



# Model Curriculum

**MCr Name: First Aid Care**

**MCr Code: HSS/MCr-0003**

**NSQF Level: 2.5**

**Model Curriculum Version: 1.0**

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## Training Parameters

<b>Sector</b>	Healthcare
<b>Sub-Sector</b>	Allied Health & Paramedics
<b>Occupation</b>	Curative Services
<b>Country</b>	India
<b>NSQF Level</b>	2.5
<b>Aligned to NCO/ISCO/ISIC Code</b>	
<b>Minimum Educational Qualification and Experience</b>	9th Grade pass Or 8th Grade pass and pursuing continuous schooling. Or 5th Grade pass with 4 years of relevant experience
<b>Pre-Requisite License or Training</b>	Not Applicable
<b>Minimum Job Entry Age</b>	
<b>Last Reviewed On</b>	31/01/2024
<b>Next Review Date</b>	31/01/2027
<b>NSQC Approval Date</b>	31/01/2024
<b>QP Version</b>	1.0
<b>Model Curriculum Creation Date</b>	31/01/2024
<b>Model Curriculum Valid Up to Date</b>	31/01/2027
<b>Model Curriculum Version</b>	1.0
<b>Minimum Duration of the Course</b>	15 Hrs.
<b>Maximum Duration of the Course</b>	15 Hrs.

## Program Overview

This section summarizes the end objectives of the program along with its duration.

### Training Outcomes

At the end of the program, the learner should have acquired the listed knowledge and skills.

- Demonstrate technical skills in providing first aid care to victims as per the emergency condition.

### Compulsory Modules

The table lists the modules and their duration corresponding to the Compulsory NOS of the QP.

NOS and Module Details	Theory Duration	Practical Duration	On-the-Job Training Duration (Mandatory)	On-the-Job Training Duration (Recommended)	Total Duration
Provide first aid as per the emergency	07:30	7:30	00:00	00:00	15:00
<a href="#">Module 1: Handling emergency situations</a>	1:30	1:00	00:00	00:00	
<a href="#">Module 2: First aid response for medical emergencies</a>	2:30	1:05	00:00	00:00	
<a href="#">Module 3: First aid response for trauma emergencies</a>	3:30	2:00	00:00	00:00	
<b>Total Duration</b>	<b>07:30</b>	<b>7:30</b>	<b>00:00</b>	<b>00:00</b>	<b>15:00</b>

# Module Details

## Module 1: Handling emergency situations.

### Terminal Outcomes:

- Deal with accidents and casualties promptly, calmly and correctly.
- Evaluate the scene and victim as per standard guidelines.
- Perform Cardio-Pulmonary Resuscitation (CPR) as per standard procedure.

Duration: 01:30	Duration: 01:30
Theory – Key Learning Outcomes	Practical – Key Learning Outcomes
<ul style="list-style-type: none"> <li>• Discuss about the good Samaritan Law and its general principles.</li> <li>• Describe the importance of maintaining local emergency numbers as prevalent in region.</li> <li>• Recognize potential hazards found at the emergency scene.</li> <li>• Discuss immediate safety responses such as switching off the ignition of the motor vehicle in case of a motor vehicle accident, cutting off main electrical switch before approaching a victim of suspected electrocution, etc.</li> <li>• Discuss triage and its modalities.</li> <li>• Discuss the guidelines and safety precautions that need to be followed when lifting a victim.</li> <li>• Discuss the importance of putting victim in recovery position.</li> <li>• Describe the guidelines and safety precautions that need to be followed when moving the victims such as special carrying procedures on stairs; pushing and pulling the victim, etc</li> <li>• Determine the need for additional help or assistance such as trained lifeguards or trained swimmers to extricate the drowning person.</li> <li>• Discuss the protocols for assessing consciousness, responsiveness, any limb deformity, swelling, coughing, bleeding, pulse, or breathing difficulties of the victim.</li> <li>• Describe the standard procedure of Cardiopulmonary Resuscitation (CPR).</li> <li>• Describe the standard procedure for use of Automated External Defibrillator (AED).</li> <li>• Discuss how to clear and secure an open airway.</li> <li>• Identify precautions to be taken for self-safety.</li> </ul>	<ul style="list-style-type: none"> <li>• Prepare a list of local emergency response agencies such as Emergency Medical Service (EMS) team, ambulance, bomb disposal squads, fire and police departments, etc. along with their contact details.</li> <li>• Demonstrate one-handed carrying techniques of the victim.</li> <li>• Demonstrate correct technique of providing CPR on manikin using both single rescuer and two rescuer methods.</li> <li>• Demonstrate the technique of airway management using airway adjuncts, airway maneuver, removal of foreign body and preventing aspiration.</li> </ul>
<b>Classroom Aids:</b>	

