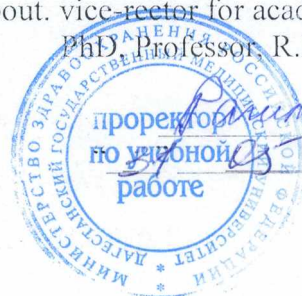


**FEDERAL STATE BUDGET  
EDUCATIONAL INSTITUTION OF HIGHER EDUCATION  
"DAGESTAN STATE MEDICAL UNIVERSITY"  
MINISTRIES OF HEALTH OF THE RUSSIAN FEDERATION**

AGREED

And about. vice-rector for academic affairs  
PhD, Professor, R.M. Ragimov



20.03.23 г.

**WORKING PROGRAMM  
DISCIPLINES  
" FIRST AID IN EMERGENCY AND CRITICAL  
SITUATIONS"**

Discipline index - B1.V.02

Specialty - 31.05.01 General Medicine

Level of higher education - Specialist

Graduate Qualification - Medical Doctor

Faculty - Medical

Department of Life Safety and Disaster Medicine

Full-time form of education

course - I

term - 2

Total labor input (in credit units/hours): 2/72

Lectures - 16 (hours)

Practical classes - 32 (hours)

Independent work - 24 (hours)

Final control form - test

Makhachkala 2023.

The work program of the discipline " FIRST AID IN EMERGENCY AND CRITICAL SITUATIONS" was developed in accordance with the Federal State Educational Standard for HE in the direction of training (specialty) 31.05.01 "General Medicine", approved by order of the Ministry of Education and Science of the Russian Federation No. 988 of 12.08.2020.

The work program of the discipline was approved at a meeting of the department from "26" 05 2023

Work program agreed:

1. Director of the SML DSMU Bilgiz Musaeva V. R.
2. Department of DMW and EQC Per Karimova A.M.
3. Dean of the Faculty of Medicine M. Savzikhanov Savzikhanov R.T.

Head of the Department of Life Safety  
And Disaster Medicine Olga - Candidate of Biological Sciences,  
Associate Professor, Rabadanova P.M.

#### Program Developers:

Bagandova D.Sh - Assistant of the Department of LS and DM

#### Reviewers:

S.A. Huseynova - candidate of biological sciences, professor, head. of the department of LS  
DSU

Aselderova A.Sh. - Candidate of Medical Sciences, Associate Professor of the Department  
of Anesthesiology and Resuscitation with the improvement of physicians of the DSMU

## I. \_ GOALS AND TASKS OF MASTERING THE DISCIPLINE (MODULE)

### Target:

- familiarization with the basics of providing first aid to victims before the arrival of medical workers in conditions of time pressure;
- study by students of the principles and methods of providing first aid to victims in emergency and critical situations.

### Tasks:

- preparing students for actions in non-standard situations and ensuring their own safety in emergency situations;
- preparing students for the practical provision of first aid to victims in emergency and critical situations before the arrival of medical workers;
- mastering the skills of determining the functional state of the body, methods of resuscitation, first aid skills in case of accidents and injuries, methods of stopping bleeding, skills of transport immobilization and evacuation of victims in case of emergency, first aid skills for burns, hypothermia and frostbite.

## II . PLANNED TRAINING OUTCOMES IN THE DISCIPLINE

### Competences formed in the process of studying the discipline

FSES 3++

As a result of mastering the competence, the student must:	Code and name of competence (or parts of it)
<b>Universal competencies (UC)</b>	
<b>UC-8 Able to create and maintain safe living conditions in everyday life and in professional activities to preserve the natural environment, ensure the sustainable development of society, including in the event of a threat and the occurrence of emergencies and military conflicts</b>	
DI-1UC-8	<i>Identifies and evaluates emergency and dangerous situations in everyday and professional activities, determines ways to protect against them</i>
<b>know</b>	Principles, means, methods of ensuring safety and maintaining health in the interaction of a person with a different environment, including in an educational environment. The main types of potential hazards and their consequences in professional activities and everyday life, the principles of reducing the likelihood of their implementation; hazards, their types, properties and characteristics; ways and methods of forecasting emergencies and their consequences; modern means and methods of protecting the population in emergencies and the procedure for their use
<b>be able to</b>	Identify and prevent negative environmental impacts of natural and anthropogenic origin, assessing the possible risks of hazards and emergencies, including in the educational environment. Apply practical skills to ensure safety in dangerous situations of everyday life and in emergency situations of a different nature, including in an educational environment.
<b>own</b>	Skills for ensuring life safety, as well as skills for maintaining and strengthening the health of students in the conditions of educational, labor and daily activities. The skills to create a comfortable (normative) and safe educational, labor, recreational and domestic environment
DI-4UC-8	<i>Provides first aid to the injured</i>
<b>know</b>	a list of conditions under which first aid is provided and first aid

	measures; principles and rules of safe behavior and protection in various critical and emergency situations; signs of emergency conditions, causes and factors causing them; methods of restoring the vital functions of the body.
<b>be able to</b>	assess the condition of the victim, to make a decision in a non-standard situation and be responsible for the decisions made ; apply the acquired knowledge in the selection and evaluation of various methods and techniques of first aid; carry out resuscitation measures in the event of terminal conditions of the body; provide first aid in the lesions in case of emergency; assess the condition of the victim to make a decision on the need to provide him with first aid.
<b>own</b>	ability to act in non-standard situations; skills to determine the functional state of the body; methodology for resuscitation; first aid skills in case of accidents and injuries; techniques to stop bleeding; methods and skills of transport immobilization and evacuation of victims during emergencies; first aid skills for burns, hypothermia and frostbite.

### III . THE PLACE OF THE EDUCATIONAL DISCIPLINE IN THE STRUCTURE OF THE EDUCATIONAL PROGRAM

The academic discipline "Providing first aid in emergency and critical situations" refers to B1.V.02 in the direction of training (specialty) 31.05.01 "General Medicine".

