MODULE DESCRIPTION FORM

Module Information
معلومات المادة الدراسية

Module Title	Principle First Aid
Module Type	Elective
Module Code	NUR110007
ECTS Credits	2 ECTS
SWL (hr/sem)	50

Module Delivery

Method	h/week	Frequency
Theory	**2**	**15**
Lecture	**-**	**-**
Lab	**-**	**-**
Tutorial	**-**	**-**
Practical	**-**	**-**
Seminar	**-**	**-**

Module Level	UG I	**Semester of Delivery**	1st Semester
Administering Branch	Fundamentals of Nursing	**College**	NUR
Module Leader	Saeer naheem taha	**e-mail**	saeer.ta@uowa.edu.iq
Module Leader's Acad. Title	Lecturer	**Module Leader's Qualification**	Msc.
Module Tutor	Saeer Naheem taha	**e-mail**	saeer.ta@uowa.edu.iq
Peer Reviewer Name	Assistant.prof. Dr.naseem Sameer saqr	**e-mail**	nassem.sa@uwoa.edu.iq
Scientific Committee Approval Date	December 13, 2025	**Version Number**	1.0

Relation with other Modules
العلاقة مع المواد الدراسية الأخرى

Prerequisite module	None	**Semester**	None
Co-requisites module	None	**Semester**	None

Module Aims, Learning Outcomes and Indicative Contents أهداف المادة الدراسية ونتائج التعلم والمحتويات الإرشادية	
Module Objectives أهداف المادة الدراسية	Upon successful completion of this module, the student will be able to: 1. Apply the principles of primary assessment (DRSABCD or equivalent) to systematically and rapidly evaluate a casualty in any emergency situation, identifying immediate life-threats. 2. Demonstrate proficiency in performing all steps of Basic Life Support (BLS), including high-quality chest compressions, rescue breaths, and the use of an Automated External Defibrillator (AED) for adult, pediatric, and infant victims. 3. Differentiate between the pathophysiology, signs, and symptoms of major respiratory, circulatory, and neurological emergencies (e.g., anaphylaxis, myocardial infarction, stroke, status epilepticus) to formulate an initial nursing response. 4. Execute appropriate first aid and emergency nursing interventions for the management of soft tissue injuries, burns, and musculoskeletal trauma, focusing on hemorrhage control, wound care, and immobilization techniques. 5. Analyze the clinical presentation of a patient in shock (hypovolemic, septic, anaphylactic) to determine its likely etiology and initiate the correct sequence of priority nursing actions. 6. Develop evidence-based management plans for cases of acute poisoning, drug overdose, and envenomation from bites and stings, including initial decontamination procedures and symptom management. 7. Prioritize and administer first aid for specialized injuries to the eyes, teeth, nose, and ears, demonstrating an understanding of the potential for long-term complications. 8. Synthesize patient history and mechanism of injury to suspect and appropriately manage suspected spinal and other critical fractures in a pre-hospital or emergency department setting. 9. Compare and contrast the key algorithms and interventions used in Advanced Life Support (ALS), Pediatric Advanced Life Support (PALS), and Neonatal Advanced Life Support (NALS), recognizing the nurse's role within these specialized resuscitation teams. 10. Integrate clinical judgment, ethical principles, and effective communication skills to safely manage multiple casualties and function collaboratively within an interprofessional emergency care team.

