

## SYLLABUS

concerning the cycle of education **2025- 2031**

Academic year 2025/2026

### 1. BASIC INFORMATION CONCERNING THIS SUBJECT / MODULE

Subject / Module	<b>First Aid and Elements of Nursing</b>
Course code / module *	<b>PPM / F</b>
Faculty of (name of the leading direction)	<b>Faculty of Medicine, University of Rzeszow</b>
Department Name	<b>Faculty of Medicine, University of Rzeszow</b>
Field of study	<b>Medicine</b>
Level of education	<b>Uniform master studies</b>
Profile	<b>General academic</b>
Form of study	<b>Stationary / non-stationary</b>
Year and semester	<b>Year I, semester 1</b>
Type of course	<b>Obligatory</b>
Language of instruction	<b>English</b>
Coordinator	<b>Dr. Grzegorz Kucaba, PhD in Health Sciences</b>
Name(s) of the instructor(s)	<b>Lukas Jurczak MSc, dr Pawel Musiał, Wolfgang Kleinhezi</b>

\* - according to the resolutions of the Faculty of Medicine

#### 1.1. Forms of classes, number of hours and ECTS

Semester (No.)	Lecture	Exercise	Conversation	Laboratory	Seminar	Practical	Others	Number of points ECTS
2	15	15	-	-	-	-	-	2

#### 1.2. The form of class activities

- ☒ classes are in the traditional form
- ☒ classes are implemented using methods and techniques of distance learning

#### 1.3 Examination Forms (Ongoing Assessment): (exam, credit with grade or credit without grade); **credit with grade**

## 2. REQUIREMENTS

Basic knowledge of anatomy and physiology
---

## 3. OBJECTIVES, OUTCOMES, AND PROGRAM CONTENT USED IN TEACHING METHODS

### 3.1 Objectives of this course

C <sub>1</sub>	Familiarization with the principles of cardiopulmonary resuscitation (CPR) in adults and children, including: <ul style="list-style-type: none"><li>• assessment of an unconscious casualty</li><li>• calling for medical assistance</li><li>• positioning the casualty in the recovery position</li><li>• chest compressions</li><li>• performing rescue breaths using mouth-to-mouth, mouth-to-nose, pocket mask, and self-inflating bag techniques</li><li>• operation of an automated external defibrillator</li></ul>
C <sub>2</sub>	Familiarization with the principles of providing first aid in life-threatening situations.
C <sub>3</sub>	Development of basic practical skills and ethical attitudes necessary for providing patient care.

### 3.2 Outcomes for the course

EK (the effect of education)	The content of the learning effect defined for the subject	Reference to directional effects <sup>1</sup>
EK_01	Able to perform medical procedures and interventions, including: <ol style="list-style-type: none"><li>1. measurement and assessment of basic vital signs (temperature, pulse, blood pressure) and their monitoring using a cardiac monitor and pulse oximeter;</li><li>2. manual and instrument-assisted airway management;</li><li>3. intravenous, intramuscular, and subcutaneous drug administration</li></ol>	E.U14.
EK_02	Is familiar with guidelines for cardiopulmonary resuscitation in neonates, children, and adults.	F. W9.
EK_03	Is able to perform basic life support procedures in adults, including the use of an automated external defibrillator, in accordance with ERC guidelines.	F. U11

<sup>1</sup> In the case of an educational path leading to teaching qualifications, also include the learning outcomes from the standards for teacher training.

EK_04	Is capable of recognizing and acknowledging personal limitations, and of self-assessing deficits and educational needs.	K.05
EK_05	Is able to utilize objective sources of information.	K.07
EK_06	Is capable of drawing conclusions from personal measurements or observations.	K.08
EK_07	Is capable of assuming responsibility for decisions made within professional activities, including considerations of personal and others' safety.	K.11

### 3.3 Programme content

#### A. Lecture topics

<b>Course content</b>
Legal and regulatory aspects of providing first aid; organization of the emergency medical services system in Poland.
Safety of the incident site and personal safety of first aid providers.
Calling for medical assistance.
Assessment of basic vital signs, non-invasive monitoring, pulse oximetry, blood glucose, body temperature.
Early Warning Score
Current guidelines for cardiopulmonary resuscitation
Basic life-saving procedures and use of an automated external defibrillator (AED) in adults and children (BLS and BLS AED).

