

BUNIN YELETS STATE UNIVERSITY

Director of the Institute of Culture, History and Law / I.A. Karpacheva/



"APPROVED"

THE WORK PROGRAMME OF THE DISCIPLINE B1.C.03.02 First aid

Direction of training: 44.03.01 Pedagogical Education

Programme: Fine Arts

Qualification (degree): bachelor

Mode of study: full-time

Institute of Culture, History and Law

Department: Fundamental Medical and Clinical Disciplines

	full-time form	full-time and part-time form	part-time form
Study course	1		
Term	2		
Lectures	18		
Laboratory work			
Seminars (practical work)	18		
including practical training			
Form(s) of control	Credit test		
Control			
Other forms of work			
Independent work	36		

Total number of academic hours: 72

Labour intensity: 2 credits

Developer of the work programme:

Senior lecturer Dobrina E.V.

I. ORGANIZATIONAL AND METHODOLOGICAL SECTION

The purpose of studying the discipline: acquisition of skills in recognizing signs of emergency conditions, the ability to provide first aid, preventive work, and to respond appropriately in the event of an epidemic process.

Objectives of studying the discipline:

- study of the diagnosis of acute, life-threatening conditions;
- training in the basics of asepsis and antisepsis;
- formation of students' first aid skills in the most common emergencies.

The place of the discipline in the structure of the main professional educational program: it is implemented within the framework of the basic (compulsory) part of block B1. Disciplines (modules).

Planned learning outcomes for the discipline:

Competence code	Indicators of competence achievement	Planned learning outcomes for the discipline
UC-8 Able to create and maintain safe living conditions in everyday life and professional activities to preserve the natural environment, ensure sustainable development of society, including in the event of the threat and occurrence of emergencies and military conflicts.	To know: - the basics of ensuring safe and/or comfortable working conditions in the workplace.	Knows: - hygienic requirements of the labor process; - methods of disease and injury prevention;
	To be able to: - identify and eliminate problems related to safety violations in the workplace.	Is able to: - take into account the features of physical performance and the patterns of its change over various time intervals when designing and implementing the labor process; - ensure compliance with hygiene requirements in the workplace; - provide emergency assistance to victims; ensure the protection of life and health in the workplace;
	To possess: - actions to prevent the occurrence of emergency situations (natural and man-made) in the workplace and the implementation of rescue and emergency recovery measures in the event of emergency situations.	Possesses: - a system of practical skills that ensure the preservation and strengthening of health, the development and improvement of physical abilities and qualities.
GPC-8 Able to carry out teaching activities based on special scientific knowledge.	To know: - special, including subject and methodological scientific knowledge; - the basics of pedagogical activity of a subject teacher (according to the profile of the educational program).	Knows: - methods of monitoring and evaluating the formation of results in the provision of first aid; - methodological foundations of the organization and conduct of diagnostic manipulations;

	To be able to: <ul style="list-style-type: none"> - use modern technologies and methods of organizing class and extracurricular activities; - use traditional and modern forms and methods of educational work, including in the subject area. 	Is able to: <ul style="list-style-type: none"> - independently choose methodological approaches to first aid; - to carry out evaluation procedures for the results of mastering diagnostic methods for emergency conditions;
	To possess: <ul style="list-style-type: none"> - skills in organizing various types and forms of classes taking into account the specifics of the subject area; - actions in organizing various types of extracurricular activities: play, educational and research, artistic and productive, cultural and leisure. 	Possesses: <ul style="list-style-type: none"> - skills in implementing programs to overcome learning difficulties and adjust learning activities.

