

Basic Life Support

| Course Title | | Basic Life Support |
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| Course Code | | PT408 |
| Course Credit | Lecture: 2 | |
| | Practical/Clinical Training: 1 | |
| | Total: 3 | |
| Course Objectives | | |
| <ol style="list-style-type: none"> To identify and manage the situation of common emergencies and first aids and able to refer. To understand the basic guidelines and directional procedures to basic life support. To understand the importance of basic life support in health care system. To learn the applied aspect of the subject for physiotherapy practice. | | |
| # | Detailed Syllabus | Hours Allocated |
| Section I | | |
| 1. | Introduction to Basic Life Support Scope and need of Basic Life Support | 2 |
| 2. | Health and Hygiene skills – demonstration and practice Diseases prevention and control - e.g. hand wash, face mask, self-care, etc... Procedures for self, patients, relatives and medical staff. Decontamination of patient and the environment Patient isolation and staff protection, etc... | 4 |
| 3. | Life Support System Examination of Vital Signs, Level of Conciseness, Glasgow Coma Scale (GCS) | 4 |
| 4. | Airway, Breathing and ventilation assessment skills Instrumentation used in Emergency kit – demonstration Monitoring system - Interpretation of blood gas analysis (ABG), pulse oximetry, capnography, etc... Oxygen therapy – mode of delivery Non-invasive ventilation techniques, etc... | 4 |
| 5. | Cardiovascular emergencies – Cardio pulmonary resuscitation (CPR) Indication of CPR and CPR skills Cardio-pulmonary resuscitation procedures in a timely and effective manner according to the current ILCOR guidelines for adults and children, etc... | 8 |
| 6. | Musculo-Skeletal injuries <ol style="list-style-type: none"> Definition: Types of fractures of various parts of the body. Causes, Signs and Symptoms - Rules of treatment Emergency measures in dislocation of joints Emergency treatment of muscle injuries, RICE | 4 |
| 7. | First aid in Injuries, trauma | 6 |

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| | Cleaning, Dressing, dry and wet dressing for injured areas e.g. cut, open wound, contusion injuries, Antiseptic and antibacterial treatment – external, e.g. betadine, hydrochloride First line of action | |
| Section II | | |
| 8. | Immobilization, Support, Bandaging - For injured components Immobilization of joint, fracture areas, neck, spine with available material, etc... | 6 |
| 9. | Positioning and Transferring patients Bed making, fowlers bed and its utility Positioning of patient Lifting technique in bed, Transferring from bed to wheel chair, bed to Stretcher Feeding, tube feeding, drips, transfusion, etc... | 8 |
| 10. | Temperature measurement procedures and basic techniques of management Measuring and monitoring of body temperature Cooling techniques (evaporative cooling, ice water or slush immersion) Warming techniques Treatment and prevention of hyper- and hypothermia in brief, etc... | 2 |
| 11. | Common Emergency and preventive Care Burns, shock, Drowning, fire, road traffic accidents (RTA), bleeding, etc... Do and don't... | 3 |
| 12. | Emergency Management for common Complaints 1. Dyspnoea, Headache, Vomiting 2. Pain in arms, legs, Palpitations, cramps, 3. Seizures in adults and children, Syncope | 3 |
| 13. | Poisoning: 1. Classification (irritants, acid, alkali, narcotics), Signs and 2. Symptoms, emergency treatment | 1 |
| 14. | Disaster management Types of Disasters – medical preparedness Medical preparedness in disaster management Disaster response, Mass gatherings, etc... | 3 |
| 15. | Basic life support in sports and sports injuries | 3 |
| 16. | Community resources including primary health Care Services, 1. Rural and urban community centers (epidemic and non-epidemic conditions) 2. E.g. Civil hospital, PHC, CHC, etc.. 3. Police Assistance, Voluntary agencies (local, National, International) 4. Ambulance services (Functions) | 3 |
| Instruction method | | |

1. Teaching and training sessions will be carried out through active learning. Active participation and contribution in group discussion and seminars are mandatory for students
2. Lectures to be conducted with the help of black board and/or audio-visual aids that includes multi-media projector, OHP, etc.
3. Problem based and/or case based assignments based on course content will be given to the students at the end of each unit/topic and will be evaluated at regular interval.
4. The course includes a laboratory where the students have an opportunity to build and appreciation for the concepts being taught in lectures.
5. Instruction method will be integrated with clinical training, bedside / class room teaching and tutorials as necessary.

Text books

1. First aid in emergency: 7th edition. St-john. Ambulance Association. Dorling Kindersley Publishers Ltd
2. Physiotherapy for Burns and Plastic Reconstruction of the Hand. Glassey N. Wiley Blackwell Publication

Reference books

1. Surgical and Medical Procedures for Nurses and Paramedical staff. Nathan P. Jaypee Publications
2. First aid and management of general injuries and common ailments. Gupta LC; Gupta A. Jaypee Publication 2007



SYLLABUS