

THE PENNSYLVANIA STATE UNIVERSITY
School of Nursing

(OFFICIAL TEMPLATE)

COURSE NUMBER: NURS 203

COURSE TITLE: First Aid and CPR

CREDIT HOURS: 3 SH (3,0)

CATALOG DESCRIPTION:

An introductory first aid course designed to provide the basic knowledge and skills to provide assistance to someone injured or ill. A card in First Aid and One-Person Cardiopulmonary Resuscitation (**Note: Not Healthcare Provider or Professional CPR**) will be issued upon successful completion of the course.

Prerequisites: None

COURSE OBJECTIVES:

Upon completion of this course, the student will be able to:

1. Explain how the EMS system works and how the professional rescuer's role in the EMS system differs from a citizen responder's role.
2. Identify guidelines to follow to ensure personal safety and the safety of others at the scene of an emergency.
3. Describe basic safety precautions to prevent disease transmission when providing first aid and CPR services.
4. Describe four emergency action principles.
5. Recognize breathing emergencies, such as a choking, and demonstrate the correct first aid care.
6. Identify the major risk factors for cardiovascular and cerebrovascular disease.
7. State the signs and symptoms of a heart attack and stroke.
8. Demonstrate the correct technique for providing cardiopulmonary resuscitation (CPR) to an adult.
9. Demonstrate how life-threatening bleeding can be controlled.
10. Demonstrate the correct care for various common injuries, including sprains and fractures.
11. State the signs and symptoms of common medical emergencies, including poisoning, seizures, and heat and cold emergencies.
12. Describe the first aid care for common medical emergencies.
13. Describe when and how to move a person in an emergency situation.

TOPICAL OUTLINE:

- I. Introduction to First Aid.
- II. Safety Precautions for the First Aid Responder.
- III. One-person Cardiopulmonary Resuscitation for an adult victim, including Obstructed Airway.

- IV. First Aid for bleeding and other common injuries.
- V. First Aid for common medical emergencies.
- VI. Emergency transfer techniques.

TEACHING METHODOLOGIES MAY INCLUDE (Dependent on Site):

Lecture, Video Demonstration, Discussion, Skill Demonstration, Skill Practice

REQUIRED AND RECOMMENDED TEXTS (Dependent on Site):

American Academy of Orthopaedic Surgeons (2007). *First Aid, CPR and AED*. 5th ed. Jones and Bartlett Publishers, Inc.: Sudbury, MA.

American Red Cross. (2001). *Standard First Aid*.

American Red Cross. (2001). *Community CPR*.

Pocket Mask for CPR

Triangle Bandages: 2 each

Kling Roller Gauze: 1 each

GRADE REQUIREMENT:

Students must achieve a letter grade of C or better (based on the School of Nursing grading scale) in both theory and clinical components of all nursing courses in order to pass the course and progress in the nursing program.

SCHOOL OF NURSING GRADING SCALE:

A = 94-100	B = 83-86	C = 75-76
A- = 90-93	B- = 80-82	D = 68-74
B+ = 87-89	C+ = 77-79	F = Below 68

ACADEMIC PROGRESSION POLICY:

The Academic Progression policy delineates the academic standards for pre-licensure students (students without an RN license), who are admitted to the undergraduate nursing program. The policy states that **all prerequisite courses may be repeated only one time and failure of two required nursing courses will result in dismissal** from the nursing major. Details of the academic progression policy are available in the student handbook (<http://www.hhdev.psu.edu/nurs/Handbooks/index.html>).

ACADEMIC INTEGRITY:

Academic integrity is the pursuit of scholarly activity free from fraud and deceptions and is an educational objective of this institution. Academic dishonesty includes, but is not limited to, cheating, plagiarizing, fabricating of information or citations, facilitating acts of academic dishonesty by others, having unauthorized possession of examination, making copies in any manner of exams or papers, submitting work of another person or work previously used without informing the instructor, or tampering with the academic work of other students. At the

beginning of each course, it is the responsibility of the instructor to provide a statement clarifying the application of academic integrity criteria to that course. A student charged with academic dishonesty will be given oral or written notice of the charge by the instructor. If students believe they have been falsely accused, they should seek redress through normal discussion with the instructor, department head, dean, or campus executive officer. If the instructor believes that the infraction is sufficiently serious to warrant referral of the case to Judicial Affairs, or if the instructor will award a final grade of “F” in the course because of the infraction, the student and instructor will be afforded formal due process.

DISABILITY:

The Pennsylvania State University encourages qualified persons with disabilities to participate in its programs and activities. If you anticipate needing any type of accommodation or have questions about physical access provided, please contact the Office for Disabilities Service as soon as possible.

DIVERSITY STATEMENT:

The faculty and staff of the School of Nursing value and are committed to fostering diversity in the classroom, the University, and the profession. By respecting differences in culture, age, gender, gender expression, race, ethnicity, national origin, differing abilities, sexual orientation, and religious affiliation, we enrich the learning environment; improve the practice and profession of Nursing; and enhance personal creativity and professional growth.

REGISTRATION STATUS:

All students in “**Registration Not Complete**” status must resolve issues before the first day of clinical or the 10th day after classes begin whichever comes first. Students who do not complete registration will not be able to remain in nursing clinical courses. University policy on completing registration can be found at http://www.registrar.psu.edu/registration/completing_registration.cfm

STUDENT RESPONSIBILITIES AND CONDUCT:

1. Students are responsible for attending all classes, taking notes, and obtaining other materials provided by the instructor, taking tests, and completing assignments as scheduled by the instructor.
 - a. Requests for taking exams or submitting assignments after the due dates require documentation of events such as illness, family emergency or a university sanctioned activity.
 - b. Conflicts with dates on which examinations or assignments are scheduled must be discussed with the instructor or TA prior to the date of the examination or assignment.
2. Students are responsible for keeping track of changes in the course syllabus made by the instructor throughout the semester.
3. Students are responsible for monitoring their grades.

4. Students must contact the instructor as soon as possible if they anticipate missing multiple classes due to events such as chronic illnesses, travel related to team sports, or other university activities. The instructor will determine the minimal attendance and participation required in order to meet course responsibilities.
5. If extra credit assignments are offered, they must be offered to all students and should not be used to boost the grade of an individual student.
6. Behaviors that disrupt other students' learning are not acceptable (e.g., arriving consistently late for class, cell phone use, reading non-course related materials, or social conversation during class), and will be addressed by the instructor.
7. For severe and chronic problems with student disruptive behavior, the Senate Committee on Student Life Policy on Managing Classroom Disruption will be followed.
(<http://www.sa.psu.edu/ja/pdf/classdisrupt.pdf>).

FACULTY (Varies by Campus):

Senate approval Summer 2002
Revised 2007
Revised Fall 2008
Revised Summer 2009