

**COURSE DATA****DATA SUBJECT**

Code: 33034
Name: First aid techniques for physiotherapists
Cycle: Undergraduate Studies
ECTS Credits: 4.5
Academic year: 2026-27

STUDY (S)

Degree	Center	Acad. year	Period
1202 - Degree in Physiotherapy	Facultat de Fisioteràpia	4	Second quarter

SUBJECT-MATTER

Degree	Subject-matter	Character
1202 - Degree in Physiotherapy	First aid techniques for physiotherapists	ELECTIVES

COORDINATION

SANCHEZ FRUTOS JOSE

LOPEZ BUENO LAURA

SUMMARY

This optative course of the Degree of Physiotherapy, aims to provide the students the basic knowledge and scientific basis, and the different protocols for action against the main situations and emergencies in the community setting.

PREVIOUS KNOWLEDGE**RELATIONSHIP TO OTHER SUBJECTS OF THE SAME DEGREE**

There are no specified enrollment restrictions with other subjects of the curriculum.

OTHER REQUIREMENTS

Not required

COMPETENCES / LEARNING OUTCOMES



1202 - Degree in Physiotherapy

Acquire knowledge related to the information and communication technologies.

Acquire sensitivity to environmental issues.

Have the ability to organise and plan work.

Know how to establish an action plan in first aid to reach the goals.

Know the action plan for great disasters.

Know the development of the protocols and algorithms to be applied in situations of emergency and urgency outside the hospital.

Know the general aspects of first aid. Know how to recognise an emergency situation and differentiate it from an urgency.

Know the particulars of any situation requiring the application of first aid procedures.

Recognise diversity, multiculturalism, democratic values and peace culture.

Recognise vital risk situations and be able to execute basic and advanced life support manoeuvres.

Respect fundamental rights and equality between men and women.

Students must be able to apply their knowledge to their work or vocation in a professional manner and have acquired the competences required for the preparation and defence of arguments and for problem solving in their field of study.

Students must be able to communicate information, ideas, problems and solutions to both expert and lay audiences.

Students must have acquired knowledge and understanding in a specific field of study, on the basis of general secondary education and at a level that includes mainly knowledge drawn from advanced textbooks, but also some cutting-edge knowledge in their field of study.

Students must have developed the learning skills needed to undertake further study with a high degree of autonomy.

Students must have the ability to gather and interpret relevant data (usually in their field of study) to make judgements that take relevant social, scientific or ethical issues into consideration.

Work in teams.

DESCRIPTION OF CONTENTS



1. Introduction to the first aids

1. Concept of the first aids. Analysis of the situation
2. First aid kit of the first aids

2. The First aids in basic situations

3. Wounds and hemorrhages
4. Burns
5. Foreign bodies
6. Bites and stings
7. Poisonings and poisonings
8. Genitourinary emergencies
9. Disorders of the conscience. Convulsions
10. Injuries for cold and heat

3. Basic Vital Support (SVB)

11. SVB. Chain of survival. Use of the DESA.
12. Managing of the airway.
13. Clearing away of obstructions of the top airway.

4. Transport and assistance to big catastrophes

14. Action in disasters with multiple victims. Start-Triage
15. Transport and mobilization

5. PRACTICAL BLOCK

- I. Analysis of the situation. Lateral position of safety
- II. Treatment of wounds and hemorrhages
- III. Support Vital Básico
- IV. Managing of the airway. Clearing away of obstructions of the airway



V. Start-Triage

VI. Mobilization and transport

WORKLOAD

PRESENCIAL ACTIVITIES

Activity	Hours
Theory	15,00
Classroom practices	30,00
Total hours	45,00

NON PRESENCIAL ACTIVITIES

Activity	Hours
Attendance at other activities	0,00
Individual or group project	8,00
Independent study and work	15,00
Preparation of lessons	40,00
Preparation for assessment activities	0,00
Resolution of case studies	4,50
Total hours	67,50

TEACHING METHODOLOGY

The teaching-learning of the subject, will be framed in the cognitive-constructivist theory of learning, which stresses the role of the student essentially active. This will be the star of their education and seek to develop meaningful learning based on prior knowledge. The teacher will act as mediator and facilitator of learning techniques using motivating, modeling, mayeutics, introspection and problem solving.

The teaching program may be modified during the development of the course if the teacher under teacher quality criteria and assimilation of knowledge by the student, deems it appropriate.

EVALUATION

Theoretical examination: Examination of multiple response of 50 questions, with 4 articles and an alone real response, will apply to itself the formula: $\text{Score} = [\text{hits} - (\text{errors} / \text{number of choices} - 1)] * (\text{maximum score} / \text{number of questions})$. Practical examination: The students will enter in pairs and will realize a practical test in which they will have to develop any of the protocols of urgency corresponding to the different practices, there will be valued the skill, agility and time of response.

Personal work: Activity Start-Triage: The students will have to realize a supposition of catastrophe with



multiple victims.

The final note will be obtained of the following way:

40 % theoretical Block (note of the theoretical examination)

60 % practical Block:

- 80 % Notices practical examination
- 20 % I Work personnel: Activity Start-Triage

REFERENCES

Basic

- Abrisqueta J, Juarez J, Pérez J, Martínez M.: Manejo, movilización y transporte de víctimas. Arán. 2001.
- Moratal R. Protocolos en emergencias extrahospitalarias. Arán. 2000.
- Moya M. Guía práctica de actuación en urgencias. Panamericana. 2002.
- Lee T et al. Manual e primeros auxilios. Pearson Educación. 2003.
- Hernando A, Rodríguez M, Sánchez-Izquierdo JA. Soporte vital avanzado en trauma. Masson. 2000.
- Martín Romo J. Transporte Sanitario: Técnicas de Inmovilización, movilización y traslado del paciente. ICB editores.2012.

Additional

- European Resuscitation Council: <https://doi.org/10.1016/j.resuscitation.2021.02.003>
- 2020 American Heart Association Guidelines for Cardiopulmonary Resuscitation and Emergency Cardiovascular Care. Circulation. 2020 | Volume 142, Issue 16_suppl_2: S337¿S357, originally published October 21, 2020. <https://doi.org/10.1161/CIR.0000000000000918>