

Standard First Aid Syllabus
HED 164L-501 CRN: 44053 – Spring 2018

MEETING DAYS/TIMES: Tuesday/Thursday 4:00-5:15
LOCATION: Los Lunas High School
SEMESTER CREDIT HOURS: 3 Credit Hours
INSTRUCTOR: Jennifer Escajeda
EMAIL: jescajed@unm.edu
OFFICE HOURS: By appointments only
OFFICE PHONE: (505) 925-8600

Course Description: This course follows the American Heart Association requirements to prepare the student with knowledge, skill, and techniques necessary to recognize and provide care in first aid, respiratory, and cardiac emergencies, using the latest CPR and emergency cardiac care guidelines. Students learn how to perform rescue breathing, one and two-rescuer CPR, how to use airway adjuncts (bag-valve-mask), and how to operate an Automated External Defibrillator (AED).

Course Objectives and Student Learning Outcomes:

1. Demonstrate the proper procedures to follow in an emergency situation.
2. Demonstrate awareness of scene safety for yourself and others
3. Recognize the scope of practice of volunteers and professionals trained in Professional Rescuer First Aid and CPR.
4. Identify the legal considerations of providing care.
5. Assess victims of different conditions and apply appropriate treatments based off of standards and their knowledge and understanding of human anatomy and physiology.
6. Apply appropriate intervention techniques while reducing the risk of disease transmission.
7. Perform one and two-person CPR with infants, children, and adults.
8. Use airway adjuncts (bag-valve-mask and oxygen administration).
9. Demonstrate appropriate competency with AED operation and use.
10. Develop an appreciation for the importance of proper Professional Rescuer First Aid and CPR skills/procedures in order to save lives and prevent and treat injuries.
11. Demonstrate these skills up to the level of the AHA's standards.

Textbooks and Supplies: American Academy of Orthopedic Surgeons (AAOS) – Advanced First Aid, CPR, and AED; Seventh Edition **ISBN: 978-1-4496-3505-3**

AHA BLS for Healthcare Providers Student Manual **ISBN: 978-1-61669-039-7**

Course Requirements: Class participation, chapter tests, and comprehensive final exam. Class participation includes in-class activities and assignments. These activities and assignments must be completed to receive a grade of passing for written work. The correct spelling of medical terminology is considered in the correctness of written assignments, tests/exams. Students will

be dropped from the course for the following reasons:

- 2 days missed in the first week
- 3 hours missed in the semester **Note:** (if you are 20 minutes late to class, that will be considered an absence)

1. **Activities** will consist of homework assignments and quizzes designed to focus learning and prepare students for the examinations. Students may utilize any resources (the text, the instructor, other students, online resources, library, medical library, etc.) they find helpful to complete these assignments. Students must refrain from simply copying another's work or answers!! If this occurs, the student will be dropped from the class. Be aware that there are many resources that do not completely or accurately explain human anatomy and physiology—one of your goals as a student is to develop the skills necessary to identify and use reputable and accurate reference materials. The assignments may take the form of quizzes, problems assigned from the text or instructor, and/or short collegiate essays (APA or MLA Format).
2. **All reading assignments** must be completed before class. Regular class attendance and participation in class discussions are expected.
3. **Quizzes/Exams** will be given at the discretion of the instructor.
4. **You will NOT be able** to make up missed exams unless you can provide written proof, from a physician or nurse, of an illness or emergency.
5. **Participation:** In-class assignments will consist of role-playing and scenario decision-making problems, group activities, and other related work. You are expected to fully participate in all activities in order to succeed in this class.
6. **Electronic Devices, of any kind, MUST BE OFF AND PUT AWAY DURING CLASS TIME unless specified by instructor.**
7. **Late assignments** will be penalized one full grade.
8. **Attendance for Final Exams is mandatory.** If missed it cannot be made up.
9. **Exams** will cover the assigned reading assignments, lectures/labs content and UNM learning materials.
10. **If you are planning on missing an exam** due to a UNM-Valencia Campus or UNM- Main Campus authorized activity, you must notify the instructor prior to the exam in order that a make-up exam is scheduled for you.
11. **Be on time to class**
12. **Work on,** complete, and hand-in assignments by the due date.
13. **Be motivated** and maintain a positive learning attitude.
14. **Ask questions** and **Communicate** with your instructor in order to learn the expectations, rules, policies, etc. of your classroom and school.
15. **Do NOT waste** your valuable time in class.
16. **You must bring** your textbooks or any materials/supplies with you to class

Grading: Grades are based on written work, chapter tests, quizzes, exams, lab skills, class participation, and final exam.