The material of the discipline is based on the knowledge previously acquired by students in the following disciplines of the general education program:

Name of the discipline	List of topics
Biology	The body as a whole. (Skin and its derivatives. Cardiovascular system. Respiratory system. Digestive system. Genitourinary system. Musculoskeletal system. Muscles. Sensory organs.)
Basics of life safety	Providing first aid in various emergencies, identification of urgent and life-threatening conditions in extreme conditions, in the centers of mass destruction with the use of protective equipment.
Bioethics	Ability and willingness to talk with the victim in the provision of first psychological aid.

The discipline "First aid in emergency and critical situations" is fundamental for the study of the following disciplines: Life safety; Traumatology; Emergency Medicine.

### IV . VOLUME OF DISCIPLINE AND TYPES OF EDUCATIONAL WORK

The total complexity of the discipline is 2 credit units.

Type of study work	Total hours	Terms No. 2
<b>Contact work of students with the teacher</b>	48	48
<b>Classroom activities (total)</b>	48	48
Including:		

Lectures (L)	16	16
Practical classes (PC)	32	32
Clinical Practice (CP)		
Seminars (S)		
Laboratory studies (LS)		
Extracurricular work (total), including:		
Group, individual consultations **		
Individual work with the student		
<b>Independent work of the student (IWS)</b>	24	24
Type of intermediate certification	credit	credit
<b>General labor intensity:</b>		
credit hours	72	72
	2	2

## V. \_ CONTENT OF THE WORKING PROGRAM OF THE DISCIPLINE

### 5.1 . Sections of the discipline and competencies that are formed during their study

No. section	Name of the discipline section	Section content	Controlled competency code (or part of it)
1	2	3	4
1.	<b>Organizational and legal aspects of first aid. Providing first aid in extreme situations</b>	Types of assistance to the population (Federal Law of November 21, 2011 N 323-FZ (Article 31 first aid)). The concept of "first aid". Organization of first aid in the Russian Federation. A list of conditions for which first aid is provided, a list of measures to provide it. Modern sets of tools and devices used to provide first aid. The general sequence of actions at the scene of an incident with the presence of victims. First psychological aid. Goals of providing psychological first aid. General principles of communication with victims, simple techniques for their psychological support. Basic resuscitation measures. Wounds. Types of wounds Bleeding. Main types of bleeding. Ways to stop bleeding. Desmurgy. Types of dressings. Providing first aid to victims of injuries in critical and emergency situations. Fractures. Dislocations. Bruises, sprains and ligament tears... Long-term compression syndrome. Injuries to various parts of the body. Features of first aid for various injuries. Immobilization rules. Methods of transporting victims.	DI-1UC-8 DI-4UC-8
2.	<b>Providing first aid to victims in accidents and emergencies</b>	Drowning. Electrical injury. Mechanical asphyxia. Carbon monoxide poisoning. Food poisoning. Burns. Types and degrees of burns.	DI-4UC-8

		General hypothermia of the body. Frostbite. General freezing of the body. Fainting. Shock. Coma. Collapse. Angina pectoris. Myocardial infarction. Hypertensive crisis. Stroke. Epileptic and hysterical attack. Types of allergic reactions.	
--	--	---	--

## 5.2 Sections of the discipline and labor intensity by types of educational work

section no.	Name of the discipline section	Types of educational work, hour.					Total hour.
		auditorium				extracurricular	
		L	PC	IW	LS	IWS	
1.	Organizational and legal aspects of first aid. Providing first aid in extreme situations	10	20			14	44
2.	Providing first aid to victims in accidents and emergencies	6	12			10	28
	<b>ИТОГО:</b>	<b>16</b>	<b>32</b>			<b>24</b>	<b>72</b>

## 5.3 Thematic plan of lectures

section number	Section of discipline	Topics of lectures	Number of hours per semester
1.	<b>Organizational and legal aspects of first aid. Providing first aid in extreme situations</b>	L 1. Organizational and legal aspects of first aid. Providing first psychological aid to the victim	2
		L 2. Providing first aid to victims in extreme situations	4
		L.3. Providing first aid to victims of injuries in critical and emergency situations. Methods of transporting victims.	4
2.	<b>Providing first aid to victims in accidents and emergencies</b>	L.4. First aid for accidents and thermal injuries	2
		L 5. Providing first aid to victims in emergency conditions	4
ИТОГО:			16

## 5.4 Thematic plan of practical exercises

case number	Chapter disciplines	Topics of practical classes	Forms of current control	Number of hours in semester
1.	<b>Organizational and legal aspects of first aid. Providing first aid in extreme situations</b>	PZ.1 Organizational and legal aspects of first aid. Providing first psychological aid to the victim	I, T	4
		PZ.2 Basic cardiopulmonary resuscitation	I, T, ST	4
		PZ.3 Wounds. Bleeding. Methods for temporarily stopping bleeding. Desmurgy. Types of bandages.	I, T, ST	4

		PZ.4 Providing first aid to victims of injuries in critical and emergency situations	I, T, ST	2
		PZ.5 Immobilization rules. Methods of transporting victims.	I	2
		PZ.6 Providing first aid in case of an accident	I, T, ST	4
2.	Providing first aid to victims in accidents and emergencies	PZ.7 Providing first aid for thermal injuries	I, T, ST	2
		PZ.8 Providing first aid in case of accidents	I, T, ST	2
		PZ.9 Providing first aid for poisoning	I, T	2
		PZ.10 Providing first aid to victims in emergency conditions	I, T, ST	6
ИТОГО:				32

*Forms of current progress control (with abbreviations): T - testing, ST - solving situational tasks, E - writing and defending an essay, I - interview on control questions.*

