

Course Outline of Record

Los Medanos College

2700 East Leland Road

Pittsburg CA 94565

(925) 439-2181

Course Title: Introduction to Standard First Aid/CPR

Subject Area/Course Number: EMS-004

New Course OR Existing Course

Instructor(s)/Author(s): Castillo, Sandra

Subject Area/Course No.: EMS-004

Units: .5

Course Name/Title: Introduction to Standard First Aid/CPR

Discipline(s): EMT / Nursing

Pre-Requisite(s): None

Co-Requisite(s): None

Advisories: Eligibility for ENGL-095

Catalog Description:

This course is designed to give students the knowledge and skills necessary to maintain oxygenation and blood circulation in an adult, child, or infant who is demonstrating the signs of cardiac arrest. It includes basic first aid care and useful information about common medical and environmental injuries and illnesses. It meets the American Heart Association standards for "Heartsaver" certification. An optional materials fee may be applied.

Schedule Description:

You can make a difference in saving someone's life! This course is designed to help you gain the knowledge and skills necessary to maintain oxygenation and blood circulation in an adult, child, or infant who is demonstrating the signs of cardiac arrest. This course includes basic first aid care and useful information about common medical and environmental injuries and illnesses. Wear comfortable clothing. Students must purchase the American Heart Association Heartsaver AED book and a CPR mask with a one-way valve from the Los Medanos College Bookstore prior to class. Please note the bookstore is closed on Saturdays. Heartsaver AED card issued on successful completion of this course. **There is an additional fee of \$3.00 for the CPR card.**

Hours/Mode of Instruction: Lecture 6 Lab 9 Composition _____ Activity _____ Total Hours 15
(Total for course)

Credit Credit Degree Applicable (DA)
 Credit Non-Degree (NDA)
(If Non-Credit desired, contact Dean.)

Grading Pass/No Pass (P/NP)
 Letter (LR)
 Student Choice (SC)

Repeatability 0
 1
 2
 3

Please apply for:

LMC General Education Requirement and/or Competency & Graduation Requirement(s): None

Transfer to: CSU UC IGETC LDTP Course is Baccalaureate Level: Yes No

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Signatures:

Department Chair _____ Date _____

Librarian _____ Date _____

Dean/Sr. Dean _____ Date _____

Curriculum Committee Chair _____ Date _____

President/Designee _____ Date _____

CCCCD Approval Date (Board or Chancellor's Office) _____ Date _____

For Curriculum Committee Use only:

STAND ALONE COURSE: YES

FOR OFFICE OF INSTRUCTION ONLY. DO NOT WRITE IN THE SECTION BELOW.

Begin in Semester _____

Catalog year 20____/20____

Class Max: _____

Dept. Code/Name: _____

T.O.P.s Code: _____

Crossover course 1/ 2: _____

ESL Class: Yes / No

DSPS Class: Yes / No

Coop Work Exp: Yes / No

Class Code

SAM Code

Remediation Level

- A Liberal Arts & Sciences
- B Developmental Preparatory
- C Adult/Secondary Basic Education
- D Personal Development/Survival
- E For Substantially Handicapped
- F Parenting/Family Support
- G Community/Civic Development
- H General and Cultural
- I Career/Technical Education
- J Workforce Preparation Enhanced
- K Other non-credit enhanced
- Not eligible for enhanced

- A Apprenticeship
- B Advanced Occupational
- C Clearly Occupational
- D Possibly Occupational
- E* Non-Occupational
- F Transfer, Non-Occupational
- *Additional criteria needed
- 1 One level below transfer
- 2 Two levels below transfer
- 3 Three levels below transfer

- B Basic Skills
- NBS Not Basic Skills

Course approved by Curriculum Committee as Baccalaureate Level: Yes / No

LMC GE or Competency Requirement Approved by the Curriculum Committee: _____

Distribution: Original: Office of Instruction
Copies: Admissions Office, Department Chairperson
Rev 09-17-2008

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Institutional Student Learning Outcomes

