 2:Low, 3:Medium, 4:High, 5:Very High



	L1	L2	L3	L4	L5
P1	4	4	4	4	4
P2	4	4	4	4	4
P3	4	4	4	4	5
P4	1	1	1	1	1
P5	1	1	1	1	1
P6	1	1	1	1	1
P7	1	1	1	1	1
P8	3	3	3	3	4
P9	1	1	1	1	1
P10	1	1	1	1	1
P11	4	4	4	4	4
P12	1	1	1	1	1
P13	1	1	1	1	1
P14	1	1	1	1	1
P15	1	1	1	1	1
P16	1	1	1	1	1