## 5.5 Educational and methodological support for independent work on the discipline

### 5.5.1. Independent work of the student in the discipline

No. p / p	Chapter disciplines	Name of works	Labor intensity (hour)	Forms of control
1.	<b>Organizational and legal aspects of first aid. Providing first aid in extreme situations</b>	Preparation for practical exercises. Study of educational literature. Work with electronic educational resources placed in the electronic information system of the DSMU. Development of practical skills in: - CPR on a manikin simulator; - methods of temporary stop of bleeding with the help of standard and improvised means of first aid; - providing first aid to victims of road accidents; - working out the extraction of the victim by Rautek's reception from the car; - on the application of the Heimlich maneuver; - applying bandages and transport immobilization with the help of standard and improvised first aid equipment. Solution of situational problems.	14	E
2.	<b>Providing first aid to victims in accidents and emergencies</b>	Preparation for practical exercises. Study of educational literature. Development of practical skills in: - providing first aid accidents - first aid in emergencies Solution of situational problems. Preparation of abstracts. Work with electronic educational resources placed in the electronic information system of the DSMU.	10	E
<b>ИТОГО:</b>			<b>24</b>	

### **5.5.2 Topics of abstracts**

1. Legal aspects of first aid.
2. The concept and types of assistance to the population
3. First aid measures.
4. A set of measures using personal protective equipment according to indications.
5. Mechanical asphyxia. Methods for eliminating asphyxia.
6. Qualitative temporary stop of external bleeding.
7. Wounds: varieties, characteristics, dangers. Penetrating and non-penetrating wounds.
8. Bleeding: varieties, ways to temporarily stop bleeding.
9. Internal bleeding. Dangers, symptoms, first aid.
10. Comprehensive first aid for various threatening conditions.
11. Dressing changes, immobilization corrections.
12. The main symptoms in diseases of the cardiovascular system. Ischemic heart disease and its manifestations.
13. Myocardial infarction. First aid.
14. Acute food poisoning. First aid.
15. Anaphylactic shock. Causes, prevention and first aid.
16. Salmonellosis: pathogens, source of infection, transmission routes, prevention.
17. AIDS: ways of transmission, clinic, prevention.
18. Influenza: pathogens, transmission routes, treatment, prevention.
21. Bone fractures. Varieties, clinical symptoms. Age features of the structure of bones. Features of fractures in children.
22. Burns, varieties, degrees, first aid.
23. Frostbite: degrees, first aid.
24. General freezing: concept, first aid.
25. Refreshment: concept, prevention.
26. Bad habits as risk factors for diseases.
27. Alcohol abuse and alcoholism.
28. The use of drugs and intoxicants.
29. Features of the course of pregnancy and childbirth.
30. Prevention of gynecological diseases.
31. Prevention of violations of posture and vision.
32. The concept of stress. General adaptation syndrome.
33. Hardening and healing effects of cold on the human body.
34. Health programs for active longevity.
35. First aid for accidents and injuries. Injury prevention in children and adolescents .

### **5.5.3. Guidelines for students on mastering the discipline**

" **Guidelines for the student** " are presented as an appendix to the work program of the discipline.

## **VI . EVALUATION TOOLS FOR CURRENT CONTROL OF PROGRESS AND INTERIM CERTIFICATION ON THE RESULTS OF MASTERING THE DISCIPLINE**

### **6.1. Current progress monitoring**

#### **6.1.1. The list of competencies indicating the stages of their formation in the process of mastering the work program of the discipline**



No. section	Name of the discipline section	Controlled competency code (or part of it)	Forms of control
1	2	3	4
1.	Organizational and legal aspects of first aid. Providing first aid in extreme situations	DI-1UC-8 DI-4UC-8	I, T, ST
2.	Providing first aid to victims in accidents and emergencies	DI-4UC-8	I, T, ST

### 6.1.2. Examples of evaluation tools for monitoring progress

For the current control of the progress of the discipline, the following evaluation tools are used:

#### INTERVIEW ON CONTROL QUESTIONS

**Theme of the lesson number 1.** Organizational and legal aspects of first aid.

**Codes of controlled competencies: UC-8**

1. What is called first aid?
2. Who is required to provide first aid?
3. What is the type of medical care?
4. What is medical care?
5. What types of medical care do you know?
6. Who gets first aid in Russia?
7. What does the Federal Law of the Russian Federation No. 323 say?
8. What does being in danger mean?
9. Name the list of conditions for first aid.
10. Name a list of first aid measures.
11. What information should be given to the operator to call an ambulance medical care?
12. What is the procedure for examining the victim?
13. List personal protective equipment.
14. What is included in a car first aid kit?

#### **Criteria for assessing the current control of progress (interview on control questions):**

✓ **"Fine":**

The student has a deep knowledge of the educational material, formulated a complete and correct answer to the questions of the topic of the lesson, in compliance with the logic of the presentation of the material, shows the assimilation of the relationship of the main concepts used in the work, was able to answer all clarifying and additional questions. The student demonstrates knowledge of theoretical and practical material on the topic of the lesson.

✓ **"Good":**

The student showed knowledge of the educational material, mastered the basic literature, was able to answer almost completely all the additional and clarifying questions asked. The student demonstrates knowledge of theoretical and practical material on the topic of the lesson, allowing minor inaccuracies.

✓ **"Satisfactorily":**

The student as a whole mastered the educational material of the lesson, answered not all clarifying and additional questions. The student finds it difficult to correctly assess the proposed question, gives an incomplete answer, requiring leading questions from the teacher.

✓ **"Unsatisfactory":**

The student has significant gaps in the knowledge of the main educational material on the topic of the lesson, did not fully disclose the content of the questions, could not answer clarifying and additional questions. The student gives an incorrect assessment of the situation, incorrectly chooses an algorithm of actions. An unsatisfactory grade is given to a student who refuses to answer questions on the topic of the lesson.

