

SAFETY EDUCATION AND EMERGENCY CARE

01:377:246; 3 credits; Sections 01

Semester: Fall 2022

Department of Kinesiology and Health
Rutgers University

Course information

Pre/co-requisites: None

Course platform: Canvas <https://rutgers.instructure.com/courses/188641>

Schedule: Section 1: Monday 8:30-11:30; Loree 115

Class lectures are in person

Technology requirements for this course: computer, web cams/microphones

Instructor information

Instructor: Michele Adamski

Email: michele.adamski@rutgers.edu

In person or virtual office hours: upon request

Virtual office hours format: WebEx

Canvas email will be used for all information/communication related to this course.

Required Course Materials

- American Heart Association BLS (Basic Life Support) Provider Manual ISBN: 9781616697686
- American Heart Association Heartsaver First Aid/CPR/AED Student workbook ISBN:9781616698270

AS PART OF YOUR STUDENT FEE, YOU WILL BE RECEIVING:

- CPR Resuscitation Pocket Mask with one-way valve (adult/infant)
- AHA BLS CPR certification and AHA Heartsaver First Aid Certification
- You will also receive a Stop the Bleed Certificate upon completion of the program

Course Description

The purpose of this course is to learn to Prevent, manage and treat life threatening illnesses and injuries. Topics to include both emergent and non-emergent injuries and illnesses. This course leads to the following certifications: BLS Provider CPR, Heartsaver First Aid, Stop the Bleed. This course partially fulfills an Exercise Science and Sports Management elective.

Course Learning Objectives

By the conclusion of this course, student-learners will:

- o Describe the importance of high-quality CPR and its impact on survival
- o Recognize the signs of someone needing CPR and perform high quality CPR on adult/child/infant
- o Describe importance of early use and demonstrate appropriate use of AED
- o Provide ventilation using barrier devices
- o Describe importance of teams in multi-rescuer resuscitation and perform as effective team member
- o Describe technique for foreign body airway obstruction for adult/child/infant
- o List priorities, roles, responsibilities of 1st aid rescuers
- o Describe key steps in first aid: heart attack, difficulty breathing, choking, severe bleeding, shock, stroke
- o Recognize/prevent common injuries and illnesses
- o Complete the Stop the Bleed Program

Classroom learning

This course will be held at its respective time throughout the semester unless otherwise indicated. Lectures will be in-person, providing an environment for discussions between the instructor and the students unless an alternative outside of class assignment is given. Students will need to attend all classes and will also need to demonstrate skill proficiency while in class. If we are unable to complete skills in person, these skills will be given as an assignment that needs to be submitted on Canvas as stated on the calendar of events for the class. This is a video driven course; students will watch then practice skills in order to gain proficiency in CPR and 1st Aid skills. The power point presentations for each topic will be posted in Canvas in the event that a class is missed.

Grading Policy

- This class uses a points-based system to calculate grades. The description of each assignment includes how many points it is worth. The total numbers points for this class are 676 points. Assignments are due by 11:59 PM on the due dates listed below unless otherwise noted.
- Assignments turned in late will receive 0 points unless the student communicates with the instructor BEFORE the due date and receives written approval of an extension.
- Concerns about a graded assignment must be brought to the instructor within seven days of receiving the grade. Assignment grades are finalized after this seven day period.
- Grades on Canvas will be updated regularly; if you notice any discrepancies or have questions, please do not wait until the end of the semester – let your instructor know right away.

Letter Grade	Percent	Points Needed
A	90-100	608-676
B+	85-89.9	575-607
B	80-84.9	541-574
C+	75-79.9	507-540
C	70-74.9	473-506
D	60-69.9	406-472
F	0-59.9	<405

FINAL GRADE BASED UPON FOLLOWING:

CPR Skills	110 points
CPR exam	150 points
AHA CPR exam	25 points
CPR practical	26 points
1 st Aid Skills	150 points
Stop the Bleed Skills	30 points
Prediabetes/Stroke Risk Assessment	20 points
1 st Aid exam	150 points
AHA 1 st Aid Exam	15 points
TOTAL POINTS	676 points

SKILLS ASSESSED-

Initial Assessment	Removing Gloves	Stop the Bleed
BVM	Finding the Problem	-Direct pressure
Rescue Breathing (Adult)	Using an Epinephrine Pen	-Tourniquet
Rescue Breathing (Infant)	Stopping Bleeding	Amputated Finger
Obstructed Airway Conscious (Adult)	Soft Splint	Impaled Object
Obstructed Airway Conscious (Infant)	Rigid Splint	Seizure
CPR (Adult) 1 & 2 person	Anatomic Splint	Inhaler
CPR (Infant) 1 & 2 person	Sling/Swathe	Stroke
AED	Rescuer Moves (carry/drag)	Tick/bee stinger removal

ADDITIONAL SKILLS MAY BE ADDED AS DEEMED NECESSARY TO OBTAIN PROFICIENCY IN CPR AND 1ST AID!