The following grading scale will be used for the calculation of grades:

A =90%-100%

C= 70-79%

F= 59% or less

B =80%-89%

D= 60-69%

Evaluation/Grading

Quizzes (8) 20pts each

Midterm

Assignments (4) 10 pts each

Final Exam

Participation

Track Your Own Progress

160 points

200 points

40 points

300 points

200 points

____Points

____Points

____Points

____Points

____Points

Total Possible Points

900 points

____Total Points

Grading elements:

- Weekly Participation 20%
- Quizzes 20%
- Assignments 10%
- Midterm 20%
- Final Exam 30%

Attendance Policy: Regular and punctual attendance is required. UNM *Pathfinder* policies apply, which in part means instructor drops based on non-attendance is possible. This policy applies regardless of the grading option you have chosen.

Accommodation Statement: Accessibility Services (Mesa Vista Hall 2021, 277-3506) provides academic support to students who have disabilities. If you think you need alternative accessible formats for undertaking and completing coursework, you should contact this service right away to assure your needs are met in a timely manner. If you need local assistance in contacting Accessibility Services, see the Bachelor and Graduate Programs office.

Academic Integrity: The University of New Mexico believes that academic honesty is a foundation principle for personal and academic development. All University policies regarding academic honesty apply to this course. Academic dishonesty includes, but is not limited to, cheating or copying, plagiarism (claiming credit for the words or works of another from any type of source such as print, Internet or electronic database, or failing to cite the source), fabricating information or citations, facilitating acts of academic dishonesty by others, having unauthorized possession of examinations, submitting work of another person or work previously used without informing the instructor, or tampering with the academic work of other students. The University's full statement on academic honesty and the consequences for failure to comply is available in the college catalog and in the *Pathfinder*.

<http://pathfinder.unm.edu/campus-policies/academic-dishonesty.html>

Anderson Academic Honesty Code: <https://www.mgt.unm.edu/honesty/>

Title IX: The Equal Opportunity in Education Act of 2002 (known as Title IX) states that “No person in the United States shall, on the basis of sex, be excluded from participation in, be denied the benefits of, or be subjected to discrimination under any educational program or activity receiving federal financial assistance.” As a member of the UNM faculty I take this responsibility seriously.

It is important for all faculty, teaching assistants, graduate assistants, staff and students to understand the following. In an effort to meet obligations under Title IX, UNM faculty, Teaching Assistants, and Graduate Assistants are considered “responsible employees” by the Department of Education (<http://www2.ed.gov/about/offices/list/ocr/docs/qa-201404-title-ix.pdf>, pp 15). This designation requires that any report of gender discrimination which includes sexual harassment, sexual misconduct and sexual violence made to a faculty member, TA, or GA must be reported to the Title IX Coordinator at the Office of Equal Opportunity (oeo.unm.edu). For more information on the campus policy regarding sexual misconduct, see: <https://policy.unm.edu/university-policies/2000/2740.html>. There are organizations on campus that can maintain anonymity and are not required to report possible Title IX violations. These include Student Health and Counseling, CARS, and UNM Advocacy centers including the LoboRESPECT Advocacy Center, the Women’s Resource and the LGBTQ Resource center.

Cell Phones and Technology: As a matter of courtesy, please turn off cell phones, pagers, and other communication and entertainment devices prior to the beginning of class. Notify me in advance if you are monitoring for an emergency, for which cell phone ringers should be switched to vibrate.

To be successful in the course it is important to do the following:

1. Please read your chapters before class.
2. Please complete “Assessment in Action” and “Check Your Knowledge” at the end of each chapter.
3. Please study “Vital Vocabulary” at the end of each chapter.
4. Be prepared for quizzes and/or exams on all material read and covered in class.

Course Schedule: Topics or assignments may change as needed. Announcements regarding such changes will be made during regular class hours. Students who are absent or tardy when such announcements are made will still be responsible for the changes.

HED 164L Spring 2018	Topic	Subtopics	Skill	Assignments
Week 1 January 16 th January 18 th	Introduction Background Information	Syllabus Importance of First Aid		Chapter 1 Quiz Due 1/23

	Chapter 1	First Aid and the Law Injury Prevention		
Week 2 January 23 rd January 25 th	Action at an Emergency Chapter 2	Recognizing Emergencies Deciding to Act Seeking Medical Care Disease Precautions	How to Remove Gloves	Write a one page typed paper describing the difference between blood borne disease and airborne disease. Due 1/30
Week 3 January 30 th February 1 st	CPR Chapter 5	Adult and Child CPR Infant CPR Airway Obstruction	Adult and Child CPR Infant CPR Adult and Child Choking Infant Choking	
Week 4 February 6 th February 8 th	AED Chapter 6 Shock Chapter 7	Using an AED Shock -Types and Care	Using an AED Using an Epinephrine Auto-Injector	Chapter 7 Quiz Due 2/13
Week 5 February 13 th February 15 th	Bleeding and Wounds Chapter 8 and 9 Bandages Chapter 10	Open and Closed Wounds Amputations and Avulsions Blisters Impaled Objects Dressings and Bandages	Bleeding Control Applying a Manufactured Tourniquet Applying an Improvised Tourniquet Cravat Method of Bandaging the Head, Forehead, Ear, or Eyes	Study for in class quiz over Chapters 8, 9 and 10. Quiz will be on 2/20

