



# STUDENT HANDBOOK

# FIRST AID

# FUNDAMENTALS FOR EVERYONE



**INSTITUTE OF MEDICINE AND HEALTH SCIENCES  
(IMHS) SRI LANKA**



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# IMHS FIRST AID COURSE එක



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For more details  
  **077 802 5050**

gmail :  
 info.imhsedu@gmail.com

**INSTITUTE OF MEDICINE AND HEALTH SCIENCES  
(IMHS) SRI LANKA**

# **FIRST AID FUNDAMENTALS FOR EVERYONE**

## **COURSE SYLLABUS**

<b>LECTURE / MODULE</b>	<b>CRITERIA</b>	<b>ALLOCATED TIME</b>
<b>INTRODUCTION TO FIRST AID</b>	<ul style="list-style-type: none"><li>• <b>DEFINITION OF FIRST AID</b></li><li>• <b>GOALS OF FIRST AID</b></li><li>• <b>SPECIAL CONSIDERATIONS WHILE GIVING FIRST AID</b></li><li>• <b>INTRODUCTION TO HUMAN BODY</b></li><li>• <b>VITAL PARAMETERS OF A HUMAN</b></li></ul>	<b>2 HOURS</b>
<b>FIRST AID REGARDING EAR</b>	<ul style="list-style-type: none"><li>• <b>EAR BLEEDING</b></li><li>• <b>INSECT IN EAR</b></li></ul>	<b>0.5 HOURS</b>

<p><b>FIRST AID REGARDING NOSE</b></p>	<ul style="list-style-type: none"> <li>• FOREIGN BODY WITHIN NOSE</li> <li>• NASAL BLEEDING (EPISTAXIS)</li> </ul>	<p><b>0.5 HOURS</b></p>
<p><b>FIRST AID REGARDING MOUTH AND TEETH</b></p>	<ul style="list-style-type: none"> <li>• ORAL ULCERS AND ORAL BLEEDING</li> <li>• TOOTH AVULSION</li> <li>• TOOTH FRACTURE</li> <li>• TEETH CONCUSSION, SUBLUXATION AND LUXATION FOLLOWING FACE IMPACT</li> </ul>	<p><b>1 HOUR</b></p>
<p><b>FIRST AID REGARDING EYE</b></p>	<ul style="list-style-type: none"> <li>• INJURED EYE</li> <li>• FOREIGN BODY IN INNER PART OF EYE LID</li> <li>• FIRST AID FOR EYE CONTAMINATED WITH CHEMICAL SUBSTANCES</li> </ul>	<p><b>0.5 HOURS</b></p>
<p><b>FIRST AID FOR BURNS</b></p>	<ul style="list-style-type: none"> <li>• TYPES OF BURNS</li> <li>• BASIC FIRST AID FOR BURNS</li> <li>• COMPLICATIONS OF BURNS</li> </ul>	<p><b>0.5 HOURS</b></p>

<p><b>FIRST AID DURING ELECTROCUTION</b></p>	<ul style="list-style-type: none"> <li>• UNDERSTANDING ELECTROCUTION</li> <li>• SAFETY FIRST</li> <li>• FIRST AID STEPS FOR ELECTROCUTION</li> <li>• PREVENTION TIPS</li> </ul>	<p><b>0.5 HOURS</b></p>
<p><b>FIRST AID FOR DROWNED PERSON</b></p>	<ul style="list-style-type: none"> <li>• UNDERSTANDING DROWNING</li> <li>• ASSESSING THE SCENE</li> <li>• RESCUE TECHNIQUES</li> <li>• FIRST AID STEPS FOR DROWNING VICTIMS</li> <li>• PREVENTION OF DROWNING</li> </ul>	<p><b>0.5 HOURS</b></p>
<p><b>FIRST AID DURING POISONING</b></p>	<ul style="list-style-type: none"> <li>• TYPES AND SOURCES OF POISONING</li> <li>• RECOGNIZING SIGNS AND SYMPTOMS OF POISONING</li> <li>• FIRST AID STEPS FOR POISONING VICTIMS</li> <li>• PREVENTION OF POISONING</li> </ul>	<p><b>1 HOURS</b></p>