Module Learning Outcomes مخرجات التعلم للمادة الدراسية	By the end of this course, the student will be able to: 1. By the mid-term exam, demonstrate correct primary assessment sequence (DRSABCD) on a simulated adult patient, identifying and responding to life-threatening airway and breathing problems with 100% accuracy in critical steps, as per the European Resuscitation Council (ERC) guidelines. 2. By the end of the practical skills module (Week 4), perform a complete cycle of high-quality, single-rescuer Basic Life Support (BLS) for an adult, including the use of an AED, achieving a minimum score of 90% on the BLS practical checklist, adhering to ERC standards. 3. Within the first 6 weeks, differentiate between the signs, symptoms, and initial nursing management of at least three distinct circulatory emergencies (e.g., anaphylactic shock, myocardial infarction, hypovolemic shock) by correctly analyzing and solving three out of four presented clinical case scenarios. 4. By the end of Week 8, formulate and execute a prioritized plan for a simulated multi-trauma casualty, which includes immediate hemorrhage control, spinal immobilization, and fracture stabilization, successfully completing all critical actions in a timed simulation. 5. **During the final practical assessment (OSCE), correctly apply** the appropriate first aid techniques for two different types of burns (thermal and chemical) and a major arterial wound, selecting the correct materials and procedures in accordance with evidence-based protocols. 6. **By the conclusion of the poisoning and envenomation module (Week 9), develop** an initial management plan for a case of acute drug overdose and a bee sting anaphylaxis, accurately listing the first five priority nursing interventions for each case in a written assignment. 7. **In the final written examination, analyze** a complex case study of a patient with a suspected stroke, accurately calculating the onset time, identifying the type of stroke (ischemic vs. hemorrhagic) based on symptoms, and justifying the first-line emergency nursing priorities. 8. **Throughout the course clinical simulations, effectively utilize** closed-loop communication to delegate tasks and report critical patient information to a simulated team leader during a pediatric respiratory arrest scenario, as measured by a standardized teamwork assessment tool. 9. **By the end of Week 10, compare and contrast** the key differences in BLS algorithms for adults, children, and infants by creating a comparative table that accurately outlines the variations in compression depth, hand placement, and compression-to-ventilation ratios. 10. **In the final comprehensive exam, integrate** knowledge from all course modules to manage a simulated environmental emergency (e.g., hypothermia or heat stroke) and a diabetic emergency, correctly identifying the condition and initiating all appropriate first aid and monitoring interventions within a 10-minute timeframe.

Indicative Contents المحتويات الإرشادية	**Theory Lectures** **Lecture One: First Aid and Emergency Nursing [SSWL= 2 hrs]** • Principles and Goals of First Aid. • The Role and Responsibilities of a First Aider. • Legal and Ethical Considerations in Emergency Care. • The Difference Between First Aid and Emergency Nursing. **Lecture Two: First Aid Kit and Techniques [SSWL=2 hrs]** • Essential Contents of a Basic First Aid Kit. • Proper Use of Bandages, Dressings, and Antiseptics. • Techniques for Moving and Transporting Injured Persons. • Infection Control and Personal Protective Equipment (PPE). **Lecture Three: Primary Assessment [SSWL=2 hrs]** • The DRABC / CAB Approach (Danger, Response, Airway, Breathing, Circulation). • Assessing Level of Consciousness (AVPU Scale). • Techniques for Opening and Maintaining an Airway. • Checking for Breathing and Signs of Circulation. **Lecture four: Lifesaving Priorities [SSWL=2 hrs]** • Basic Life Support (BLS): Chest Compressions and Rescue Breaths. • Advanced Life Support (ALS)**:** Use of AED and Advanced Airway Management. • Pediatric Life Support (PALS): Modifications for Infants and Children. • Neonatal Advanced Life Support (NALS): Resuscitation Guidelines for Newborns. **Lecture five: Respiratory Emergencies [SSWL=2 hrs]** • Recognizing Signs of Respiratory Distress (Choking, Asthma, Anaphylaxis). • First Aid for Airway Obstruction (Heimlich Maneuver). • Management of Acute Asthma Attack and Hyperventilation. • Supplemental Oxygen Use and Positioning for Breathing Difficulties. **Lecture six: Circulatory Emergencies [SSWL=2 hrs]** • Recognizing Signs of a Heart Attack (Myocardial Infarction). • First Aid for Cardiac Arrest and Use of an AED. • Management of Stroke (FAST Assessment). • Control of Severe External and Internal Bleeding. **Lecture seven: Nervous System Emergencies [SSWL=2 hrs]** • Recognizing and Managing Seizures. • Assessment and First Aid for Head and Spinal Injuries. • Signs and Management of Stroke (Revisited in a Neurological Context). • Altered Mental Status: Fainting (Syncope) vs. Coma. **Lecture eight: Wounds, Burns, and Injuries [SSWL=2 hrs]** • Types of Wounds: Abrasions, Lacerations, Punctures, and Avulsions. • Principles of Wound Cleaning, Dressing, and Bandaging. • Classification and Management of Burns (1st, 2nd, 3rd Degree). • Prevention of Infection and Tetanus Prophylaxis. **Lecture nine: Eye, Dental, Nasal, and Ear Injuries [SSWL=2 hrs]** • First Aid for Foreign Objects in the Eye and Chemical Burns.

