

# Paediatric Course Basic Lesson Plan

DJM/2020

Your participants will be practically assessed in:

- First Aider's basic responsibilities
- Ofsted rules and duties
- Emergency protocol, (DRABC)
- Contents of a first aid kit
- Unconscious recovery position for child and baby
- CPR Child and baby
- Using an AED
- Burns
- Breaks and dislocations

- Head and spinal injuries
- Sprains and Strains
- Choking
- Bleeding control
- Hypovolemic shock control
- Minor injuries, including cuts, grazes, bumps and bruises, small splinters and nose bleed
- Bandages

On Day 2 your participants will be theoretically assessed in:

Most of the following will be pre course study, and then covered again by the instructor on day two.

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| <ul style="list-style-type: none"> <li>• Electric shock</li> <li>• Asthma attack</li> <li>• Diabetic emergencies</li> <li>• Allergic reaction</li> <li>• Asphyxia</li> </ul> | <ul style="list-style-type: none"> <li>• Imbalance of heat</li> <li>• Febrile convulsions</li> <li>• Poison</li> <li>• Eyes, ears and nose</li> <li>• Bites and stings</li> </ul> | <ul style="list-style-type: none"> <li>• Sickle cell crisis</li> <li>• Meningitis</li> <li>• Sickle cell crisis</li> </ul> |
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## Day 1

On day one, most of the practical work will be covered and assessed marked below in red. As trainer, you need to see competence in all the assessed subjects below, marking any comments on the register. Suggested timings given, but not absolute. Games and activities highly recommended. P = practical session, T = theory or test only, A = Activity

Time	Minutes	Topic	Additional Equipment
0900	10	Welcome introduction and house rules <b>T</b>	PowerPoint if desired
0905	5	First Aider's basic responsibilities and Ofsted rules and duties <b>T</b>	Accident form
0910	5	Contents of a first aid kit <b>T</b>	First Aid Kit
0920	10	Emergency Protocol outline (DRABC) chain of survival when using an AED <b>T</b>	Actor / partner
0940	20	Assessing levels of consciousness (AVPU) <b>P</b>	Actor / partner
1000	30	Unconscious person <b>recovery position</b> for child and baby <b>P</b>	Baby manikins
1030	30	Break	
1100	15	Casualty Diagnosis (Sample) <b>T</b>	Folded hand out
1115	30	<b>CPR</b> Child and baby <b>P</b>	
1145	10	AED demonstration <b>T</b>	
1200	15	Choking <b>P</b>	
1215	15	Bleeding control and <b>P</b>	
1225	10	Hypovolemic Shock Control <b>T</b>	
1235	15	Burns x 6, diagnosis and treatment <b>T</b>	
1250	10	Recap and afternoon schedule <b>T</b>	
1300	30	Lunch	Food!
1315	15	Burns and breaks basic	
1315	15	<b>CPR scenario exercises</b> (knowledge check / informal assessment) <b>A</b>	
1330	15	Spinal injuries and log role <b>T</b>	
1345	15	Head and spinal injuries	
1415	30	<b>Scenario exercises</b> (knowledge check / informal assessment) <b>A</b>	
1420	5	Comfort break	
1425	15	Minor injuries, including cuts, grazes, bumps and bruises	
1440	5	Small splinters and nose bleed	
1445	15	Fun quiz <b>A</b>	
1500	30	<b>Assessment scenarios</b> <b>A</b>	
1530	30	<b>Written multiple choice test 1</b> <b>T</b>	
1600	15	Evaluations day 1 <b>T</b>	
1615		End	

## Day 2

Time	Minutes	Topic	Additional Equipment
0900	5	Welcome introduction and house rules <b>T</b>	PowerPoint if desired
0905	5	Recap on responsibilities Ofsted rules and duties <b>T</b>	
0930	30	Practice on child and baby CPR <b>A</b>	
0945	15	Asthma attack <b>T</b>	
0955	10	Electric shock <b>T</b>	
1005	10	Allergic reaction	
1010	10	Asphyxia	
1020	20	<b>Scenario exercises</b> wounds (informal assessment) <b>A</b>	
1030	15	<b>Break</b>	
1045	30	<b>Scenario exercises</b> wounds (informal assessment) <b>A</b>	
1115	30	<b>Multiple choice test 2 T</b>	
1145	10	Poison	
1155	10	Eyes, ears and nose	
1205	10	<b>Bites and stings</b>	
1215	15	Practice on child and baby CPR	
1230	30	Lunch	
1300	5	Sickle cell crisis	
1305	5	Meningitis	
1310	10	Diabetic emergencies	
1320	10	Imbalance of heat	
1330	10	Febrile convulsions and seizures	
1340	20	Fun quiz (knowledge check) <b>A</b>	
1400	5	Comfort Break <b>T</b>	
1405	25	Revising and questions	
1430	30	<b>Multiple choice test 3 T</b>	Question and answer papers
1500	30	<b>Scenario exercises</b> wounds (informal assessment) <b>A</b>	
1525	5	Evaluations day 2 <b>T</b>	