

(Training course. General care of patient and basic first aid) developed by: Dr. Omar N. Amairi

№	The name of the section (or topic) of the discipline	The content of the section (topic)
1.	Topic 1.	
	Assessment of the main parameters characterizing the state of patient.	The main parameters of the functional state of the body in the norm and pathology (body temperature, heart rate, blood pressure, breathing characteristic, body mass index). The definition of health and disease.
2.	Topic 2.	
	General principles of patient care	Principles of patient's skin treating, cleaning of the mouth, nose, ears, eyes, genitals. Measures to prevent various complications. Changing of bed linen and patient's clothes. Creation of a functional position for the patient. Rules for transferring and transportation of patients. Features of patients' nutrition and feeding.
3.	Topic 3.	
	Basic cardiopulmonary resuscitation.	Causes. Symptoms. Interaction with emergency medical care. First aid. Complications. Responsibility.
	Assessment of the state of suffering (injured). Basic and expanded cardiopulmonary resuscitation.	Signs of clinical and biological death. Organization of assistance to suffering patient (connection with emergency services). Sudden cardiac arrest. Basic and expanded cardiopulmonary resuscitation. Automatic external defibrillator. Cardiopulmonary resuscitation in children. Complications of CPR. Conditions for cessation of CPR.
4.	Topic 4.	
	Bleeding (hemorrhage)	Types. Causes. Symptoms. First aid. Complications.
	Bleeding (hemorrhage)	Classification of bleeding. Common signs of bleeding. First aid for external and internal bleeding. Temporary and surgical methods of Hemostasis.
5.	Topic 5.	
	Traumas.	Injuries of various areas of the body. Bruises, sprains, tears, dislocations, fractures. Classification of fractures. First aid. First aid in RTA. Crash syndrome.
6.	Topic 6.	
	First aid for the obstruction of the upper respiratory tract. Drowning.	First aid for obturation of the upper respiratory tract by foreign body (restoring of the airway passability). Drowning. First aid.
7.	Topic 7.	
	Burns. Frostbites. Electric shock. First aid.	Classification. First aid.
8.	Topic 8.	
	First aid for allergic reactions. First aid in bites. Syncopes. Seizures (epileptic seizures). Poisoning.	Types and Classification. First aid.