Assignments

CPR and 1st Aid Exams (150 points/exam)

There will be two exams based on assigned readings, in-class discussions, and CPR and 1st Aid Skills Assessments. Exam format will be a combination of true or false, multiple choice, and/or matching questions. Exams will be completed in class.

AHA CPR and 1st Aid Exam (25 and 15 points)

In order to obtain certification, a score of 84% or better needs to be achieved on the American Heart Association (AHA) exam. It is a multiple choice exam.

CPR Practical (26 points)

You will be assessed individually on the CPR skills learned during the semester on both an adult and infant victim. This is a hands-on demonstration using the manikins.

Skills Assessments (10 points each)- Various CPR and 1st Aid skills will need to be demonstrated in class or submitted using Canvas submission.

Prediabetes/Stroke Risk Assessment (20 points)- Administer each of these 2 quizzes to two people (preferably older adults) and report your findings. What advice would you give the two people surveyed in order to reduce their risk of developing diabetes or of having a stroke based upon the results of the assessment? CANVAS SUBMISSION

Final Exam Period: Section 1:

The AHA 1st Aid Exam and Class 1st Aid exam will be given during the Final Exam period.

Course Policies and Procedures

Academic Integrity

Students are responsible for becoming familiar with the definitions, procedures and sanctions outlined in Rutgers University Academic Integrity Policy before submitting any assignment or exam. The policy can be found at:

<http://nbacademicintegrity.rutgers.edu/>

All students should conduct themselves with the highest standards of academic honesty. Examples of academic dishonesty include: copying others' written work, not citing sources, and submitting the same assignments/papers multiple times in different courses. All incidences of questionable academic integrity are a serious matter and may result in a no grade (0.0) for the assignment or course. Academic dishonesty will not be tolerated and will be treated in accordance with Rutgers University Academic Integrity Policy.

Expectations

- Complete all assigned readings and assignments on time
- Actively participate in all class activities
- Follow the honor code when completing all quizzes, and exams
- Ask questions to enhance understanding of the material
- Communicate with the instructor if you have questions pertaining to the material or the course
- Check your email and Canvas announcements regularly to stay informed about class updates

Email Etiquette

When emailing your instructor, please use your Rutgers e-mail address and identify yourself by full name and course number. Students are expected to place the course number, followed by the subject, in the subject line, use appropriate e-mail etiquette, and maintain reasonable expectations for instructor responses. The instructor will respond to student emails within 1-2 business days.

Plagiarism

By enrolling in this course, you are indicating implicitly that you have read, understood, and accepted Rutgers University's policies and procedures regarding academic integrity and dishonesty. Plagiarism and cheating will not be tolerated and all University policies apply. Specifically, if plagiarism or cheating is suspected, the student(s) will be asked to meet with the instructor. If the instructor concludes that an instance of plagiarism or cheating has occurred, the student(s) will be subject to an appropriate sanction or penalty outlined in Rutgers University Academic Integrity Policy.

Please note that plagiarism is using the ideas or writings of another as one's own. It varies in degree and severity. The most severe is the use of another's entire paper word-for-word. Less severe is the use of another's sentence, paragraph, or ideas without giving credit to that individual (i.e., without providing a reference).

Make-up Policy

No make-ups or extensions will be offered for missed assignments except in one of the following situations, provided that the instructor is notified in advance:

- Athletic or other Rutgers sponsored trips: Travel dates and times accompanied by a signed memo from the group's advisor/coach must be presented to the instructor prior to travel dates.
- Religious observances.
- Extenuating circumstances: This includes (but is not limited to) family emergencies, severe illnesses, accidents, etc. It will be up to the prerogative of the instructor whether or not the student will be allowed to take the make-up or receive an extension.

Diversity & Inclusion

The Department of Kinesiology and Health supports an inclusive learning environment wherein diversity and authenticity are valued. We are committed to creating a culture of equality that respects the diverse voices of our students, faculty and staff. We will continuously strive to create a curriculum and academic environment to reflect the community we serve, and drive innovation, social responsibility and excellence. Our diversity in thought, skill, and academic discipline is a resource and strength, which stands to benefit the whole and positively contribute to University and global reach.

COVID PROTOCOL:

In order to protect the health and well-being of all members of the University community, masks must be worn by all persons on campus when in the presence of others (within six feet) and in buildings in non-private enclosed settings (e.g., common workspaces, workstations, meeting rooms, classrooms, etc.). Masks must be worn during class meetings; any student not wearing a mask will be asked to leave. Masks should conform to CDC guidelines and should completely cover the nose and mouth: <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/about-facecoverings.html>

Each day before you arrive on campus or leave your residence hall, you must complete the brief survey on the My Campus Pass symptom checker self-screening app.

