

МЕДИЦИНСКИ УНИВЕРСИТЕТ - ВАРНА
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FACULTY OF MEDICINE

Approved:

Dean:

(Prof. Yoto Yotov, MD, PhD)



SYLLABUS

IN

"FIRST AID AT HOME AND OFFICE"

Specialty	MEDICINE
Educational - qualification degree	master
Organizational form of education	full-time
Auditorial activity (Lectures/Seminars)	15 (0/15)
Extra-auditorial activity	15
ECTS- credits	1
Discipline type	elective
Semester/s of education	Second, forth, sixth, eighth, tenth
Semester of examination	Second, forth, sixth, eighth, tenth
Developer(s) of the Syllabus:	Assoc.Prof. N. Radeva, PhD Assoc.Prof. M.Panteleeva, MD, PhD

Varna, 2025

ANNOTATION

Aims of the course	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 to take and decisions to make in order to protect themselves and the people around them.
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Outcomes for students at the end of the course:

Competences	
Competence group	1. Patient Care that is compassionate, appropriate, and effective for treating health problems and promoting health.
Knowledge	<ul style="list-style-type: none"> ▪ Recognising possible conditions requiring emergency first aid..
Skills	<ul style="list-style-type: none"> ▪ <i>identifying the first aid necessities of the casualties;</i> ▪ <i>interpreting signs and symptoms;</i> ▪ <i>placing the casualty in an appropriate position,</i> ▪ <i>applying basic life support (BLS) techniques</i> ▪ <i>performing cardiopulmonary resuscitation (CPR);</i> ▪ <i>dressings for bleeding or trauma;</i> ▪ <i>immobilization of broken limbs.</i>
Competence group	2. Medical Knowledge about established and evolving biomedical, clinical, and cognate (eg, epidemio-logical and social-behavioral) sciences and the application of this knowledge to patient care.
Knowledge	<ul style="list-style-type: none"> ▪ Knowledge of physiological and pathophysiological processes in the body; ▪ Knowledge of the mechanisms of injury in various accidents.
Skills	<ul style="list-style-type: none"> ▪ <i>determining the influence of various damaging factors on the human organism;</i> ▪ <i>providing first aid for drowning, burning and frostbite at the scene;</i> ▪ <i>elementary anti-shock measures;</i> ▪ <i>recognizing poisonings, administering antidotes and first aid;</i> ▪ <i>use of an automatic external defibrillator.</i>
Competence group	3. Practice-Based Learning and Improvement that involves investigation and evaluation of their own patient care, appraisal, and assimilation of scientific evidence, and improvements in patient care.
Knowledge	<ul style="list-style-type: none"> ▪ orientation to the basic concepts and models of first aid for vital signs ▪ determining the approach to the casualty
Skills	<ul style="list-style-type: none"> ▪ <i>providing emergency and adequate care for the injured;</i> ▪ <i>recognizing and managing a large number of medical conditions in domestic and occupational incidents;</i> ▪ <i>recognising and dealing with a range of emergency medical conditions in sudden illness.</i>

Competence group	4. Interpersonal and Communication Skills that result in effective information exchange and teaming with patients, their families, and other health professionals.
Knowledge	<ul style="list-style-type: none"> identifying potential risks leading to trauma and injury; determining the need for psychological first aid; implementing measures for their own safety.
Skills	<ul style="list-style-type: none"> <i>taking safety measures and actions against potential risks leading to injuries.</i> <i>recognizing the signs of stress and skills to provide psychological first aid;</i> <i>preparing first aid kits;</i> <i>use of personal protective equipment (PPE).</i>
Competence group	5. Professionalism , as manifested through a commitment to carrying out professional responsibilities, adherence to ethical principles, and sensitivity to a diverse patient population.
Knowledge	<ul style="list-style-type: none"> Identifying <i>vulnerable groups at higher risk of injury</i>
Skills	<ul style="list-style-type: none"> <i>providing first aid for older people and young children</i> <i>providing first aid for misuse of household chemicals and toxic substances in the home and office</i> <i>providing first aid for epilepsy;</i> <i>providing first aid for acute allergic reaction, poisonous insect bites, etc.</i>
Competence group	6. Systems-Based Practice , as manifested by actions that demonstrate an awareness of and responsiveness to the larger context and system of health care and the ability to effectively call on system resources to provide care that is of optimal value.
Knowledge	<ul style="list-style-type: none"> Organising triage when there are a large number of casualties or risk of harm.
Skills	<ul style="list-style-type: none"> <i>Distribution of casualties into groups - by severity and urgency of first aid.</i>

