



5055 Santa Teresa Blvd
Gilroy, CA 95023

Course Outline

COURSE: JFT 600 **DIVISION:** 90 **ALSO LISTED AS:**

TERM EFFECTIVE: Spring 2020 **CURRICULUM APPROVAL DATE:** 10/8/2019

SHORT TITLE: FIRST AID & CPR

LONG TITLE: First Aid & CPR

<u>Units</u>	<u>Number of Weeks</u>	<u>Type</u>	<u>Contact Hours/Week</u>	<u>Total Contact Hours</u>
0	18	Lecture:	.5 TO 1	9 TO 18
		Lab:	.5 TO 1.5	9 TO 27
		Other:	0	0
		Total:	1 TO 2.5	18 TO 45
		Total Learning Hrs:	36 TO 81	

COURSE DESCRIPTION:

This 16-40 hour variable course provides First Responded CPR (adult, child, infant), Automated External Defibrillator (AED) and basic first aid measures for a number of medical emergencies and conditions Public Safety Officers may encounter as a First Responder. This course meets POST certification requirements. This course can be adapted to a basic CPR and First Aid for civilians.

PREREQUISITES:

COREQUISITES:

CREDIT STATUS: N - Non Credit

GRADING MODES

N - Non Credit

REPEATABILITY: R - Course may be repeated

Maximum of 6 times

SCHEDULE TYPES:

02 - Lecture and/or discussion

03 - Lecture/Laboratory

04 - Laboratory/Studio/Activity

STUDENT LEARNING OUTCOMES:

1. Demonstrate proper CPR techniques for adult, child and infant.

Measure of assessment: Students will simulate on adult mannequins, child mannequins and infant mannequins proper compression and breathing techniques used in CPR.

Semester/Year assessed, or planned Semester/Year of assessment: Fall 2019

2. Students will demonstrate patient assessments and when faced unstable joints, excessive bleeding or a diabetic emergency apply the proper response.

Measure of assessment: Students will role play with mannequins performing patient assessments and applying tourniquets and pressure to wounds, splints to joints and assessing patients with diabetic emergencies simulating proper First Aid techniques.

Semester/Year assessed, or planned Semester/Year of assessment: Fall 2019

CONTENT, STUDENT PERFORMANCE OBJECTIVES, OUT-OF-CLASS ASSIGNMENTS

Curriculum Approval Date: 10/8/2019

Lecture and lab content are coordinated to provide lecture and hands-on activities at the same time

I. First Aid

A. Personal Protective Equipment (PPE)

1. Use of Gloves, gown, mask
2. Hand washing
3. Latex Allergy / Sensitivity

B. Bleeding Types

1. Arterial
2. Venous
3. Capillary

C. Controlling Bleeding

D. Shock

E. Bandaging

F. Bone and Joint Injuries

1. Fractures
2. Dislocations
3. Sprains

G. Head Injuries

1. Assessment
2. Spinal Precautions
3. Facial Injuries

H. Diabetic Emergencies

1. Hyperglycemia
2. Hypoglycemia

I. Seizures

1. Types and causes
2. Treatment
 - a. During
 - b. Post seizure

J. Stroke

K. Cardiac Emergencies

1. Signs and symptoms
2. Treatment

L Burns

1. Types

- a. Thermal
- b. Chemical
- c. Electrical

M. Heat Emergencies

N. Chest Injuries

P. Abdominal Injuries

Q. Written Test

II. Bloodborn Pathogens

- A. HIV
- B. Hepatitis A

C. Hepatitis B

- C. Hepatitis C
- D. Syphilis
- E. West Nile Virus
- F. Tuberculosis
 1. Risk assessment and testing
- G. Post exposure treatments
- H. Influenza
- I. Written test

III. Cardiopulmonary Resuscitation

A. Adult

1. ABC's
2. Proper victim position
3. Locating compression point
4. Performing compressions
 - a. proper rate, depth
5. Rechecking pulse and continuing CPR/breathing cycles
6. Rescuer 1 vs. rescuer 2
7. Demonstration
8. Practice
9. Skills test

B. Child

1. ABC's
2. Proper victim position
3. Locating compression point
4. Performing compressions
 - a. proper rate, depth
5. Rechecking pulse and continuing CPR/breathing cycles
6. Rescuer 1 vs. rescuer 2
7. Demonstration
8. Practice
9. Skills test

C. Infant

1. ABC's
2. Proper victim position
3. Locating compression point
4. Performing compressions
 - a. proper rate, depth
5. Rechecking pulse and continuing CPR/breathing cycles
6. Rescuer 1 vs. rescuer 2
7. Demonstration
8. Practice
9. Skills test

