

**Department of Public Health
Institute of Social & Cultural Studies
Faculty of Behavioral & Social Sciences
University of the Punjab, Lahore**

Course Outline

Programme	BS Workplace Health & Safety Promotion	Course Code	WHSP 305	Credit Hours	3
Course Title	First Aid and Trauma Management				

WHSP 305- First Aid and Trauma Management

Course Description

- This course is about managing trauma and providing first aid, from minor injury to humanitarian emergencies, including injuries in women, children and the elderly, with the principal goal of improving quality of care and patient safe.

Course Objectives

Upon completing this course, students will be able to:

1. Understand the difference between different types of injuries and traumas
2. Deal with health emergencies situations
3. Apply effective trauma care management
4. Recognize the different care needed in different types of traumas and injuries
5. Understand the systematic way of dealing with traumas
6. Provide first aid in minor and major injuries

Course Contents

1. Types of Injuries and Traumas

- Head and Face injuries
- Spine and spinal cord trauma
- Thoracic injuries
- Abdominal and pelvic trauma
- Upper and lower extremity trauma
- Peripheral vascular injuries
- Thermal injuries
- Complications of Trauma
- Major and Minor Trauma

2. Management of trauma

- Management Goals
- Trauma care management
- casualty reception and initial management
- Operative Management of Injuries

3. Six phases of Trauma care management

- Triage
- Primary survey
- Secondary Survey
- Stabilization
- Transfer
- Definite Care

4. Emergency Procedures

- Trauma in children
- Trauma in women
- Dealing with Rape Cases
- Dealing with the cases of physical and sexual Violence

5. First Aid

- Establishing and maintaining adult airway patency.
- Performing adult breathing resuscitation.
- Performing adult circulatory resuscitation.
- Performing choking assessments and appropriate first aid interventions.
- Resuscitating the drowning victim.
- First Aid Priorities
- Managing Incidents
- Basic Life Support
- Examination of a Casualty
- Unconsciousness
- Control of Bleeding
- Fractures
- Burns and Scalds
- Common Illnesses
- Heart Attacks
- Eye Injuries
- Dressings
- Recording and Reporting
- Regulations

- First Aid Kit

Practical Contents

- First aid hands-on training
- Triage training
- CPR adult and infant training
- AED training

Teaching-Learning Strategies

Teaching will be a combination of class lectures, class discussions, and group work. Short videos/films will be shown on occasion.

Assignments

The sessional work will be a combination of written assignments, class quizzes, presentation, and class participation/attendance.

Assessments and Examination

Sessional Work: 25 marks

Midterm Exam: 35 marks

Final Exam: 40 marks

Recommended Readings

1. WHO. (2004). Guidelines for Essential Trauma Care. World health organization (Geneva, Switzerland)
2. WHO. (2013). Hospital Care for Children. World health organization (Geneva, Switzerland)
3. WHO. (2018). Quick Check and emergency treatments for adolescents and adults. Quick Check and emergency treatments for adolescents and adults. World health organization (Geneva, Switzerland)
4. WHO. (2005). Emergency Triage Assessment and Treatment. World health organization (Geneva, Switzerland)
5. WHO. (2007). Guidelines on Emergency Health Care. World health organization (Geneva, Switzerland)
6. WHO. (1993). Oxygen Therapy for Acute Respiratory Infections in Young Children in Developing Countries. World health organization (Geneva, Switzerland)
7. WHO. (2007). Mass Casualty Management Systems. World health organization (Geneva, Switzerland)

8. WHO. Prevention and Management of Wound infections. World health organization (Geneva, Switzerland)
9. WHO. (2009). Safe Surgery. World health organization (Geneva, Switzerland)
10. WHO. (2020). Clinical Management of Rape Survivors. World health organization (Geneva, Switzerland)
11. WHO. (2003). Guidelines for Medico-legal Care for Victims of Sexual Violence. World health organization (Geneva, Switzerland)