Key competencies for lifelong learning¹, that the discipline develops:

Literacy competence Literacy is the ability to identify, understand, express, create, and interpret concepts, feelings, facts and opinions in both oral and written forms, using visual, sound/audio and digital materials across disciplines and contexts. It implies the ability to communicate and connect effectively with others, in an appropriate and creative way.	X
Multilingual competence This competence defines the ability to use different languages appropriately and effectively for communication. It broadly shares the main skill dimensions of literacy: it is based on the ability to understand, express and interpret concepts, thoughts, feelings, facts and opinions in both oral and written form (listening, speaking, reading and writing) in an appropriate range of societal and cultural contexts according to one's wants or needs.	X

¹ As defined in 2018 r. by the European Union Council ([https://eur-lex.europa.eu/legal-content/BG/TXT/HTML/?uri=CELEX:32018H0604\(01\)&from=EN](https://eur-lex.europa.eu/legal-content/BG/TXT/HTML/?uri=CELEX:32018H0604(01)&from=EN))

<p>Mathematical competence and competence in science, technology, engineering</p> <p>A. Mathematical competence is the ability to develop and apply mathematical thinking and insight in order to solve a range of problems in everyday situations. Building on a sound mastery of numeracy, the emphasis is on process and activity, as well as knowledge. Mathematical competence involves, to different degrees, the ability and willingness to use mathematical modes of thought and presentation (formulas, models, constructs, graphs, charts).</p> <p>B. Competence in science refers to the ability and willingness to explain the natural world by making use of the body of knowledge and methodology employed, including observation and experimentation, in order to identify questions and to draw evidence-based conclusions. Competences in technology and engineering are applications of that knowledge and methodology in response to perceived human wants or needs. Competence in science, technology and engineering involves an understanding of the changes caused by human activity and responsibility as an individual citizen. Statistical processing of survey data.</p>	X
<p>Digital competence</p> <p>Digital competence involves the confident, critical and responsible use of, and engagement with, digital technologies for learning, at work, and for participation in society. It includes information and data literacy, communication and collaboration, media literacy, digital content creation (including programming), safety (including digital well-being and competences related to cybersecurity), intellectual property related questions, problem solving and critical thinking.</p>	X
<p>Personal, social and learning to learn competence</p> <p>Personal, social and learning to learn competence is the ability to reflect upon oneself, effectively manage time and information, work with others in a constructive way, remain resilient and manage one's own learning and career. It includes the ability to cope with uncertainty and complexity, learn to learn, support one's physical and emotional well-being, to maintain physical and mental health, and to be able to lead a health-conscious, future-oriented life, empathize and manage conflict in an inclusive and supportive context.</p>	X
<p>Citizenship competence</p> <p>the ability to act as responsible citizens and to fully participate in civic and social life, based on an understanding of social, economic, legal and political concepts and structures, as well as global developments and sustainability.</p>	X
<p>Entrepreneurship competence</p> <p>Entrepreneurship competence refers to the capacity to act upon opportunities and ideas, and to transform them into values for others. It is founded upon creativity, critical thinking and problem solving, taking initiative and perseverance and the ability to work collaboratively in order to plan and manage projects that are of cultural, social or financial value.</p>	
<p>Cultural awareness and expression competence</p> <p>Competence in cultural awareness and expression involves having an understanding of and respect for how ideas and meaning are creatively expressed and communicated in different cultures and through a range of arts and other cultural forms. It involves being engaged in understanding, developing and expressing one's own ideas and sense of place or role in society in a variety of ways and contexts.</p>	X

<p>Methods of education</p> <ul style="list-style-type: none"> ▪ seminars ▪ practical exercises, ▪ practical and creative problem solving and case studies, ▪ consultations, ▪ discussions, ▪ work with scientific literature, ▪ presentations.

<p>Links with other courses from the curriculum of the specialty</p> <ul style="list-style-type: none"> ▪ Builds upon knowledge acquired in/Depends on: <ul style="list-style-type: none"> ○ Human anatomy and histology ○ Physiology
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Links with other courses from the curriculum of the specialty

■ **Builds upon knowledge acquired in/Depends on:**

- **Human anatomy and histology**
- **Physiology**
- **Disaster medicine**