

# OFSTED Approved Paediatric First Aid



## Syllabus

DAY 1

### Module 1 Core knowledge 30 mins

Duty of care for children and *in loco parentis*  
Parental responsibilities  
Defining negligence  
The primary survey and first aid protocol

### Module 2 Asphyxia 60 mins

Understanding and treating asphyxia  
Discuss the causes, signs, symptoms and treatment of hyperventilation, asthma, anaphylaxis and choking  
Abdominal thrusts for choking  
**Student practical:** Epipen / Jextpen use and abdominal thrusts

### Module 3 The unconscious child 60 mins

Unconsciousness and managing an unconscious child  
Discuss the causes of unconsciousness in children  
General management and primary survey  
Demonstration of the management of an unconscious child and the recovery position  
**Student practical:** ABC, The recovery position

### Module 4 Paediatric basic life support 120 mins

An explanation of CPR, its effects and the importance of first response in children  
Discuss and explain the causes of cardiac arrest in children  
Demonstration of child and infant resuscitation using the latest ERC algorithm  
Explanation of the differences in adult and child/infant resuscitation  
**Student practical:** Paediatric resuscitation using manikins

### Module 5 Bleeding and wounds 90 mins

Discuss the immediate management of wounds and how children perceive them  
Treatment and management of embedded foreign bodies, nosebleeds and various wounds  
Cuts to the tongue and lips. Broken teeth and injuries to the head, ears and eyes.  
Bites and stings.  
Demonstration of the application of a dressing, an elevation sling and a head bandage  
Complications; infection, EFB, serious bleeding and shock  
**Student practical:** Applying a dressing, elevation sling and head bandage

Award: OFSTED Approved Paediatric First Aid Certificate Validity: 3 years

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## Syllabus

DAY 2

### Module 6 Childhood medical emergencies 60 mins

How to recognise and manage epilepsy, diabetes, sickle cell crises, chickenpox and meningitis

### Module 7 Musculoskeletal injuries 60 mins

Understanding and managing fractures; discuss the mechanisms in childhood  
Signs, symptoms and general management of fractures; recognition of complications  
How to check distal pulses  
Arm sling  
Discuss the difference between a strain and a sprain  
General treatment of strains and sprains  
R\*I\*C\*E method for treatment  
Recognition and management of dislocations

**Student practical:** arm slings and checking distal pulses

### Module 8 Heat and cold injuries 60 mins

Understanding and treating burns  
Estimating a burn on a child  
Complications of a burn  
Cold injuries; frost nip, frost bite and hypothermia

### Module 9 Other emergencies 60 mins

How to manage suspected poisoning, including food poisoning  
The treatment and management of simple eye injuries; eye irrigation and referral  
The recognition and treatment of electric shock

**Student practical:** irrigating an eye

### Module 10 Regulations and record keeping 30 mins

Medicines in schools and the law  
Regulations, record keeping and first aid kits

### PRACTICE 90 mins

Practice workstations; choking, CPR, unconscious casualty, bandaging skills  
Debrief and questions

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