<p><b>FIRST AID FOLLOWING SNAKE BITE</b></p>	<ul style="list-style-type: none"> <li>• <b>TYPES OF SNAKES</b></li> <li>• <b>BASIC FIRST AID AFTER SNAKE BITE</b></li> <li>• <b>COMPLICATIONS OF MISMANAGED SNAKE BITE</b></li> </ul>	<p><b>0.5 HOURS</b></p>
<p><b>FIRST AID FOLLOWING INSECT STING</b></p>	<ul style="list-style-type: none"> <li>• <b>TYPES OF HARMFUL INSECTS</b></li> <li>• <b>BASIC FIRST AID OF INSECT STING</b></li> </ul>	<p><b>0.5 HOURS</b></p>
<p><b>FIRST AID FOR ANIMAL BITE (DOG BITE, CAT BITE)</b></p>	<ul style="list-style-type: none"> <li>• <b>UNDERSTANDING ANIMAL BITES</b></li> <li>• <b>FIRST AID FOR DOG BITES</b></li> <li>• <b>FIRST AID FOR CAT BITES</b></li> <li>• <b>PREVENTION AND POST-BITE CARE</b></li> </ul>	<p><b>0.5 HOURS</b></p>
<p><b>FIRST AID FOR COMMON MEDICAL PROBLEMS</b></p>	<ul style="list-style-type: none"> <li>• <b>CHEST PAIN</b></li> <li>• <b>ALLERGIC REACTIONS AND ANAPHYLAXIS</b></li> <li>• <b>FAINING ATTACKS</b></li> <li>• <b>EPILEPSY/ CONVULSIONS</b></li> <li>• <b>ASTHMA</b></li> </ul>	<p><b>1.5 HOURS</b></p>

<p><b>ATTENTION-DEFICIT/HYPERACTIVITY DISORDER</b></p>	<ul style="list-style-type: none"> <li>• <b>UNDERSTAND AND RECOGNIZE THE SYMPTOMS</b></li> <li>• <b>PROVIDE IMMEDIATE POSITIVE FEEDBACK</b></li> <li>• <b>HELP THEM WITH ORGANIZATION SKILLS</b></li> </ul>	<p><b>0.5 HOURS</b></p>
<p><b>BASIC NEEDS OF AN EMERGENCY PATIENT</b></p>	<ul style="list-style-type: none"> <li>• <b>ASSESSMENT OF RESPIRATION</b></li> <li>• <b>MOUTH TO MOUTH BREATHING</b></li> <li>• <b>POSITION TO OPEN AIRWAY</b></li> <li>• <b>SPINAL CORD INJURIES</b></li> <li>• <b>BLOOD CIRCULATION</b></li> <li>• <b>IDENTIFYING THE TYPES OF BLEEDING</b></li> <li>• <b>FIRST AID FOR EXTERNAL BLEEDING</b></li> <li>• <b>FIRST AID FOR INTERNAL BLEEDING</b></li> <li>• <b>FIRST AID FOR HYPOVOLEMIC SHOCK</b></li> </ul>	<p><b>2 HOURS</b></p>

<p><b>BASIC LIFE SUPPORT (BLS)</b></p>	<ul style="list-style-type: none"> <li>• <b>IMPORTANCE OF CARDIO PULMONARY RESUSCITATION</b></li> <li>• <b>STEPS OF BLS</b></li> <li>• <b>CARDIAC COMPRESSIONS</b></li> <li>• <b>ARTIFICIAL VENTILATION</b></li> <li>• <b>CARDIO PULMONARY RESUSCITATION FOR CHILDREN</b></li> </ul>	<p><b>2 HOURS</b></p>
<p><b>FIRST AID FOR PERSON WITH FRACTURE</b></p>	<ul style="list-style-type: none"> <li>• <b>TYPES OF FRACTURES</b></li> <li>• <b>BASIC FIRST AID FOR FRACTURE</b></li> <li>• <b>COMPLICATIONS OF MISMANAGED FRACTURE</b></li> <li>• <b>BANDAGING TECHNIQUES</b></li> </ul>	<p><b>1 HOUR</b></p>
<p><b>FIRST AID DURING CHOKING</b></p>	<ul style="list-style-type: none"> <li>• <b>HOW TO IDENTIFY CHOKING</b></li> <li>• <b>FIRST AID FOR CHOKING IN ADULTS</b></li> <li>• <b>FIRST AID FOR CHOKING IN INFANTS</b></li> </ul>	<p><b>0.5 HOURS</b></p>
<p><b>FIRST AID FOR A PERSON WHO FALLEN ON THE GROUND</b></p>	<ul style="list-style-type: none"> <li>• <b>UNDERSTANDING FALLS</b></li> <li>• <b>ASSESSING THE SITUATION</b></li> <li>• <b>FIRST AID STEPS FOR FALL VICTIMS</b></li> <li>• <b>PREVENTION TIPS</b></li> </ul>	<p><b>0.5 HOURS</b></p>



