

## FIRST AID

| Course Name                                    | Code   | Term     | Theory<br>(hours/week) | Application<br>(hours/week) | Laboratory<br>(hours/week) | ECTS |
|--|--|----------|------------------------|-----------------------------|----------------------------|------|
| FIRST AID                                      | SBF 110  | 6.Autumn | 2                      | 0                           | 0                          | 4    |
| Prerequisites                                  | None   |          |                        |                             |                            |      |
| Language of Instruction                        | Turkish  |          |                        |                             |                            |      |
| Course Type                                    | Compulsory   |          |                        |                             |                            |      |
| Learning and Teaching Techniques of The Course | Expression,<br>Discussion,<br>Question & Answer,<br>Laboratory studies,<br>Observation,<br>Field Trip,<br>Team / Group Work<br>Role Playing / Dramatization,<br>Report Preparation and / or Presentation,<br>Experiment,<br>Drill & Practice,<br>Case Study,<br>Problem Solving,<br>Brainstorming,<br>Project Design / Management,<br>Other.   |          |                        |                             |                            |      |
| Instructor(s)                                  | Asst. Prof. Dr. Medet KORKMAZ  |          |                        |                             |                            |      |
| Goal   | It is the concept of first aid and patient transportation techniques in emergency situations.  |          |                        |                             |                            |      |
| Learning Outcomes                              | 1. To be able to comprehend the applications of the first and urgent help,<br>2. Ability to apply first aid information in emergencies,<br>3. To be able to comprehend the basic principles of emergency patient care,<br>4. Emergency diagnosis, Physiological responses to trauma, Basic life support,<br>Understanding of advanced life support   |          |                        |                             |                            |      |
| References                                     | 1. Sözen C(2002), İlk yardım, Nobel publishing, Ankara.<br>2. Süzen B, İnan H(2004-2005), İlk Yardım, Birol Basım Publishing, 3rd edition<br>3. İlk Yardım (Ed; Süzen B), Marmara İletişim Publishing<br>4. Acil Bakım (Ed; Şelimen D), Yüce<br>5. İlk Yardım (Sivil Savunma) Publishing<br>6. Acil Yardım ve Travma El Kitabı (Ed; Sözüer E) Nobel medical bookstore<br>7. Acil Hemşireliği (Ed; Oktay S, Aksoy G), İstanbul Üniversitesi Florence Nightingale HYO publishing |          |                        |                             |                            |      |

### Course Outline Weekly:

| WEEKS    | TOPICS   |
|----------|--|
| 1. Week  | Principles of First Aid                          |
| 2. Week  | Evaluation of site, sick and wounded individuals |
| 3. Week  | Basic life support                               |
| 4. Week  | First aid in airway congestion                   |
| 5. Week  | First aid in bleeding                            |
| 6. Week  | First aid in fracture, dislocation, sprain       |
| 7. Week  | First aid in drowning                            |
| 8. Week  | <b>MIDTERM EXAM</b>                              |
| 9. Week  | First aid in burn-dull-hot blow                  |
| 10. Week | First aid in poisonings                          |
| 11. Week | First aid in Cognitive Disorders                 |
| 12. Week | Animal first aid in human bites and insect bites |
| 13. Week | First aid in escaping foreign body, eye, ear     |
| 14. Week | Patient / injured transport techniques           |
| 15. Week | General review                                   |

### Student Work Load Table

| Activities   | Number            | Duration | Total Work Load |
|--|-------------------|----------|-----------------|
| Course Duration  | 14                | 2        | 28              |
| Laboratory   |                   |          |                 |
| Practice   |                   |          |                 |
| Field Study  |                   |          |                 |
| Study Time Of Outside Of Class (Pre-Study, Practice, Etc.)             | 14                | 4        | 56              |
| Presentations (Video shoot/Poster preparation/Oral presentation, Etc.) |                   |          |                 |
| Seminars   |                   |          |                 |
| Project  |                   |          |                 |
| Case study   |                   |          |                 |
| Role playing, Dramatization  |                   |          |                 |
| Writing articles, Critique   |                   |          |                 |
| Time To Prepare For Midterm Exam                                       | 1                 | 6        | 6               |
| Final Exam Preparation Time  | 1                 | 10       | 10              |
| <b>Total Work Load ( hour ) / 25(s)</b>                                | <b>100 / 25=4</b> |          |                 |
| <b>ECTS</b>  | <b>4</b>          |          |                 |

