



# MEDICAL UNIVERSITY

“PROF. DR. PARASKEV STOYANOV” - VARNA

## FACULTY OF DENTAL MEDICINE

Approved with a Protocol of No 46/16.02.2022

Approved:  
DEAN of Faculty of Dental Medicine:  
/ Prof. Stefan Peev, MD, PhD, DSc/

### EDUCATIONAL PROGRAMME

OF

“FIRST AID AT HOME AND OFFICE”

Specialty “DENTAL MEDICINE”

Educational-qualification degree “MASTER”

Professional qualification “PHYSICIAN IN DENTAL MEDICINE”

	Semester	Horarium weekly	Total horarium
Lectures		2	15
Exercises	II, IV, VI, VIII, X	0	0
Total			15
Monitoring and evaluation forms			Course project
Credits ( ECTS )-2			
Extracurricular-45			

Varna, 2022

## ANNOTATION:

The course "First Aid at Home and Office" is elective.

THE MAIN OBJECTIVE of the course is to provide information about the types of incidents that may occur in everyday life at the home or in the office, as well as students' competencies in determining the right steps and decisions to take in order to protect themselves and the people around them.

Experience has shown that proper and timely first aid is of the utmost importance in accidents. Delaying it may aggravate the casualty's condition, and in some cases may cause permanent disability. The large number of domestic accidents, occupational accidents with often high mortality, which occur at the home or work, are often preventable with timely first aid. It is possible, through a good prevention and knowledge, by identifying and taking safety measures and actions against potential risks, to protect people from injuries.

First aid is especially important for injured or suddenly fallen ill people whose general condition worsens. The first aider is a person who must take immediate action to help the casualty without causing any harm while taking care of them.

This elective course is aimed at building basic skills for first aid, preparation for timely and properly response, ability to assess the victim and the risk. Proper rendering of psychological first aid, as well as its aspects, also favor the recovery of the victim.

Knowledge of basic first aid techniques can help deal with a number of medical emergencies in domestic and occupational accidents.

Based on the information provided, at the end of the course, each student should have the following knowledge, skills and competencies:

- knowledge of possible conditions requiring first aid.
- skills for: interpreting signs and complaints; identifying the needs of the casualty; orientation in the basic concepts and models for providing first aid for vital indications; determining the influence of various damaging factors on the human body; applying the knowledge acquired in the training course to determine the approach to the victim; determination of the necessary personal protective equipment and subsequent FA on the spot, reaction to poisoning, burns, drowning, sudden illness; use of automatic external defibrillator, etc.
- competencies for: placing the victim in a proper position, performing CPR, wound dressings and immobilization of broken limbs (activities that can be performed independently), providing first aid in case of drowning, for burns and frostbites at the scene of the accident; elementary anti-shock measures; first aid in case of electric shock; recognition of sudden cardiac arrest, heart attack and stroke; first aid for epileptic seizures; first aid for asthma, renal colic.

To achieve the main goal, the following training methods will be applied:

- lectures,
- individual work, case and practical tasks solving, consultations, presentations, literature review, explanations, etc.

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## CONTENT OF THE CURRICULUM PROGRAM:

### ▪ PLAN OF TOPICS OF LECTURES DURING II, IV, VI, VIII, X SEMESTER\*:

Nº	Topics	Hours
I week	Safety first. The role of the rescuer at the scene. Emergency response. Basic principles of first aid. Chain of survival. Assessment of the scene of the incident. Assessment of the casualty step by step.	1
II week	First aid for restoring respiratory activity. Choking adult. Choking child. First aid for choking. Shock. Shock position of the body. Electric shock. Lightning.	1
III week	Incidents in swimming pools – risk of infectious and traumatic complications. First aid.	1
IV week	Wounds and types of wounds. Soft tissue injuries. Dressings.	1
V week	Bone and joint injuries. Sprain. Injury to the spine. Fractures. Immobilization.	1
VI week	Household burns. Emergency assistance in exposure to very high and very low temperatures.	1
VII week	Food and medical poisonings at home and the office. Antidotes.	1
VIII week	Level of consciousness changes after an accident. Biological agents, protection measures and first aid.	1
IX week	Transport incidents. Assessment of the victim.	1
X week	First aid kits at home and in the office. Content and application of medicines.	1
XI week	Seizures. Epilepsy. Low blood sugar. Diabetes. Asthma. Renal colic.	1
XII week	Sudden cardiac arrest. Heart attack. Stroke.	1
XIII week	Incidents at home. Household poisoning with ethylene glycol, carbon monoxide, cleaning agents and others. Acute alcohol poisoning. Insect bites, spiders and others.	1
XIV week	Acute allergic reaction. Anaphylactic shock. Bee and wasp sting. First aid kits.	1
XV week	Psychological support for the victims and the family. Psychological first aid.	1
	<b>Total</b>	15

\* optionally, if there are enough students to form at least one group.

## MONITORING AND EVALUATION OF KNOWLEDGE, SKILLS AND COMPETENCES

Assessment of students is done by evaluation of their ability to make decisions and apply appropriate measures in a given situation. The quality and volume of the acquired knowledge, skills and competencies is established with the help of the following types of control:

- current: answering oral questions
- semester: Course project - writing of a course report on certain topics of the studied material.

The final grade is formed by the semester control in the ratio 100% and is recorded as an integer.

The objectivity of the assessment is guaranteed by the application of generally valid criteria for determining the level of professional competence and readiness of students, which includes the set of acquired knowledge, skills and competencies in the discipline (Table № 1).

