

SESSION PLAN

FAA LEVEL 3 AWARD IN PAEDIATRIC FIRST AID (RQF) AWARD IN PAEDIATRIC FIRST AID AT SCQF LEVEL 6

Unit 1 : Emergency Paediatric First Aid : 6 hour duration

Please note that session plan timings are approximate. Trainer/Assessors may need to be flexible and responsive taking into account the needs of the learners but must ensure that the minimum 6 contact hours are met.

Unit 1 Overview

DAY 1

Module 1	Introductions
Module 2	Role of the Paediatric First Aider
Module 3	Primary survey
Module 4	Secondary assessment
Module 5	Resuscitation and defibrillation
Module 6	Seizures
Module 7	Choking
Module 8	Wounds, bleeding, and shock
Module 9	Bites and stings

MODULE 1 INTRODUCTION

Session content	Trainer/Assessor introduction Learner introductions Course information <ul style="list-style-type: none">• Administration• Learning outcomes and assessment criteria• Reasonable adjustments• Certification• Complaints and appeals• Assessment information
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Session duration 20 minutes

MODULE 2 ROLE OF THE PAEDIATRIC FIRST AIDER

Session content	Responsibilities of a Paediatric First Aider The aims of First Aid The priorities of First Aid Contacting the emergency services Casualty communication Infection control First Aid equipment Accident/incident reporting Definition of Paediatric
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Assessment Workbook questions 1 - 2

Session duration 20 minutes



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MODULE 3 PRIMARY SURVEY

Session content DR ABC

Session duration **50 minutes**

MODULE 4 SECONDARY ASSESSMENT

Session content Casualty assessment
Recovery position
Monitoring the casualty

Assessment Scenario 1 - Primary survey and recovery position

Session duration **30 minutes**

MODULE 5 RESUSCITATION AND DEFIBRILLATION

Session content The respiratory system
Initial breaths for child and infant
CPR for child and infant
Safe use of an AED
Chain of survival

Assessment Scenario 2 - CPR & AED

Session duration **1 hour**

MODULE 6 SEIZURES

Session content Recognition of an epileptic seizure
Treatment for a minor seizure
Treatment for a major seizure

Assessment Scenario 3 - Seizure

Session duration **20 minutes**

MODULE 7 CHOKING

Session content Recognition of someone choking
Treatment for a responsive choking child and infant
Treatment for an unresponsive choking child and infant

Assessment Scenario 4 - choking protocols for both infants and children

Session duration **45 minutes**

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MODULE 8 WOUNDS, BLEEDING, AND SHOCK

Session content The circulatory system
Hypovolaemic shock
Types of wounds and bleeding
Dressings and bandages
General treatment for bleeding
Embedded foreign objects
Bleeding from orifices
Amputations
Minor cuts and grazes
Bruising
Nose bleeds
Small splinters

Assessment Scenario 5 - Major bleeding and shock
Workbook question 3

Session duration **1 hour 15 minutes**

MODULE 9 BITES AND STINGS

Session content Treatment of bites and stings, including:

- Humans and animals
- Insects

Complete paperwork for this unit

Assessment Workbook question 4

Session duration **40 minutes**

SESSION PLAN

FAA LEVEL 3 AWARD IN PAEDIATRIC FIRST AID (RQF) AWARD IN PAEDIATRIC FIRST AID AT SCQF LEVEL 6

Unit 2 : Managing Paediatric Illness, Injuries and Emergencies : 6 hour duration

Full qualification requires Unit 1 and Unit 2

Please note that session plan timings are approximate. Trainer/Assessors may need to be flexible and responsive taking into account the needs of the learners but must ensure that the minimum 6 contact hours are met.

Unit 2 Overview

DAY 2

Module 1	Introductions
Module 2	Bones, joints, and muscle injuries
Module 3	Head and spinal injuries
Module 4	Foreign body and eye injuries
Module 5	Chronic medical conditions and illnesses
Module 6	Effects of heat and cold
Module 7	Electric shock incidents
Module 8	Burns and scalds
Module 9	Poisoning
Module 10	Anaphylaxis

MODULE 1 INTRODUCTION

Session content	Unit 2 information <ul style="list-style-type: none">• Administration• Learning outcomes and assessment criteria• Reasonable adjustments• Certification• Complaints and appeals• Assessment information
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Session duration 20 minutes

MODULE 2 BONES, JOINTS, AND MUSCLE INJURIES

Session content	Types of joints Types of fractures Causes of fractures Treatment of fractures Dislocations Support and elevated slings Soft tissue injuries
Assessment	Scenario 6 - Fractures Workbook question 5

Session duration 50 minutes

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MODULE 3 HEAD AND SPINAL INJURIES

Session content Concussion
Fractured skull
Cerebral compression
Spinal injuries

Assessment Scenario 7 - Head injuries
Scenario 8 - Spinal injuries

Session duration **50 minutes**

MODULE 4 FOREIGN BODY AND EYE INJURIES

Session content Foreign bodies in the

- Eye
- Ear
- Nose

Treatment of common eye injuries

Assessment Workbook questions 6 - 7

Session duration **45 minutes**

MODULE 5 CHRONIC MEDICAL CONDITIONS AND ILLNESSES

Session content Diabetic emergency
Asthma attack
Allergic reaction
Meningitis
Febrile convulsions

Assessment Workbook questions 8 - 9

Session duration **30 minutes**

MODULE 6 EFFECTS OF HEAT AND COLD

Session content Heat exhaustion
Heatstroke
Hypothermia

Assessment Workbook questions 10 - 11

Session duration **30 minutes**

MODULE 7 ELECTRIC SHOCK INCIDENTS

Session content Managing high voltage injuries
Managing low voltage injuries

Session duration **30 minutes**

MODULE 8 BURNS AND SCALDS

Session content Causes of burns
Depth of burns
Assessing a burn
Treatment

Assessment Workbook questions 12 - 14

Session duration **30 minutes**



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MODULE 9 POISONING

Session content How a poison enters the body
Common poisonous substances
Treatment of poisons

Assessment Workbook questions 15 - 16

Session duration **30 minutes**

MODULE 10 ANAPHYLAXIS

Session content Anaphylaxis recognition and treatment
Course closure

Assessment Workbook questions 17 - 19

Session duration **45 minutes**