## **PANEL OF LECTURERS**

### **Ms. GWT Madhumali**

- **Senior Lecturer IMHS**
- **BSc Nursing (Special) SL**
- **Registered Nurse (Nursing Council, SL)**
- **Nursing officer (Government)**
- **10 Years experiences in the field**



### **Dr. Niranga Meegaskada (MBBS)**

- **Senior Lecturer IMHS**
- **MBBS (SL)**
- **Senior Medical Officer (Government)**
- **Obstetrics and Gynecology**
- **14 Years experiences in the field**



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**Dr. Isuru Wijesinghe (PhD)**

- **Senior Lecturer / Director IMHS**
- **PHD (USA) - Healthcare & Pharmaceutical Sciences**
- **MSc (USA) - Pharmaceutical Sciences**
- **BPharm Special (SL)**
- **Registered in Sri Lanka Medical Council**
- **LLB (Reading) (SL)**
- **15 Years experiences in the field**



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**Ms. GWT Madhumali - Nursing officer (BSc Nursing)**

**Leading Lecturer for this Course**

As a senior lecturer and experienced nurse, I highly recommend the "First Aid Fundamentals for Everyone" course. This course is invaluable, offering practical knowledge and skills that can be lifesaving in emergencies. It's designed to empower individuals with no medical background to confidently handle common injuries and urgent health issues.

The course covers essential topics such as managing burns, choking, fractures, and reactions to bites or stings. Participants learn to identify symptoms and provide appropriate first aid, which can be critical in the crucial minutes before professional help arrives.

Moreover, this training fosters a sense of responsibility and confidence, enabling people to protect not just themselves but also those around them. Whether you're a parent, teacher, or office worker, these skills are indispensable, making our communities safer and more resilient. The course is a must for everyone who wishes to be prepared for any health emergency.

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**Dr. Niranga Meegaskada (MBBS)**

"First Aid Fundamentals for Everyone" is a crucial course for anyone eager to learn basic first aid. As a medical doctor, I recommend it for its comprehensive approach to emergency response.

The syllabus includes an introduction to first aid, vital human body parameters, and practical modules on handling various emergencies like bleeding, dental issues, eye injuries, burns, electrocution, drowning, poisoning, and snake bites. Importantly, it covers basic life support (BLS), teaching lifesaving skills like cardiopulmonary resuscitation (CPR).

Additionally, the course addresses first aid for common medical problems such as chest pain, allergic reactions, and asthma. Practical skills for managing fractures, choking, and fall-related injuries are also taught.

Overall, this course is invaluable for anyone seeking to be prepared for medical emergencies, enhancing confidence and competence in critical situations.

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**Dr. Isuru Wijesinghe (PhD)**

As a senior lecturer, I can confidently say that "First Aid Fundamentals for Everyone" is a course of paramount importance for individuals from all walks of life. First aid skills are not just for healthcare professionals; they are essential for everyone. This course covers a wide range of critical topics, from basic first aid principles to handling specific emergencies like burns, electrocution, and animal bites.

Understanding and applying first aid techniques can make a significant difference in emergency situations. Whether it's managing minor injuries or providing crucial support in life-threatening scenarios, the knowledge gained from this course can be life-saving. It also includes important sections on recognizing and aiding common medical problems like chest pain and allergic reactions.

By completing this course, participants will be better prepared to act confidently and effectively in various emergency situations, making their homes, workplaces, and communities safer. This training isn't just education; it's an investment in safety and wellbeing for everyone.