Table №1

Common criteria for determining the level of professional competence and readiness

Six-point grading system	CRITERIA FOR DETERMINING THE LEVEL OF PROFESSIONAL COMPETENCE AND PREPAREDNESS	Degree of mastery of professional competence and readiness
Excellent 6	VERY HIGH LEVEL: excellent results with insignificant gaps in the demonstration of knowledge, skills and competencies within the scope of general and functional competencies	91-100%
Very Good 5	HIGH LEVEL: very good results with minimal gaps in the demonstration of knowledge, skills and competencies within the scope of general and functional competencies	81-90%
Good 4	AVERAGE: good results with a number of significant errors in the demonstration of knowledge, skills and competencies within the scope of general and functional competencies	71-80%
Average 3	MINIMUM REQUIRED LEVEL OF PROFESSIONAL COMPETENCE AND READINESS: mastery and demonstration of knowledge, skills and competencies within the mandatory minimum level of mastery of professional competence and readiness	60-70%
Poor 2	UNDER MINIMUM REQUIRED LEVEL OF PROFESSIONAL COMPETENCE Demonstration of knowledge and skills below the defined minimum competence, which requires additional work to cover it	<60%

## REFERENCES:

1. American Red Cross First Aid/CPR/AED Participant's Manual, 2011  
<http://shermanlakeymca.org/PDF/cpr.pdf>
2. Basic First Aid for the Community and Workplace – Student Handbook, American Safety & Health Institute, 2008  
[http://www.hsi.com/portals/22308/docs/ashi\\_bfa\\_sh\\_sample.pdf](http://www.hsi.com/portals/22308/docs/ashi_bfa_sh_sample.pdf)
3. First Aid Manual  
<http://firstaid-cpr.net/manualpdf.html>
4. First Aid Guide for School Emergencies  
[http://www.doe.virginia.gov/support/health\\_medical/health\\_emergencies/first\\_aid\\_emergencies.pdf](http://www.doe.virginia.gov/support/health_medical/health_emergencies/first_aid_emergencies.pdf)
5. ACEP First Aid Manual, 5<sup>th</sup> edition  
<https://kuiyem.ku.edu.tr/wp-content/uploads/2016/12/American-College-of-Emergency-Physicians-ACEP-First-Aid-Manual.pdf>
6. Basic and Advanced Life support 2020 Edition. American heart association guidelines for cardiopulmonary resuscitation and emergency cardiovascular care.  
[https://sofia.medicalistes.fr/spip/IMG/pdf/part\\_3\\_adult\\_basic\\_and\\_advanced\\_life\\_support\\_2020\\_american\\_heart\\_association\\_guidelines\\_for\\_cardiopulmonary\\_resuscitation\\_and\\_emergency\\_cardiopulmonary\\_care.pdf](https://sofia.medicalistes.fr/spip/IMG/pdf/part_3_adult_basic_and_advanced_life_support_2020_american_heart_association_guidelines_for_cardiopulmonary_resuscitation_and_emergency_cardiopulmonary_care.pdf)
7. First Aid to the injured  
[http://neuron.mefst.hr/docs/katedre/klinicke\\_vjestine/Dr%20Lojpur%20FIRST%20AID%20TO%20THE%20INJURED.pdf](http://neuron.mefst.hr/docs/katedre/klinicke_vjestine/Dr%20Lojpur%20FIRST%20AID%20TO%20THE%20INJURED.pdf)
8. First Aid for the family medicine boards, 3<sup>rd</sup> edition.  
<https://www.yumpu.com/en/document/view/63126795/download-pdf-first-aid-for-the-family-medicine-boards-third-edition-1st-aid-for-the-family-medicine-boards>
9. International Trauma Life Support for Emergency Care Providers  
<https://www.itrauma.org/product/itls-for-emergency-care-providers-9th-edition-ebook-pdf-format-vitalsource/>
10. European Resuscitation Council  
[https://www.resuscitationjournal.com/article/S0300-9572\(17\)30776-1/pdf](https://www.resuscitationjournal.com/article/S0300-9572(17)30776-1/pdf)

## FIRST AID AT HOME AND OFFICE SYLLABUS

for preparation for the semester exam  
in the elective discipline "First aid at home and office", included in the curriculum of the  
specialty "Dental Medicine" with a Master's degree

1. Managing an incident – Assessment of the scene of the incident.
2. Assessment of the casualty step by step.
3. Transport incidents. Assessment of the victim.
4. Unconscious adult, child or infant. First aid.
5. CPR for adults, children and infants. How to use an AED.
6. Choking adult. Choking child and infant. First aid for choking.
7. Shock. High or low voltage electric shock. First aid.
8. Drowning – signs, stages and first aid. Complications.
9. Wounds and types of wounds. Soft tissue injuries. Dressings.
10. Fractures and sprains. Injury to the spine. Improvised immobilization.
11. Domestic accidents with hot objects or liquids. First aid for burns.
12. Domestic accidents - Food and medical poisonings at home and the office. Antidotes.
13. Epilepsy. Seizures. How to recognize an emergency. First aid.
14. Low blood sugar. Diabetes. How to recognize an emergency. First aid.
15. Asthma. How to recognize an emergency. First aid.
16. Renal colic. How to recognize. First aid.
17. Sudden cardiac arrest. How to recognize. First aid.
18. Heart attack. How to recognize. First aid.
19. Stroke. Types. How to recognize. First aid.
20. Acute allergic reaction. Anaphylactic shock.
21. Bee and wasp sting. Insect and spiders bites. First aid.
22. Animal bites. First aid.
23. Psychological support for the victims and the family. Psychological first aid.
24. First aid kits at home and in the office.

Written by:

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Head of Department:

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**First Aid at Home and the Office Elective Programme** for Medicine Specialty was adopted at a meeting of the Department of Disaster Medicine and Maritime Medicine, **Protocol №68/06.01.2022**