

## First Aid Essentials in Health & Social Care

This programme follows the knowledge content of the one-day Emergency First Aid at Work and paediatric courses, with the addition of heart attack and stroke. It will assist you in developing the skills necessary to enable you to assess the scene of an incident, carry out lifesaving checks on a casualty, give first aid if necessary, and whilst doing this, keep yourself safe.



### Key features

- A level 2 programme (as graded against the nationally accepted levels and equivalent to GCSE grades A\* - C).
- Four modules with multiple choice questionnaires.
- Four CPD hours with a personalised downloadable certificate.
- 70% pass mark.
- Optional narration of each module for accessibility.
- Additional resources for further learning and printable modules for future reference.
- Interactive video and game content to underpin learning
- This programme has been mapped to the Care Certificate and the CSTF for health.

### Programme objectives

This programme provides a thorough guide on how to handle an incident that may require first aid. The programme will not qualify you as a first aider, but it is designed to give you confidence to know what to do when someone urgently needs your help.

1. Understanding DR ABC
2. How to provide basic life support for adults, children and infants, including using a defibrillator.
3. How to react in life threatening situations, with highly engaging interactive video content that enables you to practice your first aid skills.
4. For health workers: How to recognise patient deterioration
5. How to deal with an adult, child or infant who is in shock, choking, drowning, seizing, bleeding or having an allergic reaction.
6. Understand what to do if somebody has a broken bone or experienced a burn.
7. How to recognise if someone is having a stroke or heart attack.
8. How to handle day-to-day incidents.
9. The first aid box and what it should contain, including an interactive game to embed knowledge.

### Target audience

This programme has been developed for anyone who works in a health or social care setting to give them the confidence to provide emergency assistance.



## Module content:

### 1. Adult Primary Survey and CPR

- The responsibilities of a first aider.
- The DR ABC approach to assessing emergencies.
- How to provide CPR.
- How to use a defibrillator.
- Highly engaging, interactive videos enable participants to practice their skills.
- How to recognise patient deterioration (for health workers).

### 2. Child and Infant Primary Survey and CPR

- How to assess an unconscious child or infant casualty.
- How to provide CPR.
- How to use a defibrillator.
- The recovery position for children and infants.
- How to recognise paediatric patient deterioration (for health workers).

### 3. Other Life Threatening Conditions

- Identify when someone is choking and learn how to help them.
- How to treat a casualty who is bleeding.
- What to do if someone goes into shock.
- What to do for a generalised seizure.
- How to identify and treat someone who is going into anaphylactic shock.

### 4. Other Incidents, the First Aid Kit and Recording




- How to treat minor cuts, burns, bruises and nose bleeds.
- Recognising the signs of a stroke.
- How to treat someone who is suffering a heart attack.
- What equipment to include in a First Aid Box, including an interactive game to embed knowledge.
- Reporting and recording incidents.

## Why choose us?

“ West Midlands Ambulance Service NHS Foundation work with EduCare on a range of e-learning programmes. We feel that the EduCare method is robust, engaging and easy-to-use. It is also a good resource as it allows learners to refer back to content even after they have completed their training. I would definitely recommend EduCare to other organisations who need to undertake staff training. ”

Julian Rhodes, Head of Education, West Midlands Ambulance Service NHS Foundation Trust



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