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## Course Highlights

- Understanding Basic First Aid Principles
- Recognizing and Responding for Emergency Situations
- Handling Common Injuries
- Managing Cuts, Bruises, and Burns
- Creating and Maintaining a First Aid Kit
- Highly Qualified Lecturers
- Distance Learning (ONLINE)
- Unlimited Access of Lecture Recordings
- ONLINE Access Modules
- Oral and Written Tests
- Certificate with Transcript



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## Admission criteria

### **Admission Criteria: Everyone is Welcome!**

Our "First Aid Fundamentals for Everyone" course is open to all. Here's what you need to know:

**No Experience Needed:** You don't need any previous first aid or medical knowledge.

**Age:** Ideal for anyone 18 years and older, but younger learners are also welcome.

**For Everyone:** Students, professionals, homemakers, retirees – this course is for anyone interested.

**Language:** with Sinhala explanations, As long as you understand this language, you're good to go.

**Willing to Learn: Just come ready to learn and participate!**



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## Payment Details - Course Fee

**LKR 20,000**

**10,000 (Discounted Charges for this batch)**

<b>Instalment No</b>	<b>Amount (LKR)</b>
<b>1</b>	<b>10,000</b> <b>7,500 (Discounted Charges)</b>
<b>2</b>	<b>10,000</b> <b>2,500 (Discounted Charges)</b>

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## **Program's Outcomes**

For the "First Aid Fundamentals for Everyone" program, the outcomes can be designed to ensure that participants leave with a practical understanding of first aid, along with the confidence to apply these skills in real-life situations.

### **1. Basic First Aid Knowledge:**

Participants will understand the fundamental principles of first aid, including how to assess situations and provide initial care in various emergencies.

### **2. Ability to Handle Common Injuries:**

Participants will learn how to manage common injuries such as cuts, burns, sprains, and fractures, including how to clean wounds and apply bandages.

### **3. Competence in Dealing with Choking Incidents:**

Participants will be able to effectively respond to choking incidents, applying techniques suitable for different age groups (infants, children, adults).

### **4. Skills in Emergency Preparedness:**

Participants will learn how to prepare for emergencies, including the creation and maintenance of a first aid kit and understanding emergency response protocols.

## **5. Increased Confidence in Emergency Situations:**

The program aims to boost participants' confidence and readiness to act in an emergency, reducing hesitation and improving response times.

## **6. Prevention Strategies:**

The program will also cover strategies to prevent common accidents and injuries, promoting a safer environment at home, work, or in public spaces.

## **7. Community Impact:**

Equipping participants with first aid skills contributes to community safety, as more individuals are prepared to respond effectively in emergency situations.



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## **JOB OPPORTUNITIES**

While a basic first aid course like "First Aid Fundamentals for Everyone" is primarily aimed at equipping individuals with essential life-saving skills for personal and community safety, rather than direct job qualification, it can still positively influence employment opportunities in various ways.

1. **Enhanced Employability in Various Sectors:** Many employers value candidates with first aid certification, especially in sectors like education, sports, childcare, hospitality, and construction, where safety is a top priority.
2. **Volunteer Opportunities:** Organizations like the Red Cross, community centers, and disaster response teams often seek individuals with first aid skills. Volunteering can open doors to new connections and opportunities.
3. **Career Development in Health and Safety Roles:** For those already employed, having first aid knowledge can be a stepping stone to roles in workplace health and safety.
4. **Childcare and Education Sector:** Schools, daycare centers, and camps often require or prefer staff with first aid knowledge to ensure the safety of children.

5. **Hospitality and Customer Service:** In the hospitality industry, including hotels and restaurants, first aid skills are valuable for handling any guest incidents.
6. **Community and Social Work:** For those in community service and social work, first aid knowledge is beneficial for managing emergencies in varied environments.
7. **Freelance Opportunities:** First aid knowledge can also lead to freelance opportunities, such as offering first aid training or workshops.

