

**ADLTED 730 Course Outline as of Summer 2017****CATALOG INFORMATION**

Dept and Nbr: ADLTED 730 Title: FIRST AID/CPR/AED

Full Title: First Aid, CPR, AED and Bloodborne Pathogens

Last Reviewed: 1/23/2017

Units		Course Hours per Week		Nbr of Weeks	Course Hours Total	
Maximum	0	Lecture Scheduled	0	2	Lecture Scheduled	0
Minimum	0	Lab Scheduled	4.00	1	Lab Scheduled	8.00
		Contact DHR	0		Contact DHR	0
		Contact Total	4.00		Contact Total	8.00
		Non-contact DHR	0		Non-contact DHR	0

Total Out of Class Hours: 0.00

Total Student Learning Hours: 8.00

Title 5 Category: Non-Credit

Grading: Non-Credit Course

Repeatability: 27 - Exempt From Repeat Provisions

Also Listed As:

Formerly:

**Catalog Description:**

This course teaches basics of CPR, AED and First Aid emergency response skills which enable participants to give immediate care to a person who has been injured or is experiencing a sudden illness. Satisfies first-time and renewal certifications. This course does not satisfy the requirement for health care providers.

**Prerequisites/Corequisites:****Recommended Preparation:****Limits on Enrollment:****Schedule of Classes Information:**

Description: This course teaches basics of CPR, AED and First Aid emergency response skills which enable participants to give immediate care to a person who has been injured or is experiencing a sudden illness. Satisfies first-time and renewal certifications. This course does not satisfy the requirement for health care providers. (Non-Credit Course)

Prerequisites/Corequisites:

Recommended:  
Limits on Enrollment:  
Transfer Credit:  
Repeatability: Exempt From Repeat Provisions

## **ARTICULATION, MAJOR, and CERTIFICATION INFORMATION:**

<b>AS Degree:</b>	<b>Area</b>	Effective:	Inactive:
<b>CSU GE:</b>	<b>Transfer Area</b>	Effective:	Inactive:
<b>IGETC:</b>	<b>Transfer Area</b>	Effective:	Inactive:
<b>CSU Transfer:</b>		Effective:	Inactive:
<b>UC Transfer:</b>		Effective:	Inactive:

### **CID:**

### **Certificate/Major Applicable:**

Certificate Applicable Course

## **COURSE CONTENT**

### **Student Learning Outcomes:**

Upon completion of the course, students will be able to:

1. Explain and perform CPR (cardiopulmonary resuscitation), obstructed airway, and Automatic External Defibrillation (AED).
2. Explain and perform standard first aid skills which include: comprehensive victim assessment, control of severe bleeding, wound care, treatment for shock, burns, bone, joint and muscle injuries, heat and cold exposure, and sudden illness.
3. Define and describe the types of bloodborne pathogens and how to avoid their transmission.

### **Objectives:**

Upon completion of the course, students will be able to:

1. Assess an unconscious person
2. Perform Cardiopulmonary Resuscitation (CPR)
3. Perform obstructed airway skills
4. Use an Automatic External Defibrillator (AED) on an unconscious subject
5. Place an unconscious victim (who is breathing) in the recovery position
6. Perform a comprehensive exam on a conscious person who is injured or has a sudden illness (including consent to administer care, head-to-toe exam, and medical history)
7. Recognize the signs and symptoms of cardiovascular emergencies (including heart attack, angina, and stroke) and administer first aid care
8. Administer first aid for control of external bleeding and internal bleeding
9. Provide first aid for wounds, amputations and impaled objects
10. Administer first aid for shock (including anaphylaxis)
11. Administer first aid for thermal, chemical, and electrical burns
12. Administer first aid for bone and joint injuries (including fractures, dislocations, sprains, and strains)
13. Provide first aid for diabetic emergencies

14. Administer first aid for seizures
15. Administer first aid for heat related emergencies (including heat cramps, heat exhaustion, and heat stroke)
16. Provide first aid for cold related emergencies (including frost bite and hypothermia)

## **Topics and Scope:**

### **I. CPR**

- A. Activating Emergency Medical Services (EMS) systems
- B. Recognizing the sign and systems of a heart attack
- C. Determining cardiac arrest
- D. Administering artificial respiration and one rescuer CPR techniques
- E. Performing the obstructed airway procedures for a conscious and unconscious person
- F. Performing practical skills

### **II. Automated External Defibrillators (AED)**

### **III. First Aid and Emergency Care**

- A. Conducting a primary and secondary survey
  1. Obtain consent
  2. Identify chief complaint
  3. Perform head-to-toe exam
  4. Obtain medical history
- B. Controlling Bleeding
  1. External
  2. Internal
- C. Shock
  1. Prevention and treatment
  2. Signs and symptoms
  3. Anaphylaxis
- D. Wound care
  1. Cleaning wound
  2. Preventing infection
  3. Tetanus booster
  4. Amputations
  5. Embedded objects
- E. Burns
  1. Thermal
  2. Chemical
  3. Electrical
- F. Bone and joint injuries
  1. Fractures
  2. Dislocations
  3. Sprains
  4. Strains
- G. Sudden Illness (medical emergencies)
  1. Diabetic
  2. Heart attack
  3. Angina
  4. Stroke
  5. Fainting
  6. Seizures
- H. Heat related emergencies
  1. Heat cramps/muscle spasms

- 2. Heat exhaustion
- 3. Heat stroke
- I. Cold-related Emergencies
  - 1. Frostbite
  - 2. Hypothermia

**Assignment:**

- 1. Reading textbook or other instructions
- 2. CPR skills exam covering CPR, obstructed airway, and Automatic External Defibrillator (AED)
- 3. First aid skills exam covering comprehensive victim exam, bleeding, shock, bandaging, and splinting
- 4. Final written exam for certification

**Methods of Evaluation/Basis of Grade:**

**Writing:** Assessment tools that demonstrate writing skills and/or require students to select, organize and explain ideas in writing.

None

Writing  
0 - 0%

**Problem Solving:** Assessment tools, other than exams, that demonstrate competence in computational or non-computational problem solving skills.

None

Problem solving  
0 - 0%

**Skill Demonstrations:** All skill-based and physical demonstrations used for assessment purposes including skill performance exams.

Practical hands-on performances for CPR, First Aid, and AED

Skill Demonstrations  
50 - 50%

**Exams:** All forms of formal testing, other than skill performance exams.

Final Assessment

Exams  
50 - 50%

**Other:** Includes any assessment tools that do not logically fit into the above categories.

None

Other Category  
0 - 0%

**Representative Textbooks and Materials:**

Instructor prepared materials  
 First Aid, CPR and AED Standard. 7th ed. American Academy of Orthopaedic Surgeons. Jones and Bartlett Learning. 2016