II. CONTENT AND SCOPE OF THE DISCIPLINE

indicating the number of hours allocated for contact work of students with the teacher (by type of class) and for independent work

Full-time education

№	Name of sections and topics	Total	Classroom lessons			Ind. work.
			Lec.	Sem. (pract.)	Lab.	
1.	Section 1. General provisions	12	3	3		6
2.	Topic 1. Assessment of the condition of vital organs.	4	1	1		2
3.	Topic 2 Ensuring the patency of the respiratory tract.	4	1	1		2
4.	Topic 3. Cardiopulmonary resuscitation	4	1	1		2
5.	Section 2. Private emergency conditions	60	15	15		30
6.	Topic 4. Acute vascular insufficiency (collapse)	4	1	1		2
7.	Topic 5. Hypertensive crisis	4	1	1		2
8.	Topic 6. Myocardial infarction	4	1	1		2
9.	Topic 7. Acute cerebrovascular accident (strokes)	4	1	1		2
10.	Topic 8. Epileptic seizure	4	1	1		2
11.	Topic 9. Poisoning: the concept, classification of poisons	4	1	1		2
12.	Topic 10. Principles of first aid in case of poisoning with an unknown poison	4	1	1		2
13.	Topic 11. Comatose states	4	1	1		2
14.	Topic 12. Severe allergic reactions.	4	1	1		2
15.	Topic 13. Asphyxia	4	1	1		2

16.	Topic 14. First aid for wounds	4	1	1		2
17.	Topic 15. First aid for injuries	4	1	1		2
18.	Topic 16. First aid for burns	4	1	1		2
19.	Topic 17. First aid for heat stroke	4	1	1		2
20.	Topic 18. First aid for frostbite	4	1	1		2
21.	<i>Credit test</i>					
22.	<i>Total for 2 term</i>	72	18	18		36

Full-time and part-time education (not implemented)

Part-time education (not implemented)

III. EVALUATION MATERIALS FOR CONDUCTING CURRENT AND INTERIM CERTIFICATION OF STUDENTS IN THE DISCIPLINE

Current certification is carried out in the form of a test, abstracts, etc.

Standard version of the test

Solve situational problems

Task number 1

During the fall, the man hit his head. Complains of severe headache, nausea, dizziness. On examination: consciousness is confused, skin is pale, pulse is 62-64 beats per minute. There is a swelling of soft tissues in the temporal region on the left, and slight bleeding from the left ear. The patient avoids looking at the light. The left pupil is slightly wider than the right.

Tasks

1. Determine the patient's emergency condition.
2. Create an algorithm for providing pre-medical care.
3. Demonstrate the technique of applying an ear patch.

Task number 2

In the lobby of the polyclinic, a 42-year-old patient suddenly developed a suffocation attack. The patient is sitting with his hands resting on the edges of a chair, the chest is in a state of maximum inhalation, the face is cyanotic, expresses fright, the respiratory rate is 38 per minute. Shortness of breath is of an expiratory nature, dry wheezing can be heard from a distance.

Tasks

1. Identify and justify the urgent condition that the patient has developed.
2. Create an algorithm for emergency care and justify each stage.
3. Demonstrate the technique of using a pocket-sized metered-dose inhaler.

Task number 3

During the repair of the TV, a strong electric current discharge occurred. The master lost consciousness and fell near the table. His hand continues to tightly grip the bundle of wires with the parts. The face is distorted by a cramp.

Choose the correct answers and arrange them in order of priority:

1. call an ambulance
2. Call someone for help
3. apply a cardinal blow as soon as possible and start an indirect heart massage
4. cut the wires with a knife or an axe in one blow
5. Cut each wire individually at different levels
6. Put a pillow under your head
7. make sure there is a pulse in the carotid artery and turn the victim onto his stomach
8. Make sure there is a pulse in the carotid artery, hit the victim on the sternum and begin indirect heart massage.
9. make sure that there is no pulse on the carotid artery and after a massive stroke, begin cardiopulmonary resuscitation
10. convince of the absence of a pulse on the carotid artery and turn the victim on his side

Task number 4

After being struck by lightning in a lonely tree, one of the travelers who had taken shelter under it from the rain fell dead. The lightning-struck man's left arm is black, burned to the elbow, and his pupils are wide and do not respond to light.

There is no pulse on the carotid artery.