Charts, Models, Video presentation, Flip Chart, White-Board/Smart Board, Marker, Duster

**Tools, Equipment and Other Requirements**

Crash cart trolley, CPR Nursing Manikin, Mannequin, Ambu Bag with Mask Adult, Torch, Wheelchair, Stretcher, cot, scoop

## Module 2: First aid response for medical emergencies

### Terminal Outcomes:

- Discuss the role of a first emergency responder in assessing medical emergencies as an immediate first response.
- Apply the standard protocols of providing first response in medical emergencies.

Duration: 02:30	Duration: 02:30
Theory – Key Learning Outcomes	Practical – Key Learning Outcomes
<ul style="list-style-type: none"> <li>• Identify signs and symptoms of common medical emergencies which require first aid response such as Asthma/chest pain/discomfort, suffocation by smoke, strangulation or hanging, giddiness/fainting, choking, stroke/paralysis attack, fits/convulsions, nosebleed/ epistaxis, Heat stroke, hypothermia, Hypo/Hyperglycemia, fever, diarrhea.</li> <li>• Explain the need for assessing and recording breathing difficulty/patterns, abnormal facial expressions, deficit in speech, any weakness, warning signs of convulsions, cyanosis, the pattern, and duration of fits.</li> <li>• Discuss standard protocols while providing first aid care to victim for various medical emergencies.</li> <li>• List the various do's and don'ts to be followed while providing first aid care during medical emergencies.</li> <li>• Explain the importance of using Personal Protective Equipment while handling emergency.</li> </ul>	<ul style="list-style-type: none"> <li>• Demonstrate the correct way of assessment of various signs and symptoms and appropriate techniques of providing first aid care for following conditions:               <ul style="list-style-type: none"> <li>○ chest pain/discomfort as immediate response.</li> <li>○ choking.</li> <li>○ giddiness and fainting.</li> <li>○ stroke/paralysis attack.</li> <li>○ fits or convulsions.</li> <li>○ epistaxis.</li> <li>○ Asthma</li> <li>○ Heat stroke</li> <li>○ Hypothermia</li> </ul> </li> <li>• Demonstrate the correct technique of chest thrust/abdominal thrust in case of choking.</li> <li>• Demonstrate the correct technique of using inhale puff in case of Asthma.</li> <li>• Demonstrate how to approach in a medical emergency if victim is in hypo/hyperglycemic state.</li> <li>• Demonstrate the method of taking temperature and performing cold sponging in case of hyperthermia.</li> <li>• Demonstrate the method of preparing ORS solution or salt and sugar solution.</li> <li>• Demonstrate donning and doffing of PPE.</li> </ul>
<b>Classroom Aids:</b>	
Charts, Models, Video presentation, Flip Chart, White-Board/Smart Board, Marker, Duster	
<b>Tools, Equipment and Other Requirements</b>	
Crash cart trolley, CPR Nursing Manikin, Mannequin, cloth/tissue papers, Ambu Bag with Mask Adult, Torch, Wheelchair, Stretcher, cot, scoop	

## Module 3: First aid response for trauma emergencies

### Terminal Outcomes:

- Apply the standard protocols of providing first response in trauma emergencies.