- Management of Knocked-Out (Avulsed) Tooth and Oral Injuries.
- Controlling Nosebleeds (Epistaxis) and Assessing for Skull Fracture.
- First Aid for Direct Trauma to the Ear and Foreign Objects in the Ear/Nose.

Lecture teen: Fractures [SSWL=2 hrs]

- Differentiating Between Open and Closed Fractures.
- Principles of Splinting: Immobilization Techniques.
- Recognizing and Managing Suspected Spinal Fractures.
- Complications of Fractures: Compartment Syndrome and Shock.

Lecture eleven: Musculoskeletal and Sports Injuries [SSWL=2 hrs]

- The RICE Protocol (Rest, Ice, Compression, Elevation) for Sprains and Strains.
- Recognizing and Managing Dislocations and Muscle Cramps.
- Common Sports Injuries: Ankle Sprain, Tennis Elbow, ACL Tear.
- Principles of Injury Prevention and Safe Return to Activity.

Lecture twelve: Shock [SSWL=2 hrs]

- Understanding the Pathophysiology of Shock.
- Recognizing the Different Types of Shock (Hypovolemic, Cardiogenic, Anaphylactic).
- Key Signs and Symptoms of Progressive Shock.
- First Aid Management and Positioning for Shock.

Lecture thirteen: Poisoning [SSWL=2 hrs]

- Routes of Poisoning: Ingestion, Inhalation, Injection, Absorption.
- First Aid for Ingested Poisons and the Role of Poison Control Centers.
- Managing Chemical Exposure to Skin and Eyes.
- Recognizing and Responding to Drug Overdose and Carbon Monoxide Poisoning.

Lecture fourteen: Bites and Stings [SSWL=2 hrs]

- First Aid for Snake Bites and Animal Bites (Rabies Prevention).
- Managing Insect Stings (Bees, Wasps) and Tick Bites.
- Recognizing and Treating Allergic Reactions to Bites/Stings (Anaphylaxis).
- Identifying and Responding to Marine Animal Stings (Jellyfish, Stingrays).

Lecture fifteen: Environmental Emergencies [SSWL=2 hrs]

- Recognition and First Aid for Heat-Related Illnesses (Heat Stroke, Heat Exhaustion).
- Management of Cold-Related Injuries (Hypothermia and Frostbite).
- First Response for Drowning and Electrical Shock Incidents.
- Essential Actions for Lightning Strike Victims.

Total hrs = 30 + (1 hrs+ 2 hrs) =30+3=33

Learning and Teaching Strategies استراتيجيات التعلم والتعليم	
Strategies	1. **Structured & Consistent Framing:** ○ Use a consistent framework for every emergency (e.g., **Definition → Causes → Signs & Symptoms → First Aid Priorities**). This provides a clear mental model for students. 2. **Integrated Case Studies & Scenarios:** ○ Present real-world **Case Studies** and have students discuss their theoretical intervention steps in groups or as a class. ○ Constantly ask: **"What is the immediate life-threat?"** and **"What is your priority action?"** 3. **Strong Visual Reinforcement:** ○ Use **realistic images** (of wounds, burns, rashes) and **clear diagrams** (of the respiratory system, circulatory system). ○ Incorporate **short videos** demonstrating a technique or showing a clinical presentation (e.g., a seizure, an asthma attack). 4. **Interactive Feedback:** ○ Use **quick polls or quizzes** (e.g., via Kahoot or Mentimeter) to check understanding of key concepts immediately after explaining them. ○ Facilitate **group discussions** to solve scenarios, guiding students to the correct answer rather than giving it outright. 5. **Focus on "The Why":** ○ Always explain the *reasoning* behind an action. Emphasize the consequences of *not* performing a step correctly (e.g., "Why do we use the recovery position? What happens if we don't?").