## TESTING

**Theme of the lesson number 1.** Organizational and legal aspects of first aid.

**Codes of controlled competencies: UC-8**

1. First aid is:
  - a. A type of assistance that includes a set of simple measures aimed at temporarily eliminating the causes that threaten the life of the victim, preventing the development of serious complications, performed at the scene of the accident and in its vicinity by any road user.
  - б. A type of assistance that includes a set of therapeutic and preventive measures at the stages of medical evacuation aimed at eliminating the consequences of injuries that threaten the lives of the victims.
2. Indicate why a complex of simple first aid measures is carried out.
  - a. To stop the action of damaging factors.
  - б. To temporarily eliminate the causes that threaten the life of the victim.
  - в. To keep the victim alive.
  - г. To prevent the development of severe complications.
3. Calling for help is included in the set of first aid measures.
  - a. Yes.
  - б. No.
4. List the priority first aid measures.
  - a. Ensuring safe care.
  - б. Stop external bleeding.
  - в. Ensuring and maintaining airway patency.
  - г. Cardiopulmonary resuscitation.
  - д. All of the above.
5. Indicate how first aid begins.
  - a. Ensuring safe care.
  - б. Stop external bleeding.
  - в. Ensuring airway patency.
  - г. Cardiopulmonary resuscitation.
6. Specify the procedure for reporting information to the ambulance dispatcher:
  - a. Location address. The nature of the incident. The time of the incident. Presence of casualties.
  - б. Presence of casualties. The nature of the incident. The time of the incident. Location address.
  - в. The nature of the incident. The time of the incident. Presence of casualties. Location address.
7. First aid has the right to provide:
  - a. Passerby.
  - б. Driver.

- В. Traffic police officer.
  - Г. All of the above.
- 8. Is the statement true: the victim may refuse to provide first aid.
  - а. Yes.
  - б. No.
- 9. Indicate the sequence of "rescue questions".
  - а. What? Where? When? Who? How?
  - б. Where? What? When? Who? How?
  - В. Who? What? Where? When? How?
- 10. Specify dressings.
  - а. Sterile medical gauze bandages.
  - б. Medical non-sterile gauze bandages.
  - В. Sterile medical gauze wipes.
  - Г. Chlorhexidine.

1	2	3	4	5	6	7	8	9	10
a	a b c d	a	e	a	a	d	a	b	a b c

***Criteria for assessing the current control of progress (testing):***

- ✓ "Excellent": 100-90%
- ✓ "Good": 89-70%
- ✓ "Satisfactory": 69-51%
- ✓ "Unsatisfactory": <50%

**SITUATIONAL TASKS BY SECTIONS OF THE DISCIPLINE**

**Section 1.** Organizational and legal aspects of first aid. Providing first aid in extreme situations

**Codes of controlled competencies: UC-8**

**Task 1:** A man was found in a closed garage lying unconscious near a car with a running engine.

The victim does not respond to the call. Breathing is not determined. The pulse on the arm is not determined. There are bright pink spots on the face.

**What condition can be assumed in the victim?**

**What should be the sequence of first aid?**

**What actions should be taken in the presence of signs of clinical death?**

**Is it necessary to transport the victim to a medical facility when signs of life appear?**

**Task 2:** An unconscious victim was found lying on the ground with an electrical wire in his hand. On examination, there is a deep crater-shaped wound of a gray-yellow color, the skin is pale, the pupils are wide, do not react to light, there is no breathing and pulse.

**What condition can be assumed in the victim?**

**What is the damage on the skin of the victim?**

**What should be the first aid?**

**How to transport the victim?**

**Task 3:** The injured D. has been under the rubble for about 4 hours.

Objectively: the man is unconscious, there are traces of vomit on his face, rapid breathing, arrhythmic pulse 124 beats/min, blood pressure 80 mm Hg. There are abrasions and limited swell-

ing in the left parietal region of the head. Under the plate are both lower limbs just above the level of the knees.

**Tasks:**

**After analyzing the situation, determine the state?**

**What should be the sequence of first aid?**

**Provide first aid at the scene.**

***Criteria for assessing the current monitoring of progress (situational tasks):***

**The mark "excellent"** is set if the condition of the victim is determined correctly (a detailed version is given), first aid measures are listed in full, the transport position is chosen and justified correctly. The reference answer fully corresponds to the student's decision, which is well substantiated theoretically.

**The "good"** mark is given if the task is solved, the answers to the questions are not formulated clearly enough. The student's decision generally corresponds to the reference answer, but is not theoretically well substantiated.

**The rating "satisfactory"** is set if the problem is not completely solved, the first aid measures are not listed in full, the appointment of the transport position is not justified.

**The rating "unsatisfactory"** is given if the problem is not solved or has gross theoretical errors in answering the questions posed, the most important first aid measures are not included, or the measures are chosen incorrectly, or the measures are not indicated at all, the answers to additional questions are incorrect (absent).

**PRACTICAL SKILLS (CPR trainer)**

**Section 1.** Organizational and legal aspects of first aid. Providing first aid in extreme situations

**Code of controlled competencies: UC-8**

1. Technique for indirect heart massage.
2. Algorithm for first aid in violation of the patency of the upper respiratory tract.
3. Technique for artificial ventilation of the lungs by the "mouth to mouth" method.
4. Technique for artificial ventilation of the lungs using the "mouth to nose" method.
5. Technique for artificial lung ventilation using a tube respiratory.

***Criteria for assessing the current monitoring of progress (dummy-simulator for CPR):***

✓ **"Unsatisfactory":**

The student does not have the practical skills to conduct cardiopulmonary resuscitation on a dummy-simulator.