UNIVERSITY SERVICES

Service	Description	Contact Information
Student Accommodations	If you are a student in need of accommodations, please register with the Office of Disability Services in order to initiate the accommodations process. Please present your letter of accommodation to your instructor during the first week of the semester. Please note that accommodations are not retroactive.	(848) 445-6800 Lucy Stone Hall, Suite A 145, Livingston Campus, 54 Joyce Kilmer Avenue, Piscataway, NJ 08854 https://ods.rutgers.edu/
Just In Case Web App	Access helpful mental health information and resources for yourself or a friend in a mental health crisis on your smartphone or tablet and easily contact CAPS or RUPD.	http://codu.co/cee05e
Counseling, ADAP & Psychiatric Services (CAPS)	CAPS is a University mental health support service that includes counseling, alcohol and other drug assistance, and psychiatric services staffed by a team of professional within Rutgers Health services to support students' efforts to succeed at Rutgers University. CAPS offers a variety of services that include: individual therapy, group therapy and workshops, crisis intervention, referral to specialists in the community and consultation and collaboration with campus partners.	(848) 932-7884 17 Senior Street, New Brunswick, NJ 08901 www.rhscaps.rutgers.edu/ Medical Services: http://health.rutgers.edu/medical-counseling-services/medical/ Counseling Services: http://health.rutgers.edu/medical-counseling-services/counseling/
Violence Prevention & Victim Assistance (VPVA)	The Office for Violence Prevention and Victim Assistance provides confidential crisis intervention, counseling and advocacy for victims of sexual and relationship violence and stalking to students, staff and faculty. To reach staff during office hours when the university is open or to reach an advocate after hours, call 848-932-1181.	(848) 932-1181 3 Bartlett Street New Brunswick, NJ 08901 www.vpva.rutgers.edu/
Academic Support	School of Arts and Sciences Academic Advising for personal, career, and educational goals. Department of Kinesiology & Health Academic Advising for questions about Exercise Science or Sport Management major/minor requirements.	SAS: https://sasundergrad.rutgers.edu/ Dept. of Kinesiology & Health: Daria Gonzalez Loree Gym, Room 110 Email: Daria.Gonzalez@rutgers.edu https://kines.rutgers.edu/academics/academic-advising

Calendar of Events/Course Overview

	<u>TOPIC</u>		<u>SKILLS ASSESSED</u>	<u>DUE</u>
CLASS 1	General Information Chain of Survival	September 12	Initial Assessment	9/18
CLASS 2	BLS for adults BVM	September 19	CPR Adult (1 person) BVM	
CLASS 3	AED (Adult/child > 8)	September 26	AED	
CLASS 4	2 Rescuer Adult BLS Team Dynamics Heart Attack	October 3	CPR Adult (2 person)	
CLASS 5	BLS Child/Infant AED (Infants/child <8)	October 10	CPR Infant (1 person) CPR Infant (2 person)	
CLASS 6	Ventilation Adult/Child/Infant choking	October 17	Rescue Breathing (Adult) Rescue Breathing (infant) Con. Obs. Airway (adult) Con. Obs. Airway (infant)	10/23
CLASS 7	TEST 1- CPR/AED AHA CPR Exam Finish Skills	October 24		
CLASS 8	PRACTICAL SKILLS EVALUATION	October 31	Adult CPR/AED Infant CPR	
CLASS 9	STOP THE BLEED	Nov 7	Direct Pressure Wound Packing Tourniquet	(in class) (in class) (in class)
CLASS 10	First Aid Basics/Rescuers Personal Safety	Nov 14	Carry/Drag Finding Problem Removing Gloves	11/20 11/20 (in class)
CLASS 11	Medical Emergencies	Nov 21	Rescue Inhaler Epi Pen Diabetes/Stroke Risk Stroke Seizure	11/27 (in class) 11/27 12/4 12/4
CLASS 12	Finish Medical Emergencies Injury Emergencies	Nov 28	Stroke/Seizure Stopping Bleeding Amputated Finger Impaled Object	12/4 12/4 12/4 12/4
CLASS 13	Injury Emergencies	Dec 5	Soft Splint Rigid Splint Anatomic Splint Sling/Swathe	12/11 12/11 12/11 12/11

CLASS 14 Environmental Emergencies Dec 12

Tick Removal/Bee Sting 12/11

FINAL TEST 2- 1st Aid
 AHA 1st Aid Exam

FINAL EXAM DATE(s): Section 1: ??