

## COURSE OUTLINE FIRST AID

### 1. GENERAL

<b>SCHOOL</b>	SCIENCE OF PHYSICAL EDUCATION, SPORTS AND OCCUPATIONAL THERAPY		
<b>DEPARTMENT/MSc</b>	OCCUPATIONAL THERAPY		
<b>LEVEL OF STUDY</b>	MSc - LEVEL 6		
<b>COURSE CODE</b>		<b>SEMESTER OF STUDIES</b>	7o
<b>COURSE TITLE</b>	FIRST AID		
<b>INDEPENDENT TEACHING ACTIVITIES</b>		<b>TEACHING WEEKS</b>	<b>CREDITS</b>
<i>in case the credits are awarded to distinct parts of the course, e.g. Lectures, Laboratory Exercises, etc. If the credits are awarded uniformly for the entire course, indicate the weekly teaching hours and the total credits</i>			
Theory		2	6
Laboratory		2	
<i>Add rows if needed. The organization of teaching and the teaching methods used are described in detail in 4.</i>			
<b>COURSE TYPE</b>	GENERAL KNOWLEDGE		
	<i>Background, General Knowledge, Scientific Area, Skills Development</i>		
<b>PREREQUISITE COURSES:</b>	OXI		
<b>LANGUAGE OF INSTRUCTION AND EXAMINATIONS:</b>	GREEK		
<b>THE COURSE IS OFFERED TO ERASMUS STUDENTS</b>	NO		
<b>ONLINE COURSE PAGE (URL)</b>	-		

### 2. LEARNING OUTCOMES

<p><b>Learning Outcomes</b></p> <p><i>The learning outcomes of the course are described, the specific knowledge, skills and abilities of an appropriate level that students will acquire after the successful completion of the course.</i></p> <p><i>Consult Appendix A</i></p> <ul style="list-style-type: none"> <li>● <i>Description of the Level of Learning Outcomes for each cycle of study according to the European Higher Education Area Qualifications Framework</i></li> <li>● <i>Descriptive Indicators of Levels 6, 7 &amp; 8 of the European Qualifications Framework for Lifelong Learning</i></li> </ul> <p><i>and Annex B</i></p> <ul style="list-style-type: none"> <li>● <i>Summary Guide to Writing Learning Outcomes</i></li> </ul> <p>Upon successful completion of the course, participants will be able to:</p> <ul style="list-style-type: none"> <li>● <i>identify and assess emergencies that require the application of first aid</i></li> <li>● <i>They apply basic first aid techniques for injuries, bleeding, burns, sprains, fractures, etc.</i></li> <li>● <i>treat emergency situations, such as cardiac arrest, drowning, stroke, applying the appropriate techniques</i></li> <li>● <i>apply cardiopulmonary resuscitation (CPR)</i></li> <li>● <i>Safely apply a defibrillator and understand the principles of automatic defibrillation</i></li> </ul>
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- They deal with conditions of acute allergic reaction, poisoning, bites and bites
- cooperate with emergency services

### General Competencies

Taking into account the general competencies that the graduate must have acquired (as listed in the Diploma Supplement and listed below), which / which of them is the course aimed at?.

Search, analyze and synthesize data and information, using the necessary technologies

Adapting to new situations

Decision-making

Autonomous work

Teamwork

Working in an international environment

Working in a multidisciplinary environment

Generating new research ideas

Project planning and management

Respect for diversity and multiculturalism

Respect for the natural environment

Demonstrate social, professional and ethical responsibility and gender sensitivity

Criticism and self-criticism

Promoting free, creative and inductive thinking

- Search, analyze and synthesize data and information, using the necessary technologies
- Adapting to new situations
- Decision-making
- Autonomous work
- Teamwork

### 3. COURSE CONTENT

1. Introduction to First Aid
2. Initial assessment and victim response, safety rules
3. Injuries from mechanical causes
4. Injuries from natural causes
5. Bleeding
6. Foreign body
7. Pathological causes that require first aid
8. Poisonings
9. Cardiopulmonary resuscitation (CPR) in adult, child and infant
10. Use of an automatic external defibrillator in adult, child and infant
11. Bandage techniques and splints
12. Patient Transport
13. Emergency Management

### 4. TEACHING AND LEARNING METHODS - EVALUATION

<b>DELIVERY METHOD</b> <i>Face-to-face, Distance learning, etc.</i>	FACE TO FACE
<b>USE OF INFORMATION AND COMMUNICATION TECHNOLOGIES</b> <i>Use of ICT in Teaching, Laboratory Training, Communication with Students</i>	Use of ICT in Teaching and Communication with Students <ul style="list-style-type: none"> <li>● Digital slides</li> <li>● video</li> <li>● MsTeams/ e-class, webmail</li> </ul>

<p><b>TEACHING ORGANIZATION</b></p> <p><i>The way and methods of teaching are described in detail.</i></p> <p><i>Lectures, Seminars, Laboratory Exercise, Field Exercise, Study &amp; Analysis of Literature, Tutorial, Practice (Placement), Clinical Exercise, Art Workshop, Interactive Teaching, Educational Visits, Project Preparation, Writing a Paper / Paper, Artistic Creation, etc.</i></p> <p><i>The student's study hours for each learning activity as well as the hours of non-guided study are indicated so that the total workload at semester level corresponds to ECTS standards</i></p>	<table border="1"> <thead> <tr> <th><b>Activity</b></th> <th><b>Semester Workload</b></th> </tr> </thead> <tbody> <tr> <td>Lectures</td> <td>39</td> </tr> <tr> <td>Literature study and analysis</td> <td>138</td> </tr> <tr> <td>Examination</td> <td>3</td> </tr> <tr> <td></td> <td></td> </tr> <tr> <td></td> <td></td> </tr> <tr> <td></td> <td></td> </tr> <tr> <td><b>Total Course</b></td> <td><b>180</b></td> </tr> </tbody> </table>	<b>Activity</b>	<b>Semester Workload</b>	Lectures	39	Literature study and analysis	138	Examination	3							<b>Total Course</b>	<b>180</b>
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<p><b>STUDENT EVALUATION</b></p> <p><i>Description of the evaluation process</i></p> <p><i>Assessment Language, Assessment Methods, Formative or Conclusive, Multiple Choice Test, Short Answer Questions, Essay Development Questions, Problem Solving, Written Paper, Report/Report, Oral Examination, Public Presentation, Laboratory Work, Clinical Examination of a Patient, Artistic Interpretation, Other/Other</i></p> <p><i>Explicitly defined evaluation criteria and whether and where they are accessible by students are mentioned.</i></p>	<p>Practical assessment in first aid skills 40%</p> <p>Written exam 60%</p>																

## 5. RECOMMENDED BIBLIOGRAPHY

1. Iarakis, G., Antoniou, E., Vouxinou, A. (2016). *First aid*. Athens: Papadopoulos G. Nikolaos
2. Petridis, A., Eftychidou, E. (2011). *First aid*. Athens: Paschalidis Publications
3. Baltopoulos, G.I. (2009). *First aid and practical treatment of common conditions*. Athens: Broken Hill Publishers LTD