✓ **"Satisfactory":**

The student has basic skills, but makes mistakes and inaccuracies in the scientific terminology used and when answering on the simulator for CPR. The student is basically able to independently identify the main provisions in the studied material and has some practical skills in conducting CPR.

✓ **"Good":**

The student owns the knowledge of all the studied program material, presents the material consistently, makes minor mistakes and shortcomings when reproducing the studied material. The student has sufficient skill in operating the CPR simulator, but works slowly.

✓ **"Fine":**

The student independently singles out the main provisions in the studied material and is able to give a brief description of the main ideas of the studied material. The student has a good skill in demonstrating the technique of indirect heart massage and mechanical ventilation on a dummy-

simulator. The student shows a deep and complete knowledge of the entire volume of the discipline being studied.

## ESSAY

### **Section 1. Organizational and legal aspects of first aid. Providing first aid in extreme situations** **Codes of controlled competencies: UC-8**

#### **Abstract topics:**

1. Legal aspects of first aid.
2. First aid measures.
3. A set of measures using personal protective equipment according to indications.
4. Mechanical asphyxia. Methods for eliminating asphyxia.
5. Internal bleeding. Dangers, symptoms, first aid.
6. Comprehensive first aid for various threatening conditions.

#### ***Criteria for evaluating current control (abstract):***

- Novelty of the abstracted text: max. – 20 points;
- The degree of disclosure of the essence of the problem: max. – 30 points;
- Validity of the choice of sources: max. – 20 points;
- Compliance with design requirements: max. – 15 points;
- Literacy: max. - 15 points.

#### ***Abstract evaluation:***

The abstract is evaluated on a 100-point scale, the points are converted into academic performance assessments as follows (points are taken into account in the process of the current assessment of knowledge of the program material):

- ✓ 86 - 100 points - "excellent";
- ✓ 70 - 75 points - "good";
- ✓ 51 - 69 points - "satisfactory";
- ✓ less than 51 points - "unsatisfactory".

### **6.2. Intermediate certification based on the results of mastering the discipline**

#### **6.2.1. Form of intermediate attestation - TEST. Term-2.**

**6.2.2. Intermediate certification procedure – *Intermediate certification is carried out in writing.***

#### **6.2.3. Examples of questions to prepare for the test.**

1. What is the type of medical care?
2. What is medical care and what does it include?
3. Types of medical care in accordance with the Federal Law?
4. What is called first aid?
5. Who gets first aid in the Russian Federation (regulatory document)?
6. Who is required to provide first aid by law or by special rule?
7. What does being in danger mean?
8. List of first aid measures.
9. Rules for calling an ambulance?
10. The sequence of behavior of a person who is next to the victim.

#### **6.2.4. Ticket example.**

##### **Ticket form for discipline for intermediate certification**

FSBEI HE DSMU  
Ministry of Health of Russia

Department of LS and DM  
Specialty 31.05.01. General medicine

#### **Discipline "First aid in emergency and critical situations"**

EXAMINATION TICKET No. \_\_\_\_\_

1. Definition of FA, first aid measures.
2. Basic resuscitation measures - definition, stages.
3. Situational task:

2 people were injured in a car accident. One of them has blood on his clothes and face, there is a 3 cm incised wound on his forehead, from which blood slowly flows out. The victim is conscious, restless, pulse and breathing are normal. The second victim has no visible injuries, but complains of a headache, nausea, and does not remember the circumstances preceding the accident.

**What are the injuries of the victims?**

**Which victim should be treated first?**

**and which of them should be sent to a medical institution first of all?**

**Algorithm for providing first aid to the victims.**

**In what position should victims be transported?**

Approved at the meeting of the department, protocol dated " \_\_\_\_\_ " \_\_\_\_\_ 20\_\_\_\_. No. \_\_\_\_

Head of the Department of LS and DM \_\_\_\_\_ Candidate of Biological Sciences, Associate Professor P.M. Rabadanova

Compiled by:

Bagandova D.Sh - .Assistant of the Department of LS and DM

" \_\_\_\_\_ " \_\_\_\_\_ 20\_\_\_\_

#### **6.2.5. The system for evaluating the results of mastering the discipline, a description of the scales of assessment, grading.**

**The grading system includes credit.**

Term 2	"not credited"	"credited"
<b>UC-8 Able to create and maintain safe living conditions in everyday life and in professional activities to preserve the natural environment, ensure the sustainable development of society, including in the event of a threat and the occurrence of emergencies and military conflicts</b>		
<b>know</b>		
	The student is not able to independently identify the main provisions in the studied material of the discipline. The student does not know the organizational and legal basis for first aid .	The student independently singles out the main provisions in the studied material and is able to give a brief description of the main ideas of the studied material of the discipline. Knows the signs of conditions in which it is necessary to provide first aid, the causes and factors that cause them; organization of a set of measures aimed at providing first aid
<b>be able to</b>		
	The student does not know how to assess the condition of the victim, to make a decision in a non-standard situation and be responsible for the decisions made	The student is able to independently apply the acquired knowledge in the selection and evaluation of various methods and techniques of first aid; assess the condition of the victim to make a decision on the need to provide him with first aid.
<b>own</b>		
	The student does not have the skills to act correctly in emergency and critical situations and to care for patients with the most common pathology	The student owns the methods of restoring the vital functions of the body; first aid skills in case of accidents and injuries;

## VII . EDUCATIONAL AND METHODOLOGICAL AND INFORMATION SUPPORT OF THE DISCIPLINE

### 7.1 Main literature

#### Printed editions:

No.	Edition titles	Number of copies in the library
one	Bagandov M-K.I., Rabadanova P.M., Aminova A.A., Bashtukaeva Z.I. First aid; FSBEI HE DSMU Ministry of Health of the Russian Federation. - Makhachkala: publishing house 2020.-124 p.	120

