



## **CERTIFICATE PROGRAMME IN BASIC FIRST AID**

(Prehospital Medical Emergency Care: Hands-on Training Course)

### **SYLLABUS**

Duration	: 60hrs
Eligibility	: A pass in Plus Two or Equivalent
Course Fees	: 3200/-
Medium of Instruction	: Malayalam /English

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#### **Course Overview:**

Equip participants with essential knowledge and skills to address various prehospital medical emergencies. The training blends theoretical knowledge with hands-on practical exercises to ensure optimal understanding and skill retention.

#### **Course Breakdown:**

##### **Module 1: Introduction to Prehospital Care**

- The importance of prehospital emergency medical care
- Role of a first responder
- Scene safety and Assessment

##### **Module 2: Basic Life Support (BLS)**

- Principles of BLS
- Heart attack v/s Cardiac arrest
- Hands-on training: CPR for adults, children, and infants
- Use of Automated External Defibrillator (AED)
- Safe and careful transfer.

##### **Module 3: Choking**

- Recognizing choking
- Heimlich maneuver for adults and children
- First aid for infants

#### **Module 4: Neurological Emergencies**

- Recognizing signs of a stroke
- Importance of prompt medical attention.
- FAST
- Transient Ischemic Attack (TIA)
- Silent stroke/ Asymptomatic Cerebral Infarction.
- Severe headache and related problems.
- Immediate care to reduce brain damage.
- Seizures, febrile seizures

#### **Module 5: Fainting (Syncope)/shock**

- First aid for fainting
- Exercise Associated Collapse.
- Low blood sodium

#### **Module 6: Water-related Emergencies**

- Drowning: Signs, rescue, and first aid
- Watersports, importance of disciplined safety consciousness
- Handling hypothermia

#### **Module 7: Electrical and Environmental Hazards**

- Electrocution: Immediate care and safety
- Lightning strike: Signs and first aid
- Fire hazards: Safety, burns, and treatment
- Heat exhaustion, heat stroke.

#### **Module 8: Animal-Related Emergencies**

- Snake bites: Identification, first aid, and DOs & DON'Ts
- Rabid dog bites: Immediate care and post-exposure prophylaxis
- Stings and bites from insects etc.

### **Module 9: Musculoskeletal Injuries**

- Sprains, strains, and fractures
- Splinting and immobilization techniques
- Safe transport.

### **Module 10: Road Accidents**

- Scene assessment and safety
- Basic first aid for bleeding, wounds, and head injuries
- Safe transfer methods

### **Module 11: Food Poisoning and Digestive Emergencies**

- Recognizing signs of food poisoning
- First aid and when to seek medical assistance

### **Module 12: Special Populations & Considerations**

- Pregnant victims, elderly, and children
- Cultural and situational awareness
- Some guidelines on medical emergencies in disaster management activities.

### **Module 13: Simulation and Scenario-based Training**

- Realistic scenarios to apply learned skills

### **Module 14: Conclusion and Certification**

- Review and Q&A session
- Examination
- Certification ceremony

### **Practical Sessions:**

- Integrated throughout the modules, to ensure hands-on practice on mannequins, role plays, and other practical tools.

**Learning Outcomes:**

Understand the fundamentals of first aid and prehospital care.

Recognize and respond to various medical emergencies effectively.

Demonstrate practical skills in CPR, wound care, splinting, and more.

Earn a certification from Daya Hospital in collaboration with Mahatma Gandhi University.

**Pre-requisites:**

No prior medical knowledge is required. Open to the general public and graduate-level degree students.

***Organized by:* Daya Hospital in collaboration with Department of Lifelong Learning and Extension, Mahatma Gandhi University.**

***Resource Persons:* Pararaksha team from Daya Hospital.**

**Materials & Equipment:**

Provided by Daya Hospital and includes mannequins, AED trainers, first aid kits, splints, bandages, and other training tools.

***Note:*** This is a broad syllabus for the above mentioned course. Detailed lesson plans, including timings, specific training aids, and resources, should be developed in consultation with the experts in the field.