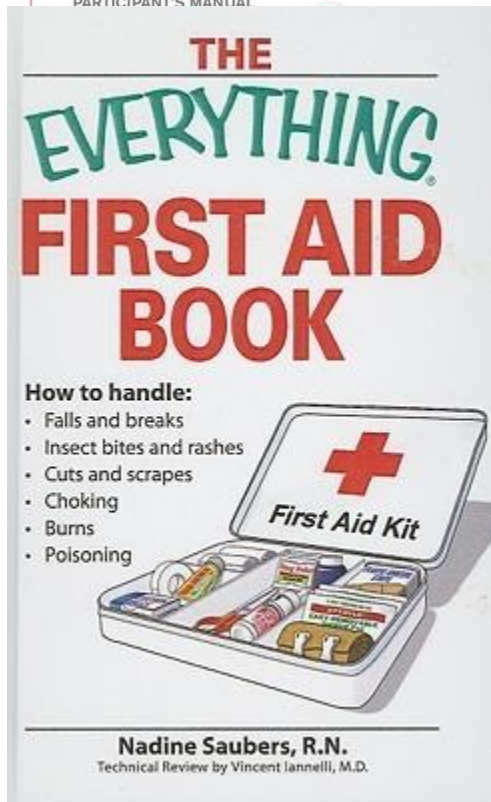


## RECOMMENDED BOOKS



### First Aid/CPR/AED

PARTICIPANT'S MANUAL

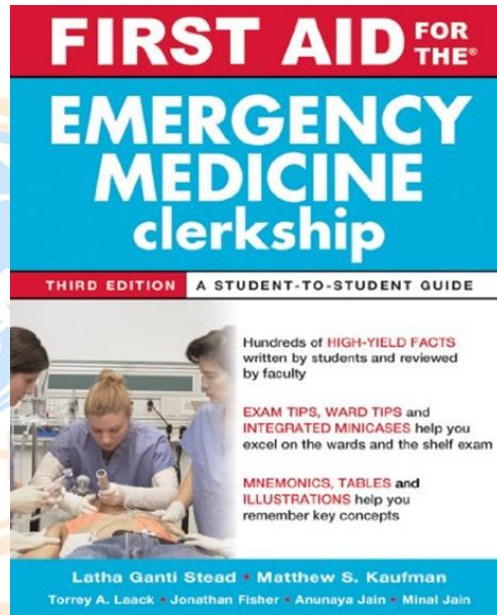


#### How to handle:

- Falls and breaks
- Insect bites and rashes
- Cuts and scrapes
- Choking
- Burns
- Poisoning

Nadine Saubers, R.N.

Technical Review by Vincent Iannelli, M.D.



### FIRST AID FOR THE

### EMERGENCY MEDICINE clerkship

THIRD EDITION A STUDENT-TO-STUDENT GUIDE

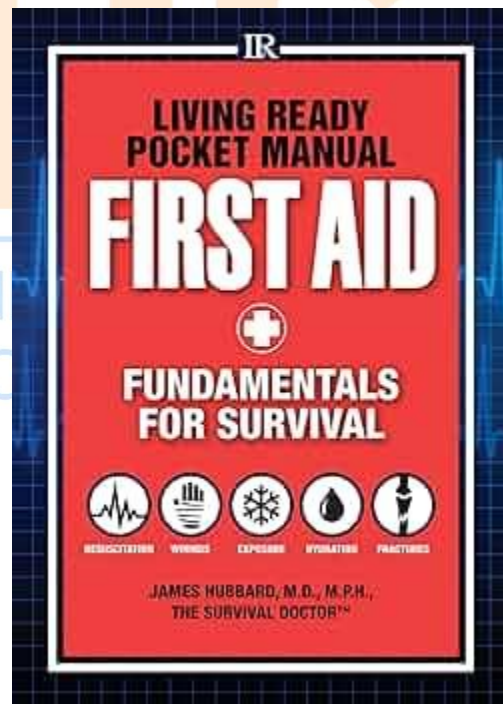
Hundreds of **HIGH-YIELD FACTS** written by students and reviewed by faculty

**EXAM TIPS, WARD TIPS** and **INTEGRATED MINICASES** help you excel on the wards and the shelf exam

**MNEMONICS, TABLES** and **ILLUSTRATIONS** help you remember key concepts

Latha Ganti Stead • Matthew S. Kaufman

Torrey A. Laack • Jonathan Fisher • Anunaya Jain • Minal Jain



### LIVING READY POCKET MANUAL FIRST AID

### FUNDAMENTALS FOR SURVIVAL



JAMES HUBBARD, M.D., M.P.H.,  
THE SURVIVAL DOCTOR™

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## **About IMHS**

IMHS (Institute of Medicine & Health Sciences) was established in 2019 with the aim of facilitating Professional Healthcare Education for the professionals involved in the healthcare sector, students pursuing their studies in Healthcare & Medicine and the members of the general public who wishes to acquire & enhance their knowledge on health education.

Since the inception, over 3000 students have successfully completed the courses offered by IMHS.