#### Electronic editions:

No.	Edition
one	Demichev, S. V. First aid / S. V. Demichev - Moscow: GEOTAR-Media, 2017. - 192 p. - ISBN 978-5-9704-4166-4. - Text: electronic // URL: <a href="http://www.studmedlib.ru/book/ISBN9785970441664.html">http://www.studmedlib.ru/book/ISBN9785970441664.html</a>
2	Demichev, S. V. First aid for injuries and diseases / Demichev S. V. - Moscow: GEOTAR-Media, 2011. - 160 p. - ISBN 978-5-9704-1774-4. - Text: electronic // URL: <a href="http://www.studmedlib.ru/book/ISBN9785970417744.html">http://www.studmedlib.ru/book/ISBN9785970417744.html</a>
3	Rychagov, G.P. Dressings for injuries and diseases / Rychagov G.P., Nekhaev A.N. - Moscow: GEOTAR-Media. - Text: electronic // URL: <a href="http://www.studmedlib.ru/book/06-COS-2334.html">http://www.studmedlib.ru/book/06-COS-2334.html</a>

## 7.2 Additional reading

### Printed editions:

No.	Editions	Number of copies in the library
1	Providing first aid to victims: a textbook / M-K.I. Bagandov, Z.Z. Nazhmudinov, F.M. Osmanova (and others); Ministry of Health of the Russian Federation, SBEI HE "DSMA" .- Makhachkala: Lotos, 2012. - 160 S. - ISBN 978-5-91471-082-5: 280-00	394
2	Organization of medical care for the population in emergency situations: a textbook for students of medical universities / authors: V.I. Sakhno, G.I. Zakharov, N.E. Karlin, N.M. Pilnik. - St. Petersburg: Tome, 2003.- 248 p.- ISBN 181-50	250
3	Organization of emergency medical care for the population in case of natural disasters and other emergencies: a textbook for students of medical universities / edited by V.V. Meshkov. - Moscow: MP Medikas, 1992. - 191 S. - ISBN 20-00.	240
4	First pre-medical medical care: a textbook for 3rd year students of medical and pharmaceutical faculties of medical universities / R.G. Aliev, I.G. Akhmedov, Z.R. Kurbanova. - Makhachkala: CPI DSMA, 2006. - 260 S. - ISBN b / c	25
5	First Aid in Unfortunate and Emergency Situations: Study Guide / I.P. Levchuk. - Moscow: Geotar-Media, 2017. - 120 p. – ISBN 978-5-9704-4230-2:575-00-616-083 In English	10

### Electronic editions:

No.	Edition
1	Levchuk, I.P. Life safety / Levchuk I.P., Burlakov A.A. - Moscow: GEOTAR-Media, 2014. - 144 p. - ISBN 978-5-9704-2969-3. - Text: electronic // URL: <a href="http://www.studmedlib.ru/book/ISBN9785970429693.html">http://www.studmedlib.ru/book/ISBN9785970429693.html</a>
2	Vertkin, A. L. Ambulance / Vertkin A. L. - Moscow: GEOTAR-Media, 2007. - 368 p. - ISBN 978-5-9704-0522-2. - Text: electronic // URL: <a href="http://www.studmedlib.ru/book/ISBN9785970405222.html">http://www.studmedlib.ru/book/ISBN9785970405222.html</a>
3	Vertkin, A. L. Emergency medical care at the prehospital stage: textbook / A. L. Vertkin, L. A. Aleksanyan, M. V. Balabanova et al.; ed. A. L. Vertkina. - Moscow: GEOTAR-Media, 2017. - 544 p. - ISBN 978-5-9704-4096-4. - Text: electronic // URL: <a href="http://www.studmedlib.ru/book/ISBN9785970440964.html">http://www.studmedlib.ru/book/ISBN9785970440964.html</a>
4	Kuznetsov, N. A. Care of surgical patients: textbook / Kuznetsov N. A., Brontvein A. T. - Moscow: GEOTAR-Media, 2011. - 288 p. - ISBN 978-5-9704-2031-7. - Text: electronic // URL: <a href="http://www.studmedlib.ru/book/ISBN9785970420317.html">http://www.studmedlib.ru/book/ISBN9785970420317.html</a>

## 7.3 Resources of the information and telecommunications network "Internet"

No. p/p	Resource name
1.	EMERCOM of Russia - Universal first aid algorithm <a href="https://www.mchs.gov.ru/deyatelnost/bezopasnost-grazhdan/universalnyy-algoritm-okazaniya-pervoy-pomoshchi_5">https://www.mchs.gov.ru/deyatelnost/bezopasnost-grazhdan/universalnyy-algoritm-okazaniya-pervoy-pomoshchi_5</a>



2.	All about first aid <a href="http://allfirstaid.ru/node/6">http://allfirstaid.ru/node/6</a>
3.	10 Basic First Aid Skills <a href="https://lifehacker.ru/first-aid/">https://lifehacker.ru/first-aid/</a>

## 7.4. Information Technology

### *List of licensed software:*

1. operating room system **Microsoft WINDOWS 7 Professional**
2. **MSOFFICE 2007** application package :  
**Microsoft Word; Microsoft PowerPoint.**
3. Antivirus Software - **Kaspersky Endpoint Security10 for WINDOWS.**

### *List of information reference systems:*

1. **Electronic Information and Educational Environment (EIOS) DSMU** . URL: <https://eos-dgmu.ru>

2. **Student Advisor** : Electronic Library System. URL : <http://www.studentlibrary.en>

### **Access mode by login and password**

3. **Physician's Consultant** : Electronic Library System. URL : <http://www.rosmedlib.en>