### Evaluation System

| <b>Mid-Term Studies</b>                     | <b>Number</b> | <b>Contribution</b> |
|---|---------------|---------------------|
| Midterm exams                               | 1             | %100                |
| Quiz  |               |                     |
| Laboratory                                  |               |                     |
| Practice                                    |               |                     |
| Field Study                                 |               |                     |
| Course Internship (If There Is)             |               |                     |
| Homework's                                  |               |                     |
| Presentation and Seminar                    |               |                     |
| Project                                     |               |                     |
| Other evaluation methods                    |               |                     |
| <b>Total Time To Activities For Midterm</b> |               | <b>100</b>          |
| <b>Final works</b>                          |               |                     |
| Final                                       | 1             | %100                |
| Homework                                    |               |                     |
| Practice                                    |               |                     |
| Laboratory                                  |               |                     |
| <b>Total Time To Activities For Midterm</b> |               | <b>100</b>          |
| Contribution Of Midterm Studies On Grades   |               | %50                 |
| Contribution Of Final Exam On Grades        |               | %50                 |
| <b>Total</b>                                |               | <b>100</b>          |

#### **The relationship between learning outcomes and the program qualifications of the courses**

| <b>Program Qualifications</b>   | <b>Learning outcomes</b> |              |              |              |
|---|--------------------------|--------------|--------------|--------------|
|   | <b>L.O.1</b>             | <b>L.O.2</b> | <b>L.O.3</b> | <b>L.O.4</b> |
| 1. To acquire information in the basic and social sciences as the Dietitian as his/her profession entails and make use of it for life.  | 3                        |              |              |              |
| 2. To develop personalized diet and programme in accordance with the principles of adequate and balanced nutrition.   |                          | 3            |              |              |
| 3. To improve and develop the food and nutrition plans and policy for the development of individuals with the energy and nutrient element requirements with scientific method detection, health protection  |                          | 4            |              |              |
| 4. To determine and evaluate individual, the community and the patient's nutritional status by applying up-to-date information gained in the field of nutrition and dietetics. She/he can use the knowledge to raise the level of community health and the quality of life. |                          |              |              | 4            |
| 5. Assess the nutritional status of the patients, evaluate the clinical symptoms, plan and apply individualized medical nutrition therapy for the patients.   |                          | 5            | 4            |              |
| 6. The student can understand the basic values and culture of the society he/she is living in and gain the skill to transform him/herself in a positive way   |                          |              |              | 4            |
| 7. Dietitian can improve products, make laboratory practice on elements affecting analysis and quality of nutrition, review and evaluate them regarding the legal regulations   |                          |              |              |              |
| 8. The student embraces the concepts with regard to biological systems that form the basis of human health, Anatomy, Physiology, and the sustainability of them.  |                          |              |              | 3            |

|  |  |   |  |
|--|--|---|--|
| <p>9. The student can participate in Nutrition and Dietetics practices individually and/or within a team, use, apply, discuss and share scientific and evidence based knowledge in nutrition and dietetics practice with team and team members, develop and demonstrate effective skills using oral, print, visual methods in communicating and expressing thoughts and ideas, communicate with all stakeholders within ethical principles. Develop and demonstrate effective communications skills using oral, print, visual, electronic and mass media methods</p> |  |   |  |
| <p>10. Dietitian has knowledge to develop food and nutrition plans and policies for protection of health, in order to improvement and development by using methods for determining the nutritional status.</p>   |  | 3 |  |

**Contribution to the level of proficiency: 1. Lowest, 2. Low / Medium, 3. Average, 4. High, 5. Excellent**