Choose the correct answers and arrange them in order of priority:

1. Bury a lightning-struck person in the ground
2. apply a cardinal blow and begin cardiopulmonary resuscitation
3. Cover the burnt surface with a clean cloth
4. instruct someone to call an ambulance.
5. turn the victim onto his stomach and wait for the arrival of doctors
6. make sure that there is no reaction of pupils to light and pulse on the carotid artery
7. Bring a mirror, cotton wool or a feather to your mouth and determine the presence of breathing by fogging the glass and the movement of the villi
8. put the cold on your head
9. Put cold on the burn site
10. bring cotton wool with ammonia to your nose

Task number 5

Your neighbors in the stairwell have contacted you – a man hanged himself in the bathroom of an apartment on the 5th floor.

Choose the correct answers and arrange them in order of priority:

1. Climb to the 5th floor as quickly as possible
2. take a knife from the kitchen and go up to the 5th floor

3. do not slowly cut the rope on which the suicide is hanging.
4. Take a suicide by the collar or by the hair and cut the rope
5. Start pushing the suicide out of the loop by his legs.
6. check the pupils' reaction to light and the pulse on the carotid artery
7. cut the rope squeezing the neck with a quick movement of the knife, directed by the cutting surface to the neck
8. Cut the rope around the neck in the knot area
9. cut the rope with a knife, directing the forces and cutting surface away from the neck
10. if there are signs of clinical death, call an ambulance
11. in case of clinical death, start cardiopulmonary resuscitation and send someone to call an ambulance.

Sample topics for abstracts

1. Basic principles of first aid
2. Providing first aid for injuries
3. Providing first aid in case of accidents
4. Types of bleeding and first aid for bleeding.
5. Asphyxia. Reasons. Clinic. Providing medical care .
6. Electrical injury. Reasons. Clinic. Possible complications.
7. The sequence of actions in providing assistance to the victim of electrical injury.
8. Drowning. Possible complications. Providing first aid
9. Bone fractures. Classification.
10. Closed Fracture Clinic. Diagnostics. Pre-medical care at the pre-hospital stage.
11. Open fracture. Clinic. First aid
12. Clinic: phases, periods of traumatic shock. First aid to the victim.
13. Causes of cardiac and respiratory arrest. Terminal states.
14. Biological death. Clinical signs and diagnosis.
15. Asphyxia by a foreign body. Clinical signs. Providing emergency care.
16. Traumatic shock. Clinic: phases, periods.
17. First aid to the victim in case of traumatic shock.
18. Frostbite. Reasons. Factors. Kinds. Periods.
19. Severity of frostbite. First aid .
20. Superficial thermal burns. Clinic. Diagnostics.
21. First aid to a burn victim.
22. Hypothermia. Factors. Periods. Degree of severity. First aid to the victim.
23. Cardiopulmonary resuscitation. Reasons.
24. Algorithm of cardiopulmonary resuscitation.

Interim assessment of students is carried out in the form of a credit test using the following assessment materials: a list of questions for a credit test.

List of questions for the credit test (2 term, full-time education)

1. Rules for measuring blood pressure.

2. Heart rate assessment, BDD.
3. Perform CPR on adults.
4. Perform CPR on a 2-month-old baby.
5. Stages of dying of an organism.
6. Clinical death.
7. Criteria for the effectiveness of resuscitation measures.
8. Complications of resuscitation measures.
9. An attack of bronchial asthma. Symptoms. First aid.
10. Fainting. Collapse. Reasons. Symptoms. First aid.
11. Myocardial infarction. Symptoms. First aid.
12. Hypertension. Hypertensive crisis. First aid.
13. Stroke. Kinds. Symptoms.
14. First aid for stroke.
15. Epileptic seizure. First aid.
16. Carbon monoxide poisoning. Symptoms. First aid.
17. Poisoning with ethyl alcohol. Symptoms. First aid.
18. Poisoning with methyl alcohol. Symptoms. First aid.
19. Poisoning the feedback form. Symptoms. First aid.
20. Poisoning with prussic acid. Symptoms. First aid.
21. Ammonia poisoning. Symptoms. First aid.
22. Chlorine poisoning. Symptoms. First aid.
23. Diabetes mellitus. Complications.
24. Hyperglycemic coma. Hypoglycemic coma. Symptoms. First aid.
25. Hypoglycemic coma. Symptoms. First aid.
26. Brain coma. Reasons. Symptoms. First aid.
27. Allergic reactions. Kinds.
28. Quincke's edema. Anaphylactic shock. Symptoms.
29. Anaphylactic shock. First aid.
30. Drownings. Kinds. Symptoms.
31. First aid in case of drowning.
32. First aid in case of suffocation.
33. First aid for burns.
34. First aid for frostbite.
35. First aid for bruises.
36. First aid for fractures.
37. First aid for wounds.
38. First aid for bleeding.
39. Heat stroke. First aid.
40. First aid in case of sunstroke.
41. First aid in case of poisoning with medicinal preparations.
42. An attack of bronchial asthma. First aid.
43. First aid in case of fainting.
44. First aid in case of angina attack.
45. First aid for hypertensive crisis.