### **Access mode by login and password**

4. **Federal Electronic Medical Library ( FEMB )** . \_ URL : <http://feml.scm1.rssi.en>
5. **Scientific electronic library e Libra r y** . URL : <https://elibrar y.ru/default x.asp>
6. **Medical referral and information system** . \_ URL : <http://www.medinfo.en/>
7. **Scientific Electronic Library of CyberLeninka** . \_ URL : <http://cyberleninka.ru>
8. **RFBR electronic library** . \_ \_ \_ URL : <http://www.rfbr.en/>
9. **All - Russian educational Internet program for doctors** . URL : <http://www.internis>

[t.ru](http://www.internis)

## VIII. MATERIAL AND TECHNICAL SUPPORT OF THE DISCIPLINE

	Type of room with number (classroom, laboratory, computer class, etc. ) indicating the address (location) of the building, clinical base, building, structure, premises, area of the premises, its purpose (for independent work, for conducting practical classes, current control, intermediate certification, e-learning, lectures, etc.)	equipment identification
1.	<b>Lecture Hall No. 2</b> (9th floor of a nine-story building, at the address: I. Shamil Ave. 48, 73 m <sup>2</sup> , 46 seats for lectures, intermediate tests in all disciplines).	Multimedia complex (laptop, projector, TV for watching educational films)
2.	<b>Auditorium No. 5</b> (9th floor of a nine-story building, at the address: I. Shamil avenue 48, 34 m <sup>2</sup> , 16 seats for practical training in LS).	Chemical protection equipment (OZK suits, gas masks, IPP-8, IPP-11, individual first aid kits)
3.	<b>Auditorium No. 6</b> (9th floor of a nine-story building, at the address: I. Shamil Ave. 48, 34 m <sup>2</sup> , 22 seats for practical classes on FAECs).	Dressing material, first aid kits, couch, phantom for CPR.
4.	<b>Auditorium No. 9</b> (9th floor of a nine-story building, at the address: I. Shamil Ave. 48, 35 m <sup>2</sup> , 22	Methodical material

	seats for independent work on FAECS).	
5.	<b>Auditorium No. 10</b> (9th floor of a nine-story building, at the address: I. Shamil Ave. 48, 35 m <sup>2</sup> , 22 seats for practical training in FAECS).	Chemical protection equipment (OZK suits, gas masks, IPP-8, IPP-11, individual first aid kits)
6.	<b>Auditorium No. 11</b> (9th floor of a nine-story building, at the address: I. Shamil Ave. 48, 35 m <sup>2</sup> , 28 seats for practical training in LS).	Computer, chemical protection equipment (OZK suits, gas masks, IPP-8, IPP-11, individual first aid kits)
7.	<b>Auditorium No. 13</b> (8th floor of a nine-story building, at the address: I. Shamil Ave. 48, 53 m <sup>2</sup> , 34 seats for lectures and practical classes on FAECS).	Multimedia complex (laptop, projector), TV for watching educational films. Dressing material, first aid kits, couch, phantom for CPR.
8.	<b>Auditorium No. 14</b> (8th floor of a nine-story building, at the address: I. Shamil avenue 48, 53 m <sup>2</sup> , 38 seats for lectures and practical classes in the LS).	Multimedia complex (laptop, projector), TV for watching educational films. Chemical protection equipment (OZK suits, gas masks, IPP-8, IPP-11, individual first aid kits)
9.	<b>Auditorium No. 19</b> (8th floor of a nine-story building, at the address: I. Shamil avenue 48, 35 m <sup>2</sup> , 24 seats for practical classes on FAECS).	Dressings, first-aid kits, ear cups, phantom for CPR.
10.	<b>Auditorium No. 21</b> (8th floor of a nine-story building, at the address: I. Shamil avenue 48, 35 m <sup>2</sup> , 20 seats for practical classes on FAECS ).	Dressing material, first aid kits, couch, phantom for CPR.
eleven.	<b>Auditorium No. 22</b> (8th floor of a nine-story building, at the address: I. Shamil Ave. 48, 35 m <sup>2</sup> , 20 seats for independent work on the LS ).	Methodical material

## IX. USE AND INNOVATIVE (ACTIVE AND INTERACTIVE) METHODS OF LEARNING

The active teaching methods used in the study of this discipline make up 27.1% of the volume of classroom studies.

No.	Name of the section (list those sections that use active and / or interactive forms (methods) of learning)	Type, name of the topic of the lesson using forms of active and interactive teaching methods	Labor intensity (hour)
1.	Organizational and legal aspects of first aid. Providing first aid in extreme situations	<i>Practice. "The role and place of first aid in emergency and critical situations ". Seminar-discussion on the type of "Educational conference"</i>	1,5
		<i>Practice. " Basic Resuscitation Algorithm ". Role clinical game.</i>	1,5

		<i>Practical lesson. " First aid to victims of injuries in critical and emergency situations ( Fractures. Dislocations. Bruises, sprains and ruptures of ligaments. Long-term compression syndrome.) "</i> <i>Solving multi-level situational tasks at the stage of classroom independent work.</i>	1
2.	Providing first aid to victims in accidents and emergencies	<i>Practical lesson. " First aid in case of accidents (Drowning. Electrical injury. Mechanical asphyxia. Carbon monoxide poisoning)". Role playing clinical game</i>	1,5
		<i>Practical lesson. " Providing first aid to victims in emergency conditions (fainting. Shock. Collapse )". Solving situational problems at the stage of classroom independent work.</i>	1
----			6,5

## X. METHODOLOGICAL SUPPORT OF THE DISCIPLINE

The methodological support of the discipline was developed in the form of a separate set of documents: "Methodical recommendations for lectures", "Methodical recommendations for practical exercises", "Methodological recommendations for the student" as an appendix to the work program of the discipline (module).

## XI . FEATURES OF THE ORGANIZATION OF EDUCATION ON THE DISCIPLINE FOR THE DISABLED AND PERSONS WITH LIMITED HEALTH OPPORTUNITIES

### 1 1 .1. Education of disabled people and persons with disabilities

If necessary, it is carried out by the department on the basis of an adapted work program using special teaching methods and didactic materials, compiled taking into account the characteristics of the psychophysical development, individual capabilities and health status of such students (student).

