

FIRST RESPONDER COURSE

Target Group:

All Rescue and Fire-fighters and any other interested person.

Venue:

Kenya Airports Aviation Academy – Nairobi.

Tuition Fee:

US \$ 500 per participant

Duration : 2 weeks**Dates:** 9th to 20th November 2015

INTRODUCTION

The First Responder is an integral part of the Emergency Medical Services System. It is the goal of the First Responder Curriculum to provide students with the core knowledge, skills and attitudes to function in the capacity of a first responder.

COURSE GOALS

This course is designed to instruct a student to the level of First Responder, who serves as a vital link in the chain of the health care team. This curriculum includes skills necessary for the individual to provide emergency medical care with a limited amount of equipment. Specifically, after successful completion of the program, the student will be capable of performing the following functions at the minimum entry level:

- Recognize the seriousness of the patient's condition or extent of injuries to assess requirements for emergency medical care;
- Administer appropriate emergency medical care for life threatening injuries relative to airway, breathing and circulation;
- Perform safely and effectively the expectations of the job description.

COURSE OUTLINE

❖ Module 1 Preparatory

- **Introduction to EMS Systems**
Familiarizes the First Responder candidate with the introductory aspects of emergency medical care. Topics include the Emergency Medical Services system, roles and responsibilities of the First Responder, quality improvement, and medical oversight.
- **Well-Being of the First Responder**
Covers the emotional aspects of emergency medical care, stress management, introduction to Critical Incident Stress Debriefing (CISD), scene safety, body substance isolation (BSI), personal protection equipment (PPE), and safety precautions that can be taken prior to

performing the role of a First Responder.

- **Legal and Ethical Issues**
Explores the scope of practice, ethical responsibilities, advance directives, consent, refusals, abandonment, negligence, duty to act, confidentiality, medical identification symbols, and crime scenes.
- **The Human Body**
Enhances the First Responder's knowledge of the human body. A brief overview of body systems, anatomy, and physiology will be given in this session.
- **Lifting and Moving Patients**
Provides students with knowledge of body mechanics, lifting and carrying techniques, and principles of moving patients.

❖ **Module 2 Airway**

- **Airway**
Addresses airway anatomy and physiology, how to maintain an open airway, pulmonary resuscitation, variations for infants and children, as well as patients with laryngectomies. The use of airways, suction equipment, and barrier devices will be discussed in this lesson. Also included is the management of foreign body airway obstructions.

❖ **Module 3 Patient Assessment**

- **Patient Assessment**
Enhances the First Responder's ability to evaluate a scene for potential hazards, to determine the number of patients, whether additional help is necessary, and to evaluate the mechanism of injury or nature of illness. This lesson provides the knowledge and skills to properly perform the initial assessment. In this session, the student will learn about forming a general impression, determining responsiveness, and assessing the airway, breathing, and circulation. Students will discuss how to determine priorities of patient care. This lesson also teaches the knowledge and skills required to continue the assessment and management of the ill or injured patient.

❖ **Module 4 Circulation**

- **CPR**
This lesson provides the First Responder with the knowledge and skills of chest compressions and ventilations for adults, children, and infants.

❖ **Module 5: Illness and Injury**

- **Medical Emergencies**

Discusses the recognition and management of general medical complaints, seizures, altered mental status, environmental emergencies, behavioral emergencies, psychological crisis, and typical patient situations

- **Bleeding and Soft Tissue Injuries**

Reviews the cardiovascular system, describes the care of the patient with internal and external bleeding, and teaches the management of soft tissue injuries and burns. Techniques of dressing and bandaging wounds will also be taught in this lesson.

- **Injuries to Muscles and Bones**

Reviews the anatomy of and injuries to the musculoskeletal system. Presents information about injuries of the skeletal system. Reviews the anatomy of the nervous system and the skeletal system. Discusses injuries to the spine and head, including the mechanism of injury, signs and symptoms of injury, and assessment.

❖ **Module 6: Children and Childbirth**

- **Childbirth**

Reviews the anatomical and physiological changes that occur during pregnancy. Demonstrates deliveries and newborn care.

- **Infants and Children** Presents information concerning anatomical differences in infants and children, discusses common medical and trauma situations

❖ **Module 7: EMS Operations**

- **EMS Operations**

Presents an overview of the knowledge needed to function as a First Responder in the out-of-hospital environment. In addition this lesson provides the First Responder student with an overview of extrication and rescue operations and information on hazardous materials, mass casualty situations, and basic triage.

ADMISSION REQUIREMENTS

- Be certified medically and physically fit
- Be proficient in the English language

CERTIFICATION

The First Responder Course is trained using the Kenya Council of Emergency Technician (KCEMT) First Responder Curriculum. The First Responder will be certified by KCEMT and the certificate will be valid for two (2) years from the date of issue and renewal will be subject to a refresher course and assessment.