			<p>Cravat Method of Bandaging the Arm or Leg</p> <p>Cravat Method of Bandaging the Palm of the Hand</p> <p>Spiral Method of Bandaging a Forearm</p> <p>Figure-Eight Method of Bandaging a Knee or Elbow</p> <p>Figure-Eight Method of Bandaging a Hand</p> <p>Figure-Eight Method of Bandaging an Ankle or Foot</p> <p>Loop Method of Securing Bandages</p> <p>Split-Tail Method of Securing Bandages</p>	
<p>Week 6</p> <p>February 20th</p> <p>February 22nd</p>	<p>Burns</p> <p>Chapter 11</p>	<p>Thermal Burns</p> <p>Chemical Burns</p> <p>Electrical Burns</p>	<p>Quiz Chapters 8, 9, and 10</p>	<p>Write a one page typed paper on the difference between first, second, and third-degree burns. Include a chart comparing the 3.</p> <p>Due 2/27</p>
<p>Week 7</p> <p>February 27th</p> <p>March 1st</p>	<p>Head and Spinal Injuries</p> <p>Chapter 12</p>	<p>Head Injuries</p> <p>Eye Injuries</p> <p>Ear Injuries</p> <p>Nose Injuries</p> <p>Tooth Injuries</p> <p>Spinal Injuries</p>	<p>Checking for Spinal Injuries in a Responsive Person</p>	<p>Chapter 12 Quiz</p> <p>Due 3/6</p> <p>Study for Midterm 3/8</p>

<p>Week 8 March 6th March 8th</p>	<p>Chest, Abdominal, and Pelvic Injuries Chapter 13 Midterm (3/8) Chapters 1 - 13</p>	<p>Closed and Open Chest Injuries Closed and Open Abdominal Injuries</p>		
<p>Week 9 March 13th March 15th</p>	<p>No Class</p>	<p>NO CLASS 3/13 or 3/15</p>		<p>Spring Break</p>
<p>Week 10 March 20th March 22nd</p>	<p>Bone, Joint, and Muscle Injuries; Extremity Injuries Chapter 14</p>	<p>Types of Injuries Shoulder Injuries Elbow Injuries Hand and Finger Injuries Hip Joint Injuries Thigh Injuries Knee Injuries Lower Leg Injuries RICE Procedure Splinting Extremities</p>	<p>Checking CSM in an Upper Extremity Checking CSM in a Lower Extremity RICE Procedure Arm Sling for Arm Injury Splinting Upper Arm Splinting Elbow in Bent Position Splinting Elbow in Straight Position Applying a Rigid Splint on a Forearm Applying a Soft Splint on a Forearm Splinting a Knee in the Straight Position Splinting a Knee in the Bent Position Splinting Lower Leg (Self- Splint)</p>	<p>Chapter 14 Quiz Due 3/27</p>

			Splinting Leg (Rigid Splint)	
Week 11 March 27 th March 29 th	Sudden Illnesses Chapter 17	Change in Responsiveness Chest Pain Stroke Difficulty Breathing Fainting Seizure Diabetic Emergencies Abdominal Complaints		Write a one page typed paper on the difference between a heart attack and cardiac arrest. Due 4/3
Week 12 April 3 rd April 5 th	Poisoning Chapter 18 Bites and Stings Chapter 19	Ingested Poisons Alcohol and Other Drugs Carbon Monoxide Poisonous Plants Animal Bites Snake Bites Insect Stings Spider and Insect Bites Marine Animal Injuries		Study for in class quiz over Chapters 18 and 19. Quiz will be on 4/10
Week 13 April 10 th April 12 th	Cold and Heat Related Emergencies	Frostbite and Hypothermia	Quiz Chapters 18 and 19	Chapter 20 Quiz Due 4/17

	Chapter 20	Heat Cramps, Heat Exhaustion, and Heat Stroke		
Week 14 April 17 th April 19 th	Behavioral Emergencies Chapter 23	Depression Suicide Emotional Injury		Choose a topic covered in Chapter 23 (depression, suicide, emotional injury, etc.) Write a one paged typed paper. Due 4/24
Week 15 April 24 th April 26 th	Wilderness First Aid Chapter 24	Dislocations, Spinal Injury, and Fractures Avalanche Burial Altitude Illness Lightning Wild Animal Attacks Evacuation and Signaling for Help		Chapter 24 Quiz Due 5/1
Week 16 May 1 st May 3 rd	Disaster Preparedness Chapter 26	Natural Disasters Technological Hazards National Security Emergencies		Study for Final on 5/8
Finals Week May 8 th		Written Test Cards		