**1 1 .2. In order to master the curriculum of the discipline for people with disabilities and people with disabilities , the department provides:**

1) for the disabled and persons with visual impairments:

- placement in accessible places for students who are blind or visually impaired, and in an adapted form of reference information about the schedule of training sessions;
- the presence of an assistant providing the student with the necessary assistance;
- release of alternative formats for methodological materials (large print or audio files);

2) for the disabled and people with hearing disabilities:

- appropriate sound means of reproduction of information;

3) for disabled people and persons with disabilities who have disorders of the musculoskeletal system:

- the possibility of unimpeded access of students to classrooms, toilets and other premises of the department. In case of impossibility of unhindered access to the department, organize the educational process in a specially equipped center for individual and collective use of special technical

training aids for the disabled and persons with disabilities (A.Aliyev street 1, biological building, 1st floor, scientific library of the DSMU).

**1 1 .3. The education of students with disabilities** can be organized both jointly with other students and in separate groups.

**1 1 .4. The list of educational and methodological support for independent work of students in the discipline.**

Educational and methodological materials for independent work of students from among the disabled and persons with disabilities are provided in forms adapted to the limitations of their health and perception of information:

Categories of students	Forms
hearing loss	- in printed form; - in the form of an electronic document;
visually impaired	- in printed form in enlarged type; - in the form of an electronic document; - in the form of an audio file;
With a violation of the musculoskeletal system	- printed form; - in the form of an electronic document;

This list can be specified depending on the contingent of students.

**11.5. Fund of assessment tools for conducting intermediate certification of students in the discipline.**

11.5.1. List of funds for evaluation funds correlated with the planned results of the development of the educational program.

For students with disabilities

Categories of students	Types of evaluation tools	Forms of control and evaluation of learning outcomes
hearing impaired	test	predominantly written review
visually impaired	interview	predominantly oral examination (individually)
With a violation of the musculoskeletal system	solving remote tests, control questions	organization of control in the EIOS DSMU, written verification

Students with disabilities and persons with disabilities are given more time to prepare answers for the test, they are allowed to prepare for the test using distance learning technologies.

11.5.2. Methodological materials that define the procedures for assessing knowledge, skills and (or) experience of activity, characterizing the stages of the formation of competencies.

When carrying out the procedure for evaluating the learning outcomes of people with disabilities and persons with disabilities , the use of technical means necessary for them in connection with their individual characteristics is envisaged.

The procedure for evaluating the learning outcomes of people with disabilities and people with disabilities in the discipline provides for the provision of information in forms adapted to the limitations of their health and perception of information:

For persons with visual impairments:

- in printed form in enlarged type;

- in the form of an electronic document;
- in the form of an audio file.

For people with hearing impairments:

- in printed form;
- in the form of an electronic document.

For people with musculoskeletal disorders:

- in printed form;
- in the form of an electronic document;
- in the form of an audio file.

This list can be specified depending on the contingent of students.

When carrying out the procedure for evaluating the learning outcomes of people with disabilities and persons with disabilities in a discipline (module), the following additional requirements are met, depending on the individual characteristics of students:

1. instruction on the procedure for conducting the assessment procedure is provided in an accessible form (orally, in writing, orally using the services of a sign language interpreter);
2. an accessible form for providing assignments of assessment tools (in printed form, in printed form in an enlarged font, in the form of an electronic document, assignments are read out by an assistant, assignments are provided using sign language translation);
3. an accessible form of providing answers to tasks (in writing on paper, a set of answers on a computer, using the services of an assistant, orally).

If necessary, for students with disabilities and the disabled, the procedure for evaluating learning outcomes in a discipline (module) can be carried out in several stages.

The procedure for evaluating the learning outcomes of people with disabilities and persons with disabilities is allowed using distance learning technologies.

#### **1 1 .6. The list of basic and additional educational literature necessary for the development of the discipline.**

For mastering the discipline, disabled people and persons with disabilities are provided with basic and additional educational literature in the form of an electronic document in the library fund and / or in electronic library systems. Also, special textbooks and teaching aids, other educational literature and special technical training aids for collective and individual use, as well as the services of sign language and sign language interpreters are provided free of charge.

#### **1 1 .7. Guidelines for students on mastering the discipline**

Individual work is of great importance in mastering the discipline by disabled people and persons with disabilities. Individual work means two forms of interaction with a teacher: individual educational work (consultations), i.e. additional explanation of the educational material and in-depth study of the material with those students who are interested in this, and individual educational work. Individual consultations on the subject are an important factor contributing to the individualization of education and the establishment of educational contact between the teacher and the student with a disability or a student with disabilities.

### **1 1 .8. Description of the material and technical base necessary for the implementation of the educational process in the discipline**

Discipline mastering by disabled people and persons with disabilities is carried out using general and special purpose training tools:

- lecture audience - multimedia equipment, mobile radio class (for students with hearing impairments); power supplies for individual technical means;
- classroom for practical classes (seminars), multimedia equipment, mobile radio class (for students with hearing impairments);
- classroom for independent work - standard workstations with personal computers; workplace with a personal computer, screen reader, screen magnifier and braille display for visually impaired students.

In each classroom where people with disabilities and people with disabilities study, an appropriate number of places for students should be provided, taking into account their health limitations.

## **XII. \_ CHANGES LIST**

<b>List of additions and changes made to the work program of the discipline</b>	<b>WP updated at the meeting of the department</b>		
	<b>date</b>	<b>Number of minutes of the meeting of the department</b>	<b>Signature of the head of the department</b>
The following changes are made to the work program one. ....; 2.....etc.  or a note is made about the inappropriateness of making any changes for this academic year			