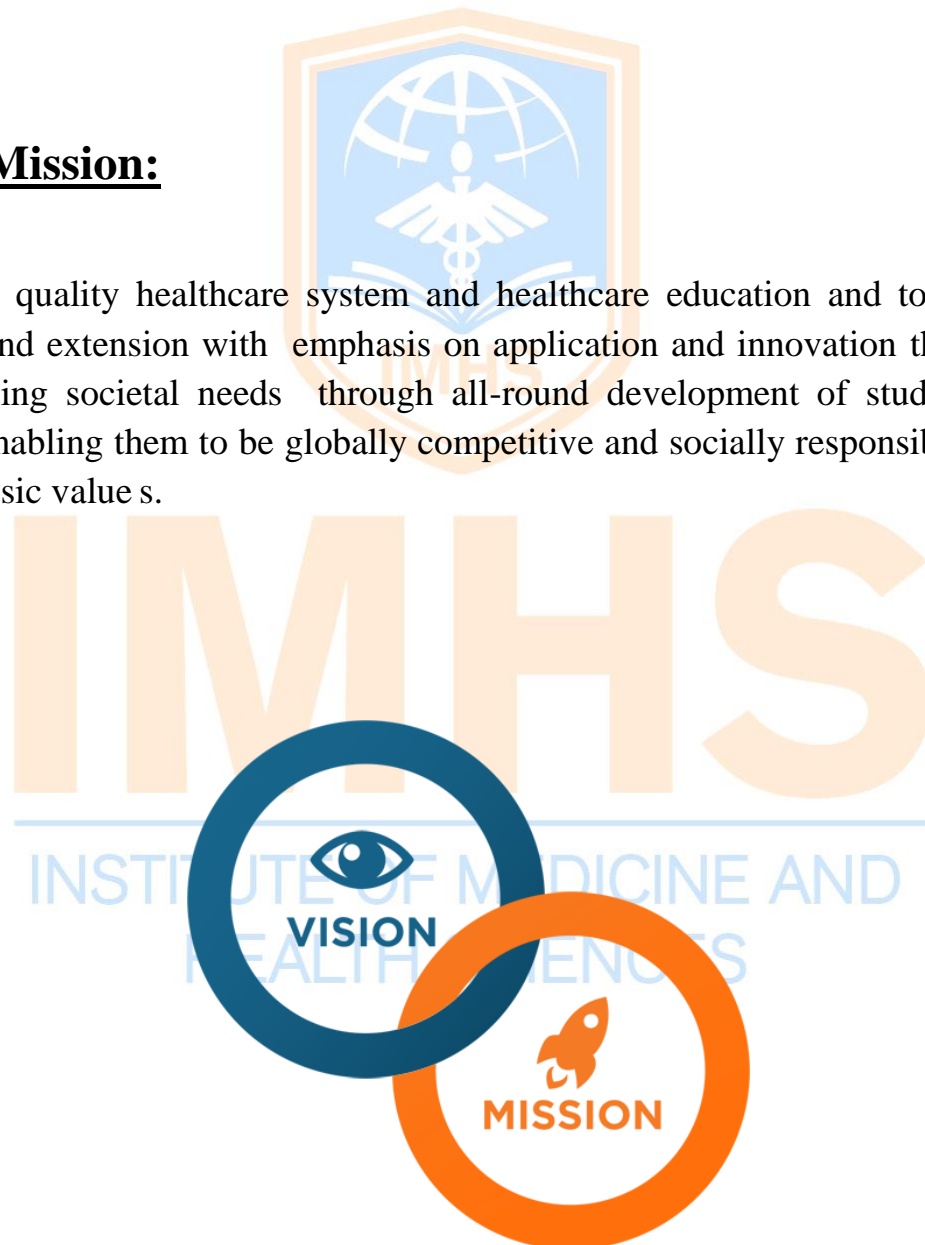
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## **IMHS Vision**

To be a globally renowned Healthcare Education Provider.

## **IMHS Mission:**

To impart quality healthcare system and healthcare education and to undertake research and extension with emphasis on application and innovation that cater to the emerging societal needs through all-round development of students of all sections enabling them to be globally competitive and socially responsible citizens with intrinsic values.



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## **Chairman's / Managing Director's Message**

The Pharmaceutical Industry has been evolving in Sri Lanka and around the world, over the years. Technological advancements, process re-engineering, knowledge sharing & up-skilling have resulted in elevating the overall standards of the industry and its stakeholders.