IV. LIST OF REFERENCES REQUIRED FOR MASTERING THE DISCIPLINE

4.1. Main literature

1. Kalsina, V. V. Fundamentals of medical knowledge : an educational and methodical manual : [16+] / V. V. Kalsina, O. A. Yakovleva ; Siberian State University of Physical Culture and Sports. Omsk : Siberian State University of Physical Culture and Sports, 2021. 69 p. : schematics, ill. – Access mode: by subscription. – URL: <https://biblioclub.ru/index.php?page=book&id=690240> (date of access: 04 April 2025). – ISBN 978-5-91930-184-4. – Text : electronic.

4.2. Additional literature

1. Misyuk, M. N. Fundamentals of medical knowledge and a healthy lifestyle : textbook and workshop for universities / M. N. Misyuk. — 4th ed., revised and add. Moscow : Yurait Publishing House, 2024. 379 p. (Higher education). — ISBN 978-5-534-17449-6. — Text : electronic // Educational platform Yurayt [website]. — URL: <https://urait.ru/bcode/535663> (date of access: 04 April 2025).

V. LIST OF RESOURCES OF THE INFORMATION AND TELECOMMUNICATION NETWORK "INTERNET" REQUIRED FOR MASTERING THE DISCIPLINE

№	Link to information resource	Name of the development in electronic form	Availability
1.	http://edu.ru/	Russian Education: Federal Portal. Includes links to portals and websites of educational institutions; state educational standards; regulatory documents; catalog of excursions and educational programs.	Free access

VI. MODERN PROFESSIONAL DATABASES AND INFORMATION REFERENCE SYSTEMS

1.	http://www.biblioclub.ru	Electronic Library System (EBS) University Library Online	Registration via the university computer. In the future, unlimited individual access is provided from any point where there is access to the Internet.
2.	https://e.lanbook.com/	Electronic library system (ELS) Lan	Registration via the university computer. In the future, unlimited individual access is provided from any point where there is access to the Internet.
3.	www.urait.ru	The Yurite educational platform. For universities and	Registration via the university computer. In the future, un-

		colleges	limited individual access is provided from any point where there is access to the Internet.
4.	www.garant.ru	Information and legal portal	Free access
5.	www.elibrary.ru	The Russian information portal in the field of science, technology, medicine and education	Free access
6.	www.consultant.ru	Russian computer legal Reference System	Free access

VII. LICENSED AND FREELY DISTRIBUTABLE SOFTWARE

The following licensed and freely distributed software is used in the implementation of the academic discipline:

- Microsoft Windows;
- Microsoft Office;
- LibreOffice and others.

VIII. EQUIPMENT AND TECHNICAL TEACHING AIDS REQUIRED FOR THE IMPLEMENTATION OF THE EDUCATIONAL PROCESS IN THE DISCIPLINE

Classes are held in classrooms equipped with specialized furniture, including stationary or portable technical teaching aids (projector, screen, computer/laptop).

Independent work is carried out in rooms equipped with computers with the ability to connect to the Internet and provide access to the electronic information and educational environment of the university.