#### B. Topics of lectures, seminars, laboratory, and practical exercises

<b>Course content</b>
Assessment of basic vital signs – patient evaluation according to the ABC scheme: pulse assessment, respiratory assessment, blood pressure measurement, pulse oximetry, blood glucose measurement, body temperature measurement, Early Warning Score (EWS).
Techniques for non-instrumental airway management.
Insertion of oropharyngeal and nasopharyngeal airway tubes.
Assisted ventilation: mouth-to-mouth, mouth-to-nose, mouth-to-mouth/nose, pocket mask, self-inflating bag with mask.
Techniques for performing basic resuscitation procedures in adults and children: BLS, BLS AED, choking management, positioning in the recovery position, calling for medical assistance.
Performing basic procedures: intravenous cannula insertion, blood collection for laboratory tests, intramuscular and subcutaneous injections, preparation of intravenous infusion.

### 3.4. Didactic methods

**Lecture:** problem-based lecture, lecture with multimedia presentation, delivery of advanced knowledge in first aid

**Exercises:** simulation, group work (problem-solving, discussion), educational games, distance learning methods

## 4. ASSESSMENT METHODS AND CRITERIA

### 4.1. Methods of verifying learning outcomes

Symbol of effect	Methods of assessing learning outcomes (e.g., test; oral exam; written exam; project; report; observation during classes)	Form of classes (Lectures, Exercises, ...)
EK_01–EK_03	Credit test: written, multiple-choice	L
EK_01-EK_03	OSCE (Objective Structured Clinical). Examination – standardized assessment of skills in simulated conditions.	E, L

### 4.2. Course completion requirements (evaluation criteria)

**Attendance in all forms of classes is mandatory.**

**Knowledge Assessment (EK\_01 – EK\_03):**

Credit Test (written, multiple-choice) based on lectures: 38 single-choice questions

5.0 – has knowledge of each of the contents of education at the level of 93%-100%

4.5 – has knowledge of each of the contents of education at the level of 85%-92%

4.0 – has knowledge of each of the contents of education at the level 77%-84%

3.5 – has knowledge of each of the contents of education at the level 69%-76%

3.0 – has knowledge of each of the contents of education at the level 60%-68%

2.0 – has knowledge of each of the contents of education below 60%

**Assessment of Practical Skills (EK\_01–EK\_03):**

Practical component according to the OSCE course completion regulations.

**Assessment of Social Competences (EK\_04–EK\_07):**

- continuous assessment by the instructor (observation)
- discussion during class
- feedback from patients and peers

<b>Theoretical assessment – weight 1</b> <b>Practical assessment – weight 1</b>
--

## 5. TOTAL STUDENT WORKLOAD REQUIRED TO ACHIEVE THE INTENDED LEARNING OUTCOMES IN HOURS AND ECTS CREDITS

Form of activity	Average number of hours required to complete the activity
Contact hours according to the study schedule	30
Other activities involving academic staff (participation in consultations, exams)	2
Non-contact hours – student's independent work (preparation for classes, exam, etc.)	20
SUM OF HOURS	52
<b>TOTAL NUMBER OF ECTS</b>	<b>2</b>

*\* It should be noted that 1 ECTS point corresponds to 25–30 hours of total student workload.*

## 6. TRAINING PRACTICES IN THE SUBJECT

Number of hours	-
Rules and forms of apprenticeship	-

## 7. LITERATURE

### Basic literature:

2021 Resuscitation Guidelines of the European Resuscitation Council. Kraków 2021. Chapters: 1, 2, 3, 4, 8 – [https://www.prc.krakow.pl/wytyczne\\_2021.html](https://www.prc.krakow.pl/wytyczne_2021.html)

Beecham GB, Tackling G. Peripheral Line Placement. [Updated 2023 Jul 25]. In: StatPearls [Internet]. Treasure Island (FL): StatPearls Publishing; 2025 Jan-. Available from: <https://www.ncbi.nlm.nih.gov/books/NBK539795/>

Bucher JT, Vashisht R, Cooper JS. Bag-Valve-Mask Ventilation. [Updated 2025 May 3]. In: StatPearls [Internet]. Treasure Island (FL): StatPearls Publishing; 2025 Jan-. Available from: <https://www.ncbi.nlm.nih.gov/books/NBK441924/>

Sapra A, Malik A, Bhandari P. Vital Sign Assessment. [Updated 2023 May 1]. In: StatPearls [Internet]. Treasure Island (FL): StatPearls Publishing; 2025 Jan-. Available from: <https://www.ncbi.nlm.nih.gov/books/NBK553213/>

Doyle D. Clinical Early Warning Scores: New Clinical Tools in Evolution . Open Anesthesia J, 2018; 12: . <http://dx.doi.org/10.2174/2589645801812010026>

Approved by the Head of the Department or an authorised person