



SARDAR PATEL UNIVERSITY
Vallabh Vidyanagar, Gujarat
(Reaccredited with 'A' Grade by NAAC (CGPA 3.25)
Syllabus with effect from the Academic Year 2021-2022

Bachelor of Science - Home Science
(B.Sc.- H.Sc.) (Home Science) Semester (I)

Course Code	UH01EHSC53	Title of the Course	Practical - First Aid and Home Nursing
Total Credits of the Course	02	Hours per Week	04

Course Objectives:	<ol style="list-style-type: none">1. Able to understand their new responsibilities of an First Aider.2. Able to provide appropriate treatment for the purpose of preserving life.3. Able to minimise the consequences of injury until the arrival of medical assistance4. Able to provide appropriate treatment for an injury which does not require the attention of a medical practitioner or nurse.5. Familiar with health & safety legislation on first aid in the workplace (e.g. Contents of First Aid Box)
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Course Content		
Unit	Description	Weightage* (%)
1.	Becoming a First Aider, role, prepare self before administering first aid, dealing with a casualty, requesting for help and use of medication.	10
2.	First aid kit materials, articles and purpose	10
3.	Techniques and equipment: removing clothing, removing headgear, casualty handling, dressings, cold compresses	10
4.	Principles of bandaging, Roller bandages, Tubular gauze bandages, square knots, hand and foot cover, Arm sling, Elevation sling, improvised slings.	20
5	Emergency nursing care in wounds, burns and scalds.	20
6	Emergency nursing care in poisoning and insect bites.	10
7	Emergency care in injuries to bones, muscles and joints.	10
8	Emergency First Aid Action in an emergency, CPR for an adult, chest	10



	compression only CPR, CPR for an infant, child.	
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Teaching-Learning Methodology	Practical, Discussion, Guest Lectures, Workshop in Collaboration with Medical College
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Evaluation Pattern		
Sr. No.	Details of the Evaluation	Weightage
1.	Internal Practical Examination (As per CBCS R.6.8.3)	15%
2.	Internal Continuous Assessment in the form of Practical, Attendance (As per CBCS R.6.8.3)	15%
3.	University Examination	70%

Course Outcomes: The students will learn to first aid process

Suggested References:	
Sr. No.	References
1	Shahajadi Begum, G., & Anuradha,S. (2014) <i>Textbook of Fundamental of Nursing for GNM First Year ((First Aid & Personal Hygiene) As per Indian Nursing Council (INC) Syllabus) 1st/2014.(1st ed.).Vijayam Publications.</i>
2	Swapna N., Williamson., & Goswami, M. (2014). <i>First Aid and Emergency Care, 3rd Edition, K P H Nursing Books Student Edition.</i>
3	Clement, I. (2012). <i>Textbook on First Aid and Emergency Nursing, 1/e, Jaypee Digital</i>

