



## AYDIN ADNAN MENDERES UNIVERSITY COURSE INFORMATION FORM

Course Title		First and Emergency Aid							
Course Code		BDB415		Course Level		First Cycle (Bachelor's Degree)			
ECTS Credit	4	Workload	100 ( <i>Hours</i> )	Theory	2	Practice	0	Laboratory	0
Objectives of the Course		It aims to have the necessary knowledge and to apply this information in order to protect the health of the individual / the community in natural disasters, injuries and accidents, to prevent the loss of life and to minimize the damage of the individuals.							
Course Content		the definition and purpose of lukotherapy, patient assessment, shock, basic life support, bleeding, injuries, burns, sudden loss of consciousness, poisonings, exposure to hot and cold, head and spine trauma, fracture-dislocation-sprain and muscle cramps, and rescue.							
Work Placement		N/A							
Planned Learning Activities and Teaching Methods				Explanation (Presentation), Discussion, Individual Study					
Name of Lecturer(s)									

### Prerequisites & Co-requisites

ECTS Requisite	150
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### Assessment Methods and Criteria

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

### Recommended or Required Reading

1	Sözen Cemil, İlk yardım, Nobel yayın, Ankara, 2002.
2	Süzen Bikem, İnan H., İlk Yardım, birol basım yayın , 3. baskı, 2004-2005.

Week	Weekly Detailed Course Contents	
1	Theoretical	Causes and revealing problems of disasters, history of first aid
2	Theoretical	Evaluation of victim accident
3	Theoretical	Respiratory and cycle system first aid
4	Theoretical	CPR(cardiopulmonary respiration)
5	Theoretical	Practices of CPR(cardiopulmonary respiration)
6	Theoretical	Bleedings and shock of first aid
7	Theoretical	Traumas(superior extremities ) of first aid
8	Intermediate Exam	Midterm Exam
9	Theoretical	Traumas(lower extremities) of first aid
10	Theoretical	Poisonings of first aid
11	Theoretical	Burn, electric shock, freezing of first aid
12	Theoretical	Burn, electric shock, freezing of first aid
13	Theoretical	Patient handling techniques
14	Theoretical	Civilian defense
15	Final Exam	Final Exam



**Workload Calculation**

Activity	Quantity	Preparation	Duration	Total Workload
Lecture - Theory	13	4	2	78
Midterm Examination	1	10	1	11
Final Examination	1	10	1	11
Total Workload (Hours)				100
[Total Workload (Hours) / 25*] = <b>ECTS</b>				4

\*25 hour workload is accepted as 1 ECTS

**Learning Outcomes**

1	Identify information on first aid practices
2	Ability to use first aid knowledge in emergency situations
3	Identify information on traumas of first aid
4	Identify information on poisoning of first aid
5	Provides basic life support where necessary.

**Programme Outcomes (Nutrition and Dietetics)**

1	Assess, apply and evaluate the accuracy, reliability and validity of basic knowledge and evidence based current scientific developments on nutrition and dietetics.
2	Assess scientifically the energy and nutrients need of individuals and develop nutrition plans and programs for the clients according to the principles of adequate and balanced nutrition and assessment of energy and nutrient requirements
3	Develop food and nutrition plans and policies for the prevention and promotion of healthy lifestyle applying the methods of nutritional assessment for the population.
4	Assess the nutritional status of the patients, evaluate the clinical symptoms, plan and apply individualized medical nutrition therapy for the patients.
5	Evaluate the factors affecting the quality of food consumed by the individuals and populations from production to consumption and implement the legal standards and legislations on food safety and food security.
6	Consider, interpret and apply the basic scientific knowledge on nutrition and dietetics especially have skills on critical thinking, problem solving and decision making and use effectively the appropriate current technologies and computer, demonstrate skills in preparing research manuscripts, project proposals, collecting and verifying data and writing report.
7	Assess, evaluate and interpret the nutritional status of the individuals and population groups using current knowledge, develop preventive measures, apply medical nutrition therapy, demonstrate active participation, teamwork and contributions with national and international stakeholders in health and social areas, in terms of ethical principles.
8	Plan menus in the institutional food service systems depending on the energy and nutrient requirements of target groups in the scope of nutrition and dietetic principles, take care of food safety in all settings from purchase of food to service, apply appropriate service using technological developments.
9	Develop and use effective strategies for the education, counseling and encouragement of individuals and population groups to facilitate behavior change and choose healthy and safety foods, prepare and update the related educational materials.
10	Apply laboratory work on product development, food analysis and related factors effecting food quality and interpret the results and evaluate them according to the legal arrangements.
11	Plan, manage, evaluate, monitor and report researches and programs to educate and increase and improve the knowledge and awareness of individuals and population groups on healthy nutrition during all lifecycle period, and lead such activities, support and take role in the preparation and implementation of national and international food and nutrition plans and policies.
12	Work and perform duties in the scope of occupational responsibilities and ethical principles, understand the importance of lifelong learning, follow the latest developments (innovations) in science, technology and health, demonstrate professional attributes for the enhancement of nutrition and dietetics profession.
13	Use, apply, discuss and share scientific and evidence based knowledge in nutrition and dietetics practice with team and team members, develop and demonstrate effective skills using oral, print, visual methods in communicating and expressing thoughts and ideas, communicate with all stakeholders within ethical principles. Develop and demonstrate effective communications skills using oral, print, visual, electronic and mass media methods
14	Plan, apply, monitor and evaluate individualized medical nutrition therapy within interdisciplinary approaches, considering the sociocultural, economical status of patients in various age groups and also contribute to clinical researches.

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

	L1	L2	L3	L4
P1	2	3	2	2
P2	2	3	2	3
P3	3	2	3	3
P4	2	1	2	2
P5	1	2	1	4
P6	2	2	2	1



P7	2	3	5	2
P8	3	1	3	2
P9	1	2	2	3
P10	1	3	1	2
P11	2	2	2	1
P12	3	1	3	2
P13	2	2	2	2
P14	4	2	4	3

