

PALOMAR COLLEGE
COURSE OUTLINE OF RECORD FOR
DEGREE CREDIT COURSE

_____ Transfer Course X A.A. Degree applicable course
(check all that apply)

COURSE NUMBER AND TITLE: AJ 51 First Aid/CPR Update

UNIT VALUE: .5

MINIMUM NUMBER OF SEMESTER HOURS: 8

BASIC SKILLS REQUIREMENTS: Appropriate language skills

ENTRANCE REQUIREMENTS

PREREQUISITE: Must be an active full time peace officer or active reserve peace officer and currently employed by a law enforcement agency.

COREQUISITE:

RECOMMENDED PREPARATION:

SCOPE OF COURSE:

A POST-approved perishable skills course for active full time peace officers or active reserve peace officers that are currently employed by a law enforcement agency. This course is an overview of emergency medical care terminology and procedures required for peace officers when responding to victims where assessment of immediate condition, appropriate first-aid treatment and possible basic life support maneuvers will be required. *Credit/No credit only.*

SPECIFIC COURSE OBJECTIVES:

Successful students will be able to:

1. Demonstrate knowledge of various types of personal protective equipment.
2. Demonstrate the knowledge of various types of communicable diseases.
3. Demonstrate the knowledge of scene safety.
4. Demonstrate the knowledge of and the importance of triage.
5. Demonstrate the knowledge and identification of various wounds and their treatment.
6. Demonstrate the knowledge of basic life support.
7. Demonstrate the knowledge of artificial breathing for adults, children and infants.

CONTENT IN TERMS OF SPECIFIC BODY OF KNOWLEDGE:

- I. Introductions
 - a. Instructor introductions
 - b. Course overview
- II. Scene Assessment
 - a. Personal Protective Equipment (PPE) overview
 - b. Communicable Diseases
 - i. Types
 - ii. PC 13518
 - iii. Gloves, particle masks, “haz-mat” gown
 - c. Mechanism of injury
 - d. Scene safety
 - i. Recognizing potential hazards
 - e. Resource allocations and needs
- III. Triage
 - a. Patient assessment
 - b. Obstetric/pediatric emergencies
 - i. Recognition
 - ii. Considerations
 - iii. Considerations
 - 1. adults
 - 2. children
 - 3. fetuses
- IV. Wounds
 - a. C-spine precautions
 - b. Bleeding
 - i. Abrasions
 - ii. Lacerations
 - iii. Contusions
 - iv. Puncture
 - c. Bleeding control
 - i. Direct pressure
 - ii. Elevations
 - iii. Pressure points
 - d. Dressings /bandages
 - i. Typical/standard
 - ii. Tourniquets
 - e. Fractures
 - i. Open/compound
 - ii. Closed
 - f. Abdominal/chest pains
 - i. Lacerations
 - ii. Blunt Trauma
 - iii. Internal bleeding
 - g. Burns
 - i. First degree
 - ii. Second degree

- iii. Third degree
 - h. Shock
 - i. Recognition signs
 - ii. Responses
- V. First Aid skills Review and Skills Testing
- VI. CPR
 - a. ABC's
 - i. Airway
 - ii. Breathing
 - iii. Circulation
 - b. Respiratory system
 - i. Conscious
 - ii. Unconscious
 - iii. Signs to airway obstruction
 - c. Clearing obstructions/conscious
 - i. Heimlich
 - ii. Back blows
 - d. Clearing obstructions/unconscious
 - i. Tongue
 - ii. Head tilt
 - iii. Jaw thrusts
 - iv. Finger sweep
 - e. Breathing
 - i. Chest rise visible
 - ii. Consider patient's position
 - iii. Move only when necessary
 - iv. Consider other injuries
 - f. Circulation
 - i. Cardiovascular system
 - 1. Overview
 - 2. Considerations
 - ii. Artificial respiration
 - 1. Adult
 - 2. Child
 - 3. Infant
 - g. CPR Technique
 - i. Compression ratios and rates
 - 1. Adult
 - 2. Child
 - 3. Infant
 - ii. Depths
 - 1. Adult
 - 2. Child
 - 3. Infant
 - iii. Two-rescuer CPR
 - 1. Responsibilities
 - 2. Ratios
- VII. CPR skills review and testing
 - a. One rescuer CPR
 - i. Adult

- ii. Child
- iii. Infant
- b. Two-rescuer CPR
 - i. Adult
 - ii. Child
 - iii. Infant

REQUIRED READING:

Various handouts and manuals from the American Red Cross and/or American Heart Association.

SUGGESTED READING:

None.

REQUIRED WRITING:

None.

OUTSIDE ASSIGNMENTS:

Students are expected to spend a minimum of three hours per unit per week in class and on outside assignments, prorated for short-term classes.

INSTRUCTIONAL METHODOLOGY:

Check all that apply:

- lecture
- laboratory
- lecture-laboratory combination
- directed study

DISTANCE LEARNING:

This course may be offered as a distance learning course and meets Title 5 regulations 55370, 55372, 55374, 55376, 55378, and 55380.

Yes No

If yes, check all that apply:

- Television Course (Video one-way, e.g. ITV, video cassette, etc.)
- Online Course (Text one-way, e.g. newspaper, correspondence, electronic file, etc.)
- Two-Way Video Conferencing (Two-way interactive video and audio)
- One-Way Video Conferencing (One-way interactive video and two-way interactive audio)
- Computer Assisted Instruction (A specialized form of mediated instruction relying primarily on student access to information and prepared lessons or teaching materials through a computer terminal, but not under immediate supervision of a qualified instructor.)

GRADING POLICY AND STANDARDS (include methods of determining whether the stated objectives have been met by students):

Participation = 20%

Practical Examination = 40%

Written Examination = 40%

IS COURSE REPEATABLE FOR REASON(S) OTHER THAN DEFICIENT GRADE?

Yes X No _____ Number of times course may be taken for credit: 4

If yes, identify specific provision of Title 5 Division 2 section(s), 55761-55763 and 58161 which qualifies course as repeatable: 58161 C

CONTACT PERSON:

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SIGNATURES ON FILE:
