

# Solstice First Aid

## EMR Course Outline

(times & content are approximate and may be adjusted to meet the needs of the class)



| Session 1   | Session 2  | Session 3  | Session 4  | Session 5  |
|---|--|--|--|--|
| MORNING   | MORNING  | MORNING  | MORNING  | MORNING  |
| <ul style="list-style-type: none"> <li><input type="checkbox"/> Group Charter</li> <li><input type="checkbox"/> EMR in BC</li> <li><input type="checkbox"/> Anatomy &amp; Physiology</li> <li><input type="checkbox"/> EMR Equipment</li> <li><input type="checkbox"/> Lifts and Carries</li> <li><input type="checkbox"/> Assessment Model Overview</li> </ul> | <ul style="list-style-type: none"> <li><input type="checkbox"/> Assisting Ventilations</li> <li><input type="checkbox"/> Bag-Valve-Mask</li> <li><input type="checkbox"/> Breathing Emergencies</li> <li><input type="checkbox"/> Scenarios</li> </ul> | <ul style="list-style-type: none"> <li><input type="checkbox"/> Spinal Injuries</li> <li><input type="checkbox"/> Spinal Motion Restriction</li> </ul>   | <ul style="list-style-type: none"> <li><input type="checkbox"/> Nitro &amp; ASA</li> <li><input type="checkbox"/> Heart Attack &amp; Angina</li> <li><input type="checkbox"/> Scenarios</li> </ul> | <ul style="list-style-type: none"> <li><input type="checkbox"/> Burns</li> <li><input type="checkbox"/> Smoke Inhalation</li> <li><input type="checkbox"/> Scenarios</li> <li><input type="checkbox"/> Traumatic Injuries</li> </ul>   |
| BREAK   | BREAK  | BREAK  | BREAK  | BREAK  |
| <ul style="list-style-type: none"> <li><input type="checkbox"/> Scene Survey</li> <li><input type="checkbox"/> Primary Survey</li> <li><input type="checkbox"/> Shock</li> <li><input type="checkbox"/> Recovery Position</li> <li><input type="checkbox"/> Interview</li> </ul>  | <ul style="list-style-type: none"> <li><input type="checkbox"/> CPR &amp; AED</li> <li><input type="checkbox"/> CPR on the Move</li> <li><input type="checkbox"/> Lifting Devices</li> </ul>   | <ul style="list-style-type: none"> <li><input type="checkbox"/> Spinal Equipment</li> </ul>  | <ul style="list-style-type: none"> <li><input type="checkbox"/> Diabetic Emergencies</li> <li><input type="checkbox"/> Scenarios</li> </ul>  | <ul style="list-style-type: none"> <li><input type="checkbox"/> Scenarios</li> </ul>   |
| LUNCH   | LUNCH  | LUNCH  | LUNCH  | LUNCH  |
| <ul style="list-style-type: none"> <li><input type="checkbox"/> Vital Signs</li> <li><input type="checkbox"/> Head to to Assessment</li> <li><input type="checkbox"/> SBAR Transfer</li> </ul>  | <ul style="list-style-type: none"> <li><input type="checkbox"/> CPR Practice</li> <li><input type="checkbox"/> CPR Considerations</li> <li><input type="checkbox"/> Responsive Choking</li> </ul>  | <ul style="list-style-type: none"> <li><input type="checkbox"/> Standing Take-Downs</li> <li><input type="checkbox"/> Helmet Removal</li> <li><input type="checkbox"/> Spinal Scenarios</li> </ul> | <ul style="list-style-type: none"> <li><input type="checkbox"/> Seizures &amp; Stroke</li> <li><input type="checkbox"/> Scenarios</li> </ul>   | <ul style="list-style-type: none"> <li><input type="checkbox"/> Chest Injuries</li> <li><input type="checkbox"/> Scenarios</li> <li><input type="checkbox"/> Frostbite</li> <li><input type="checkbox"/> Hypothermia</li> <li><input type="checkbox"/> Hyperthermia</li> </ul> |
| BREAK   | BREAK  | BREAK  | BREAK  | BREAK  |
| <ul style="list-style-type: none"> <li><input type="checkbox"/> Medical Control</li> <li><input type="checkbox"/> Full Assessment Model practice</li> <li><input type="checkbox"/> Scenarios</li> </ul>   | <ul style="list-style-type: none"> <li><input type="checkbox"/> Suction Devices</li> <li><input type="checkbox"/> CPR Scenarios</li> </ul>   | <ul style="list-style-type: none"> <li><input type="checkbox"/> Deadly Bleeding</li> <li><input type="checkbox"/> Tourniquets</li> <li><input type="checkbox"/> Basic Splinting</li> </ul>         | <ul style="list-style-type: none"> <li><input type="checkbox"/> Poisoning &amp; Overdose</li> <li><input type="checkbox"/> Scenarios</li> <li><input type="checkbox"/> Childbirth</li> </ul>       | <ul style="list-style-type: none"> <li><input type="checkbox"/> Scenarios</li> <li><input type="checkbox"/> Triage</li> <li><input type="checkbox"/> Scenarios</li> </ul>  |

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| Session 6  | Session 7   | Session 8  | Session 9                          | Session 10   |
|--|---|--|------------------------------------|--|
| MORNING  | MORNING   | MORNING  | MORNING                            | MORNING  |
| <input type="checkbox"/> Pharmacology<br><input type="checkbox"/> Drip Sets<br><input type="checkbox"/> IV Maintenance<br><input type="checkbox"/> Entonox | <input type="checkbox"/> Practice Scenario Evaluations  | <input type="checkbox"/> Kendrick Extrinsic Device | <input type="checkbox"/> Scenarios | <input type="checkbox"/> Scenarios   |
| BREAK  | BREAK   | BREAK  | BREAK                              | BREAK  |
| <input type="checkbox"/> Traction Splinting<br><input type="checkbox"/> Scenarios  | <input type="checkbox"/> Practice Scenario Evaluations  | <input type="checkbox"/> Scenarios                 | <input type="checkbox"/> Scenarios | <input type="checkbox"/> Scenarios   |
| LUNCH  | LUNCH   | LUNCH  | LUNCH                              | LUNCH  |
| <input type="checkbox"/> Kendrick Extrinsic Device<br><input type="checkbox"/> Scenarios   | <input type="checkbox"/> Practice Scenario Evaluations  | <input type="checkbox"/> Scenarios                 | <input type="checkbox"/> Scenarios | <input type="checkbox"/> Scenarios   |
| BREAK  | BREAK   | BREAK  | BREAK                              | BREAK  |
| <input type="checkbox"/> Scenarios   | <input type="checkbox"/> Practice Scenario Evaluations<br><input type="checkbox"/> EMALB Licensing Overview | <input type="checkbox"/> Scenarios                 | <input type="checkbox"/> Scenarios | <input type="checkbox"/> Scenarios<br><input type="checkbox"/> Written Exams |

## Session 11

- Final Scenario Evaluations**
- All Day**
- All participants remain in attendance for the entire session, until all participants are complete**