

You are required to score at least 50% marks in both continuous evaluation (theory assignments) and Log-book and in term-end theory examination and final practical examination to pass.

Gold Medal:

The University has decided to award a Gold Medal to the candidate securing highest marks of 75% and above in aggregate in the total programme and has successfully completed the programme in minimum stipulated period.

9. DETAILS OF COURSE STRUCTURE

9.1 Theory Course

COURSE CODE : BNS-040

TITLE OF THE COURSE : BASICS OF FIRST AID

THEORY	
Credits	6
Study Hours	180
Contact Hours	16

Note: One credit is equal to 30 student study hours

Objectives

After completion of this course, the learners should be able to:

- Define first aid and first Aid provider;
- Discuss the use and contents of first aid box,
- Explain the structure of Human Body;
- Describe the safe practices to be kept in mind while giving first aid;
- Enumerate the steps to be taken while responding to emergencies;
- Enlist the methods to move, lift and transport a victim;
- Describe the steps of Cardio pulmonary resuscitation and Automated External Defibrillator;
- Recognize the emergency situation like accidents, injuries, common and environmental emergencies; and
- Implement first aid in various emergency situations.

Course Outline (Theory)

Block 1 : Introduction to First Aid

- Unit 1 : First aid and Role of First Aid Provider
- Unit 2 : Understanding Human Body
- Unit 3 : Safe Practices in First Aid

Block 2 : Responding to Emergencies

- Unit 1 : Recognizing Emergencies
- Unit 2 : Transportation
- Unit 3 : Cardio Pulmonary Resuscitation and Auto mated external Defibrillator

Block 3 : First Aid in Accidents and Injuries

- Unit 1 : Wounds and Bleeding
- Unit 2 : Head and Spinal Injuries
- Unit 3 : Injuries to Tissues, Bones and Joints
- Unit 4 : Burns
- Unit 5 : Foreign Bodies

Block 4: First Aid in Common and Environmental Emergencies

- Unit 1 : Common Emergencies
- Unit 2 : Extreme Heat and Cold Conditions
- Unit 3 : Bites and Stings
- Unit 4 : Altitude Illness
- Unit 5 : Allergies and Shock

9.2 Practical Course

COURSE CODE :BNSL-040

TITLE OF THE COURSE : SKILLS IN FIRST AID

THEORY	
Credits	10
Study Hours	300
Contact Hours	32

Note: One credit is equal to 30 student study hours

Objectives

After completion of this course the learners should be able to:

- Observe and assess the emergency situations;
- Demonstrate skills for checking temperature, pulse and respiration;
- Perform bandaging and splinting and apply slings and binders ;

- Use first aid box effectively and improvise as per requirement;
- Provide CPR and Operate Automated External Defibrillator;
- Implement skills in moving, lifting and transporting a victim;
- Utilize Safe practices and Universal Precautions;
- Identify variety of emergency situations like wounds, burns, bleeding, injury, foreign bodies, chest pain, high and low blood sugar, fits and fainting, asthma, and so on;
- Recognize drowning, poisoning, extreme heat and cold conditions, bites, stings, altitude illness, allergy and shock; and
- Provide first aid in variety of emergency situations.

Course Outline (Practical)

Block 1 : Practical Manual-I

- Unit 1 : Observation and assessment of the scene and the victim
- Unit 2 : Checking Temperature, Pulse and Respiration
- Unit 3 : Bandaging/Splints /Slings/ Binder
- Unit 4 : Methods of moving and transporting the victim
- Unit 5 : Use and Maintenance of First Aid Box
- Unit 6 : First Aid with Improvisation (Scenario Based)
- Unit 7 : CPR and Recovery Position
- Unit 8 : Use of Automated External Defibrillator (AED)
- Unit 9 : Practicing Universal Precautions
- Unit 10 : Control of Bleeding
- Unit 11 : Wound care and Dressing

Block 2: Practical Manual-II

- Unit 1 : Managing Injury (Head and Spinal)
- Unit 2 : Managing Injury (Tissues, Bones and Joints)
- Unit 3 : Management of Burns
- Unit 4 : Management of Foreign bodies
- Unit 5 : Management of Fits and Fainting
- Unit 6 : Management of Chest Pain
- Unit 7 : Management of Asthmatic Attacks
- Unit 8 : Management of High and Low Blood Sugar
- Unit 9 : Management of Drowning and Poisoning
- Unit 10 : Management of Extreme Heat and Cold Conditions
- Unit 11 : Management of Bites and Stings
- Unit 12 : Management of Altitude Illness
- Unit 13 : Management of Allergy & Shock

Block 3 : Log Book

10. DETAILS OF HOURS ALLOTMENT

Theory = 6 Credits 180 Hours	Self Study of print material	
	Block 1 = 1 Credit	= 30 hrs
	Block 2 = 1 Credit	= 30 hrs
	Block 3 = 1.5 Credits	= 45 hrs
	Block 4 = 1.5 Credits	= 45 hrs
	Academic Counselling	= 16 hrs
	Assignment/Library	= 11 hrs
	Term End Examination	= 3 hrs
	Total	180 hrs
Practical = 10 Credits 300 hrs	Self Study of print material	
	Block 1 = 3 Credit	= 90 hrs (includes hours for studying the Block=45 hrs and performing the self activities= 45 hrs)
	Block 2 = 3 Credit	= 90 hrs (includes hours for studying the Block=45 hrs and performing the self activities= 45 hrs)
	Block 3 = 2.5 Credits	= 75 hrs (Completing Log-book includes Recording Supervised activities = 25 hrs, Recording Self Activities = 50 hrs)
	Practical contact sessions (Supervised activity Practice)	= 32 hrs
	Final Practical Examination	= 8 hrs
	Audio Programmes	= 3 hrs
	Video Programmes	= 2 hrs
	Total	300 hrs

11. PREVENTION OF MALPRACTICE/NOTICE FOR GENERAL PUBLIC

Students seeking admission to various academic programmes of Indira Gandhi National Open University are advised to directly contact IGNOU headquarters at New Delhi or Regional Centres of IGNOU only. Students interacting with intermediaries shall do so at their own risk and cost.

However, in case of any specific complaint regarding fraudulent institutions, fleecing students etc., please contact any of the following members of the Malpractices Prevention Committee:

1. Director, Research Unit (Tele: 2953 4336)
2. Director, SSC (Tele: 2953 5714)
3. Director, RSD (Tele: 2953 2118, 2957 2404)