Student Workload (SWL) الحمل الدراسي للطالب محسوب لـ ١٥ أسبوعا			
Structured SWL (h/sem) الحمل الدراسي المنتظم للطالب خلال الفصل	33	**Structured SWL (h/w)** الحمل الدراسي المنتظم للطالب أسبوعيا	2.20
Unstructured SWL (h/sem) الحمل الدراسي غير المنتظم للطالب خلال الفصل	17	**Unstructured SWL (h/w)** الحمل الدراسي غير المنتظم للطالب أسبوعيا	1.13
Total SWL (h/sem) الحمل الدراسي الكلي للطالب خلال الفصل	**50**		

Module Evaluation

تقييم المادة الدراسية

		Time Number	Weight (Marks)	Week Due															Relevant Learning Outcome									
				W1	W2	W3	W4	W5	W6	W7	W8	W9	W10	W11	W12	W13	W14	W15	LO1	LO2	LO3	LO4	LO5	LO6	LO7	LO8	LO9	LO10
Formative	Quizzes	2	5%					x						x						x	x		x	x		x		X
	Report	1	10%														x		x	x	x	x		x	x	x	x	
	Lab Report	-	-																									
	Project	1	10%										x						X	x	x		x	x	x	x		X
	Online Assig.	2	5%				x											x	x	x		x	x	x		x	x	X
	Onsite Assig.	-	-																									
	Seminar	-	-																									
Summative	Mid. Exam	1H	10% (10)							x										x				x				X
	Final Exam	2H	50% (50)	Week 15															x	x	x	x	x	x	x	x	x	X
Total assessment			100%																									

Delivery Plan (Weekly Syllabus)

المنهاج الاسبوعي النظري

	Material Covered
Week 1	First aid and emergency nursing.
Week 2	First aid kit and techniques.
Week 3	Primary assessment.
Week 4	Lifesaving priorities {basic life support (BLS), advanced life support (ALS), pediatric life support (PALS), neonatal advanced life support (NALS)}.
Week 5	Respiratory emergencies.
Week 6	Circulatory emergencies.
Week 7	Nervous system emergencies.
Week 8	Wounds, burns and injuries
Week 9	Eye, dental, nasal, and ear injuries
Week 10	Fractures
Week 11	Musculoskeletal and sports injuries
Week 12	Shocks
Week 13	Poisoning
Week 14	Bites and stings
Week 15	Environmental Emergencies

Learning and Teaching Resources
مصادر التعلم والتدريس

	Text	Available in the Library?
Required Texts	Indrani, T. K., & Lamniang, T. (2023). First Aid for Nurses (3rd ed.). Jaypee Brothers Medical Publishers.	Yes
Recommended Texts	Perdita, A. H. M. (2017). A textbook of first aid (1st ed.). Vikas Publishing House. ISBN 9789382711254	No
Websites	American Heart Association & American Red Cross. (2024). 2024 First Aid Guidelines. Retrieved [date], from https://cpr.heart.org/en/resuscitation-science/first-aid-guidelines.	

Grading Scheme
مخطط الدرجات

Group	Grade	التقدير	Marks %	Definition
Success Group (50 - 100)	**A -** Excellent	امتياز	90 - 100	Outstanding Performance
	B - Very Good	جيد جدا	80 - 89	Above average with some errors
	C - Good	جيد	70 - 79	Sound work with notable errors
	D - Satisfactory	متوسط	60 - 69	Fair but with major shortcomings
	E - Sufficient	مقبول	50 - 59	Work meets minimum criteria
Fail Group (0 – 49)	**FX –** Fail	راسب (قيد المعالجة)	(45-49)	More work required but credit awarded
	F – Fail	راسب	(0-44)	Considerable amount of work required

Note: Marks Decimal places above or below 0.5 will be rounded to the higher or lower full mark (for example a mark of 54.5 will be rounded to 55, whereas a mark of 54.4 will be rounded to 54. The University has a policy NOT to condone "near-pass fails" so the only adjustment to marks awarded by the original marker(s) will be the automatic rounding outlined above.

Saeer taha