<b>Duration: 03:30</b>	<b>Duration: 03:30</b>
<b>Theory – Key Learning Outcomes</b>	<b>Practical – Key Learning Outcomes</b>
<ul style="list-style-type: none"> <li>• Explain the basic components of first aid kit.</li> <li>• Discuss standard protocols while providing first aid care to victims for various trauma emergencies such as road traffic accidents, injuries and fractures, bleeding, shock, burns, snake/dog bite, poisoning, eye injuries and drowning.</li> <li>• List the various do's and don'ts to be followed while providing first aid care during trauma emergencies.</li> <li>• List the various types of information to be collected from the site such as information about the snake, etc.</li> <li>• Explain the packing procedure of amputated part for keeping it viable for re-implantation, in case of amputation.</li> <li>• Discuss about first aid care in low resourcesettings using culture sensitive examples.</li> </ul>	<ul style="list-style-type: none"> <li>• Design a dummy portable and segregable first aid kit as per requirements.</li> <li>• Demonstrate correct way of assessment of condition and appropriate techniques of providing first aid care during following conditions:               <ul style="list-style-type: none"> <li>○ road traffic accidents.</li> <li>○ wound care and bleeding.</li> <li>○ burns.</li> <li>○ snake/dog bite.</li> <li>○ eye injuries.</li> <li>○ drowning.</li> <li>○ Injuries</li> <li>○ Fracture</li> <li>○ Shock</li> <li>○ Poisoning</li> </ul> </li> <li>• Demonstrate the method of putting direct pressure or compressive bandage or tourniquet to stop bleeding.</li> <li>• Demonstrate the techniques of dealing with wounds where objects are stuck in wound.</li> <li>• Demonstrate the method of using splints to immobilize the fractured area.</li> <li>• Demonstrate use of dressing, and bandages in cuts and injuries, sprain and strain.</li> <li>• Demonstrate the cooling technique in case of burns.</li> <li>• Demonstrate the method of Gastric Lavage in case of poisoning.</li> </ul>
<b>Classroom Aids:</b>	
Charts, Models, Video presentation, Flip Chart, White-Board/Smart Board, Marker, Duster	
<b>Tools, Equipment and Other Requirements</b>	
Crash cart trolley, CPR Nursing Manikin, Mannequin, cloth/tissue papers, Ambu Bag with Mask Adult, Torch, Wheelchair, Stretcher, cot, scoop, tourniquet, splint,	



## Annexure

### Trainer Requirements

Trainer Prerequisites						
Minimum Educational Qualification	Specialization	Relevant Industry Experience		Training Experience		Remarks
		Years	Specialization	Years	Specialization	
Medical Graduate	(MBBS, BAMS, BHMS, BUMS)	1				
B.Sc.	Nursing)/ Post Basic B.Sc. Nursing	1		1		
GNM	General Nursing Midwifery	2		1		

Trainer Certification	
Domain Certification	Platform Certification
Certified for HSS/MCr-0003 with minimum score of 80%.	Recommended that the Trainer is certified for the Job Role: "Trainer (VET and Skills)", mapped to the Qualification Pack: "MEP/Q2601, v2.0" with minimum score of 80%.

## Assessor Requirements

Assessor Prerequisites						
Minimum Educational Qualification	Specialization	Relevant Industry Experience		Training/Assessment Experience		Remarks
		Years	Specialization	Years	Specialization	
Medical Graduate	(MBBS, BAMS, BHMS, BUMS)	3				
B.Sc.	Nursing)/ Post Basic B.Sc. Nursing	4		1		
GNM	General Nursing Midwifery	5		2		

Assessor Certification	
Domain Certification	Platform Certification
Certified for HSS/MCr-0003 with minimum score of 80%.	Recommended that the Trainer is certified for the Job Role: "Assessor (VET and Skills)", mapped to the Qualification Pack: "MEP/Q2701, v2.0" with minimum score of 80%.

## Assessment Strategy

This section includes the processes involved in identifying, gathering and interpreting information to evaluate the learner on the required competencies of the program.