



MAHATMA GANDHI UNIVERSITY
DEPARTMENT OF LIFELONG LEARNING AND EXTENSION

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

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

- Electrocutation: 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.

INSTRUCTIONS

1. Attendance will be marked at the beginning and end of each session.
2. There will be a written examination, practical and viva -voce at the end of the course. A minimum of 75% attendance is required for the candidate to be eligible to appear for the exam.
3. All leave must be with prior permission from the department with written request.
4. A candidate who is absent without permission for leave for more than 4 consecutive class days will be removed from the rolls.
5. Candidate has to submit their record book at the time of viva -voce.

