

Approved by
Govt. of West Bengal
An Initiative of Department of
Youth Services, Govt. of West Bengal

FIRST-AID AND PATIENT CARE



FA&PC



Run by :



I·R·H·C
INSTITUTE OF
RURAL HEALTH CARE

FIRST AID AND PATIENT CARE

Course Name : First Aid and Patient Care

Course Duration : 12 months

INTRODUCTION

FIRST AID AND PATIENT CARE

This course will teach the student how to recognize an emergency and how to respond. The student will be prepared to make appropriate decisions regarding first aid care and how to provide care for injuries or sudden illness until professional medical help arrives. Upon completion of this course, student will be eligible for National Safety Council Certification in Advanced First Aid and Patient Care.

Desirable and Benefits of First Aid and Patient Care:

Taking a course in First Aid and Patient Care is highly desirable for individuals who want to learn how to respond to emergencies and provide basic medical care to those in need. Here are some reasons why:

- i) **Life-saving skills:** Knowing how to administer first aid can help save lives in emergency situations. Being able to perform CPR, control bleeding, and stabilize a person's condition before emergency services arrive can make all the difference.
- ii) **Increased confidence:** When you have the knowledge and skills to respond effectively to a medical emergency, you'll feel more confident and prepared to handle any situation that arises.
- iii) **Workplace requirements:** Many workplaces require employees to have first aid training to ensure the safety of staff and customers. Taking a course in First Aid and Patient Care can improve your employability and job prospects.
- iv) **Personal preparedness:** Accidents can happen anywhere, at any time. By learning first aid skills, you can be better prepared to respond to emergencies that may occur at home, while traveling, or in public places.
- v) **Community service:** Knowing first aid can also be a way to serve your community. You can become a volunteer at local events, such as sports games or festivals, and provide medical assistance if needed.

Overall, taking a course in First Aid and Patient Care is highly desirable because it can help you save lives, increase your confidence, improve your job prospects, prepare you for emergencies, and allow you to serve your community.

SYLLABUS

TOTAL COURSE DURATION: 360-HOUR

MODULE 1: INTRODUCTION TO FIRST AID (30 HOURS)

i. Definition of first aid	8hrs
ii. Objectives and principles of first aid	8hrs
iii. Legal and ethical issues in providing first aid	7hrs
iv. Personal safety and the safety of the patient	7hrs

Module 2: Basic Anatomy and Physiology (30 hours)

i. Overview of human anatomy and physiology	5hrs
ii. The musculoskeletal system	5hrs
iii. The cardiovascular system	5hrs
iv. The respiratory system	5hrs
v. The nervous system	5hrs
vi. The digestive system	5hrs

Module 3: Assessment and Treatment of Common Injuries (60 hours)

i. Soft tissue injuries (cuts, bruises, burns)	5hrs
ii. Fractures and dislocations	5hrs
iii. Head injuries	5hrs
iv. Spinal injuries	5hrs
v. Eye injuries	5hrs
vi. Ear injuries	5hrs
vii. Nose injuries	5hrs
viii. Mouth injuries	5hrs
ix. Dental injuries	5hrs
x. Chest injuries	5hrs
xi. Abdominal injuries	5hrs
xii. Shock	5hrs

Module 4: Medical Emergencies (60 hours)

i. Heart attack	6hrs
ii. Stroke	6hrs
iii. Seizures	6hrs
iv. Allergic reactions	6hrs
v. Diabetic emergencies	6hrs
vi. Poisoning	6hrs
vii. Heatstroke and hypothermia	8hrs
viii. Drowning	8hrs
ix. Anaphylaxis	8hrs

Module 5: Childbirth and Infant Care (30 hours)

i. Stages of labor and delivery	6hrs
ii. Emergency childbirth	6hrs
iii. Newborn care	6hrs
iv. Feeding and nutrition	6hrs
v. Infant hygiene and safety	6hrs

Module 6: Special Considerations (60 hours)

i. First aid for older adults	12hrs
ii. First aid for people with disabilities	12hrs
iii. First aid for pets and animals	12hrs
iv. First aid in wilderness and remote settings	12hrs
v. Psychological first aid	12hrs

Module 7: Patient Care (60 hours)

i. Introduction to patient care	7hrs
ii. Communication skills	7hrs
iii. Medical terminology	7hrs
iv. Medical documentation	7hrs

v. Patient assessment	7hrs
vi. Vital signs	7hrs
vii. Infection control	6hrs
viii. Basic life support	6hrs
ix. Emergency medical services	6hrs

Module 8: Ethics and Professionalism (30 hours)

i. Code of ethics for healthcare professionals	6hrs
x. Professionalism in healthcare	6hrs
xi. Cultural competency and diversity	6hrs
xii. Patient rights and responsibilities	6hrs
xiii. Healthcare laws and regulations	6hrs

Assessment and evaluation will be ongoing throughout the course and will include written exams, practical skills assessments, and case studies.

Job Opportunity

The course of first aid and patient care is designed to teach individuals how to provide initial care to someone who has been injured or is experiencing a medical emergency. First aid and patient care are essential skills for anyone who may need to provide assistance in emergency situations. First aid training typically covers basic life-saving techniques such as CPR, wound care, and splinting, as well as how to assess a patient's condition and prioritize care.

In addition to these technical skills, first aid training also emphasizes the importance of clear communication and staying calm under pressure. Effective communication with the patient and other healthcare professionals can help ensure that the patient receives the best possible care and that everyone involved in the situation is aware of what needs to be done.

Overall, first aid and patient care are critical components of emergency response and can make a significant difference in the outcome of a medical emergency. If you are interested in learning more about first aid and patient care, consider taking a certified course or volunteering with a local first aid or emergency response organization.

The goal of the course is to equip individuals with the knowledge and skills needed to respond effectively in emergency situations and provide the best possible care for the patient.

Minimum Eligibility

The minimum qualification for admission is class 10th Passed from any recognized board in India.

