



**Iran University of Medical Sciences**  
**Course plan**

**Course title:** First Aid

**Credits:** 1 (0.5 theoretical and 0.5 practical)

**Pre-requisite:** No pre-requisite

**Place:** IUMS

First 4 weeks in: Class 10 in School of Nursing and Midwifery- Tuesday 17-15

Second 4 weeks: Clinical skill lab in School of Nursing and Midwifery

**Teacher:** Dr. Alice Khachian

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**Brief outline of the course:**

In this course, theoretical concepts of first aid and CPR will be introduced. Also related skills of first aid will be practiced.

**Aim:**

To help students gain knowledge needed to perform CPR and First-Aid

**Objectives:**

At the end of this course, students will be able to:

1. Explain first aid importance.
2. Demonstrate cardiopulmonary resuscitation.
3. Explain two types of assessment.
4. Illustrate head-to-toe examination.
5. Illustrate different types of wounds and their management.
6. Explain management of bleeding and trauma injuries.
7. Describe different method of moving injured people.
8. Explain primary management for poisoning.
9. Describe burn injuries and its primary management.
10. Explain preliminary management of people with frostbite and heat exhaustion.

**Education method:**

Lecture, demonstration, question and answer

**Examination:**

Class participation (to be active): 10%

Practical exam: 90%

### References

1. Armstrong VJ. First aid British Red Cross. DK: London. Last edition
2. Canadian Red Cross. First aid and CPR manual. Stay Well: Quebec.

### Time table

Sessions	Time	Topics
1.	12-13	course plan, Introduction
2.	12-13	Moving, assessment, First aid-internal disorders
3.	12-13	Wounds, Bleeding, Fractures, poisoning
4.	12-13	Burn injury, frostbite and heat exhaustion, CPR
5.	12-13	Practice: controlling vital signs, assessment
6.	12-13	Practice: management of bleeding, shock, management of poisoning, managing environmental incidents
7.	12-13	Practice: bandage, splinting
8.	12-13	Practice: CPR