We established IMHS in 2019, in order to facilitate and share up-to-date knowledge on a number of subject areas within the Pharmaceutical industry. The learned, professional panel of lecturers work tirelessly in developing, further improving & delivering quality course content to students across the subject areas of drug action on diseases, medicine legislation, patient counseling and good pharmaceutical manufacturing practices, to name a few.

By completing our courses successfully, you will be empowered with knowledge and skills related to become a professional in the pharmaceutical industry; may it be in a hospital, a retail or wholesale pharmacy, or even in a pharmaceutical manufacturing facility. Our result-driven subject curriculum & teaching methods will equip you with the required skills and knowledge, for career progressions within and beyond the Pharmaceutical Science industries.

### **R.M Isuru Gayashan Wijesinghe**

#### **Senior Lecturer**

PhD in Healthcare & Pharmaceutical Sciences, USA

M.Sc in Pharmaceutical Sciences, USA

BPharm (Special) Sri Lanka, LLB (Reading) SL



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## Director's Message

Our journey at IMHS started with the aim of developing a center of globally known excellence in Pharmaceutical education in Sri Lanka. Toward achieving this dream, we promote high-quality education and training in pharmaceutical science as well as entrepreneurship and innovation that cater to emerging societal needs.

As a Pharmacist with years of knowledge and experience in the industry, I believe proper knowledge of medicine with good ethics makes our community healthier which is very important for the growth of our country. So, we are committed to creating a learning, innovative, scientific, and carefully planned course curriculum for our students. This will help them gain knowledge of Pharmaceutical industry and relevant skills to claim their professional place in healthcare.

So, I invite you to join us to embark on a meaningful and rewarding career where you can play a part to safeguard health by making quality drugs and imparting knowledge on the safe use of medicines.

**M.G.E.J Dharmasiri**

**Senior Lecturer**

BPharm (Reading), Sri Lanka

Diploma in Pharmacy, Sri Lanka

Chief Pharmacist - Government Hospital



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## **IMHS Academic Goals**

1. To offer a healthcare education pathway to healthcare professionals and the general public with the industrial and global requirements, and enhance the healthcare knowledge of the people.
2. To identify and introduce new education providing areas and incorporate curriculums and arrange relevant education high standard processes to the global.
3. To design and implement an educational system adhering to outcome-based international models
4. To introduce and implement innovation in the teaching and learning process to strengthen academic delivery



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## **IMHS Courses:**

- Medication Handling and Safety for Caregivers
- Foundation Course on Pharmaceutical Sciences
  - Certificate Course on Pharmacy Practice (Assistant Pharmacist Course)
  - Certificate Course on “Basics of Pharmaceutical Manufacturing”
  - Advanced Courses on Pharmaceutical Manufacturing
  - Advanced Courses on Pharmaceutical Law and Regulation
  - Advanced Courses on Community Pharmacy Practices
  - Diploma in Pharmaceutical Sciences
- Pharmacists’ Course for Sri Lanka Medical Council (SLMC) registration
- Revision Courses – External Pharmacist Examination (SLMC Registration)
- OSPE & VIVA – External Pharmacist Examination (SLMC Registration)
- Higher Diploma in Pharmaceutical Sciences

- Skill Development for Pharmaceutical Industry Pharmaceutical Manufacturing (Production)
- Skill Development for Pharmaceutical Industry Research & Development
- Skill Development for Pharmaceutical Industry Quality Assurance
- Pharmaceutical Marketing Management, and Economic Insights
- Medical English Course For Healthcare Professionals
- Medical English Course For Medical Students
- Healthcare Education Courses for General Public
  - **First Aid Fundamentals for Everyone**
  - **Living Well with Diabetes**
  - **Healthy Pregnancy and Lactation Essentials (Pregnancy and Location)**
  - **Living Well with High Blood Pressure & High Blood Cholesterol**
  - **Living Well with Pain and Arthritis**
  - **Living Well with Gastro-intestinal & Respiratory Disorders**

# IMHS CONVOCATION 2023



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# IMHS CONVOCATION 2022



**INSTITUTE OF MEDICINE AND HEALTH SCIENCES  
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# IMHS GET-TOGETHER



**IMHS** INSTITUTE OF MEDICINE AND HEALTH SCIENCES **Get Together** SUNDAY, 25TH SEPTEMBER, 2022



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# නවීන ඔබ ප්‍රවීණයෙක වෙන්න

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