IV. CPR considerations

- A. When to start, pause or stop CPR

V. Rescue Breathing

- A. Protective masks
- B. Ventilation rates
 1. Adults
 2. Child
 3. Infant

- C. Potential Complications
- D. Skills demonstration

VI. Use of Automatic External Defibrillator (AED)

- A. Application and Operation
- B. Safety Precautions
- C. Post Shock Assessment
 1. Patient assessment
- D. Skills Demonstration

Lecture and lab content are coordinated to provide lecture and hands-on activities at the same time

I. First Aid

- A. Personal Protective Equipment (PPE)
 1. Use of Gloves, gown, mask
 2. Hand washing
 3. Latex Allergy / Sensitivity

B. Bleeding Types

1. Arterial
2. Venous
3. Capillary

C. Controlling Bleeding

D. Shock

E. Bandaging

F. Bone and Joint Injuries

1. Fractures
2. Dislocations
3. Sprains

G. Head Injuries

1. Assessment
2. Spinal Precautions
3. Facial Injuries

H. Diabetic Emergencies

1. Hyperglycemia
2. Hypoglycemia

I. Seizures

1. Types and causes
2. Treatment
 - a. During
 - b. Post seizure

J. Stroke

K. Cardiac Emergencies

1. Signs and symptoms
2. Treatment

L Burns

1. Types
 - a. Thermal
 - b. Chemical
 - c. Electrical

M. Heat Emergencies

N. Chest Injuries

P. Abdominal Injuries

Q. Written Test

II. Bloodborn Pathogens

- A. HIV
- B. Hepatitis A

C. Hepatitis B

- C. Hepatitis C
- D. Syphilis
- E. West Nile Virus
- F. Tuberculosis
 1. Risk assessment and testing
- G. Post exposure treatments
- H. Influenza
- I. Written test

III. Cardiopulmonary Resuscitation

A. Adult

1. ABC's
2. Proper victim position
3. Locating compression point
4. Performing compressions
 - a. proper rate, depth
5. Rechecking pulse and continuing CPR/breathing cycles
6. Rescuer 1 vs. rescuer 2
7. Demonstration
8. Practice
9. Skills test

B. Child

1. ABC's
2. Proper victim position
3. Locating compression point
4. Performing compressions
 - a. proper rate, depth
5. Rechecking pulse and continuing CPR/breathing cycles
6. Rescuer 1 vs. rescuer 2
7. Demonstration
8. Practice
9. Skills test

C. Infant

1. ABC's
2. Proper victim position
3. Locating compression point
4. Performing compressions
 - a. proper rate, depth
5. Rechecking pulse and continuing CPR/breathing cycles
6. Rescuer 1 vs. rescuer 2
7. Demonstration
8. Practice
9. Skills test

IV. CPR considerations

- A. When to start, pause or stop CPR

V. Rescue Breathing

- A. Protective masks

- B. Ventilation rates

1. Adults
2. Child
3. Infant

- C. Potential Complications

- D. Skills demonstration

VI. Use of Automatic External Defibrillator (AED)

- A. Application and Operation
- B. Safety Precautions
- C. Post Shock Assessment
 - 1. Patient assessment
- D. Skills Demonstration

METHODS OF INSTRUCTION:

Lecture Demonstration Discussion Lab Activity

OUT OF CLASS ASSIGNMENTS:

Required Outside Hours:

Assignment Description: Students will practice bandage and splinting techniques

Required Outside Hours:

Assignment Description: Students will participate in practical exercises using a mannequin to perform CPR and first aid techniques learned in class

METHODS OF EVALUATION:

Skill demonstrations

Students will demonstrate proper CPR and AED techniques during skills exam.

Skill demonstrations

Students will demonstrate proper first aid during skills exam.

REPRESENTATIVE TEXTBOOKS:

American Heart Association . Heartsaver Student Workbook First Aid CPR AED. California : American Heart ,2015.

This is the current edition American Heart book as of April 2010.

ISBN: 978-1-1-61669-424-1

Reading Level of Text, Grade: 12

ARTICULATION and CERTIFICATE INFORMATION

Associate Degree:

CSU GE:

IGETC:

CSU TRANSFER:

Not Transferable

UC TRANSFER:

Not Transferable

SUPPLEMENTAL DATA:

Basic Skills: N

Classification: J

Noncredit Category: J

Cooperative Education: N

Program Status: 1 Program Applicable

Special Class Status: N

CAN:

CAN Sequence:

CSU Crosswalk Course Department:

CSU Crosswalk Course Number:

Prior to College Level: Y

Non Credit Enhanced Funding: Y

Funding Agency Code: A

In-Service: N

Occupational Course: C

Maximum Hours:

Minimum Hours:

Course Control Number: CCC000609331

Sports/Physical Education Course: N

Taxonomy of Program: 213300