- General Education SLOs (Recommended by GE Committee)**
At the completion of the LMC general education program, a student will:
1. read critically and communicate effectively as a writer and speaker.
 2. understand connections among disciplines and apply interdisciplinary approaches to problem solving.
 3. think critically and creatively
 4. consider the ethical implications inherent in knowledge, decision-making and action.
 5. possess a worldview informed by diverse social, multicultural and global perspectives.
- Occupational Education SLOs (Recommended by Occupational Education Committee)**
At the completion of the LMC occupational certificate or degree, a student will:
1. Be academically prepared to **obtain an entry-level or a mid-level position** in their industry.
 2. Apply **critical thinking** to research, evaluate, analyze and synthesize information.
 3. Demonstrate strong **communication skills** (written and/or oral) and **interpersonal skills** (customer service and team work).
 4. Appropriately apply **industry materials and technology**.
 5. Demonstrate the skills and knowledge necessary to take and pass **certification exams** for career **advancement** in their industry.
- Developmental Education SLOs (Recommended by Developmental Education Committee)**
At the completion of the LMC Developmental Education Program, a student will:
1. Demonstrate the skills necessary for the first transfer level courses in English and Math or for the English and Math competencies for the Certificate of Achievement.
 2. Think critically to construct meaning and solve problems.
 3. Read with comprehension.
 4. Communicate effectively both in writing and orally.
 5. Demonstrate the characteristics, habits, and attitudes of an effective learner.
- Student Services SLOs**
1. LMC students will demonstrate proficiency in the use of college on-line services.
 2. LMC students will demonstrate proficiency in self-advocacy.
- Library and Learning Support Services SLOs**
LMC students utilizing various Library and Learning Support Services will:
1. access and effectively utilize available campus Library and Learning Support Services.
 2. apply knowledge learned and competencies gained from using Library and Learning Support Services to academic coursework and assignments.
 3. demonstrate information competency skills needed to meet the research demands of academic course work and life long learning.
- None of the Above**

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Program-Level Student Learning Outcomes (PSLOs): None

Course-Level Student Learning Outcomes (CSLOs):

At the end of the course the student will be able to:

1. Identify signs and symptoms of common medical, injury, and environmental emergencies in the lay-rescuer setting
2. Demonstrate the proper steps in initiating the treatment of common medical, injury, and environmental emergencies.
3. Describe the links in the American Heart Association Chain of Survival.
4. Demonstrate proper technique in performing CPR for the adult, child, and infant according to the American Heart Association.
5. Demonstrate proper technique in assisting with the removal of foreign body airway obstruction for the adult child, and infant.

Assessments:

CSLO #1, #2, #3 Assessment: Written exam

1. This examination allows students to identify common medical, injury, and environmental emergencies and identify the proper steps for initiating emergency treatment which include assessment at scene of injury or illness: primary survey, activation of emergency medical system and safety factors for victim and rescuers.
2. Selects correctly the 4 links in the Chain of Survival:
 - Early access
 - Early CPR
 - Early Defibrillation
 - Early Advanced Care

CSLO #4 Assessment: CPR performance testing

This assessment allows students to demonstrate CPR using the American Heart Association guidelines of compression and ventilation ratios, and timing for the adult, child and infant that includes:

- One person rescue
- Two person rescue
- Assessed by peer observation of proper technique
- Performance testing

CSLO #5 Assessment: Performance of the Heimlick Maneuver

Identify the signs of a foreign body airway obstruction and determine proper action for the responsive and unresponsive adult, child, and infant that includes proper hand placement and timing of the procedure.

- Assessed by peer observation of proper technique
- Performance testing

Method of Evaluation/Grading:

EMS-004 is pass /no pass course. Students who receive an overall score of 80% on the written exam and demonstrate proper CPR performance will be given credit.

1. Satisfactory completion of all skills performance as identified by the American Heart Association standards.
2. Achieving 80% or higher on the national CPR Healthcare Providers test produced by the American Heart Association.

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Course Content:

Lecture:

- I. First-aid basics
 - a. Being prepared for an emergency
 - b. First-aid kits
 - c. Calling 911
 - d. Personal protective equipment
 - e. Chain of survival

- II. Introduction to medical emergencies - Signs and symptoms, treatment, and activating advanced care in all of the following:
 - a. Breathing problems: (ie. Choking, asthma, allergic reactions, etc.)
 - b. Diabetic emergencies
 - c. Seizures
 - d. Stroke
 - e. Heart attack
 - f. Shock
 - g. Infections

- III. Introduction to Injury emergencies - Signs and symptoms, treatment, and activating advanced care in all of the following:
 - a. Head and neck injuries
 - b. Burns (minor vs. severe)
 - c. Fractures and sprains
 - d. "Bleeding you can see"
 - e. "Bleeding you can't see"
 - f. Puncture wounds
 - g. Amputations
 - h. Eye injuries

- IV. Introduction to Environmental emergencies:
 - a. Heat-related emergencies

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- b. Cold-related emergencies
- c. Bites and stings
- d. Electrocutation
- e. Poisoning and Hazardous materials
- f. Fire and smoke inhalation

v. Situations and discussion

Lab:

VI. Cardiopulmonary Resuscitation (Heartsaver CPR and AED)

- a. Adult, child, and Infant
- b. Choking treatment in adult, child, and infant (conscious and unconscious)
- c. Rescue breathing in adult, child, and Infant

VII. Final exam

Instructional Methods:

- Lecture
- Lab
- Activity
- Problem-based Learning/Case Studies
- Collaborative Learning/Peer Review
- Demonstration/Modeling
- Role-Playing
- Discussion
- Computer Assisted Instruction
- Other (explain) Video

American Heart Association (Live and Learn) review of CPR for the adult, infant and child. Use of Automated External Defibrillator (AED), Review of adult/child choking. Includes review test questions.

Textbooks:

Healthcare Provider Text (2006), American Heart Association