

SESSION PLAN

FAA LEVEL 3 AWARD IN PAEDIATRIC FIRST AID (RQF)

(England, Wales and Northern Ireland)

AWARD IN PAEDIATRIC FIRST AID AT SCQF LEVEL 6

(Scotland)

Unit 1 : Emergency Paediatric First Aid : 6 hour session

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 size and needs of the class.

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

DAY 1 **MODULE 1 INTRODUCTION**

Session content Tutor introduction (brief history)
Course details and administration
Complaints and appeals procedure
Explain the assessment process
Delegate introductions

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

Session duration 20 minutes

MODULE 3 PRIMARY SURVEY

Session content DR ABC

Session duration 50 minutes

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MODULE 4 SECONDARY ASSESSMENT

Session content Casualty assessment
 Recovery position
 Monitoring the casualty

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

Session duration **1 hour**

MODULE 6 SEIZURES

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

Session duration **45 minutes**

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

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

Session duration **40 minutes**

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AWARD IN PAEDIATRIC FIRST AID AT SCQF LEVEL 6

(Scotland)

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

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 size and needs of the class.

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

DAY 2 MODULE 1

INTRODUCTIONS

Session content Tutor introduction (brief history)
Course details and administration
Delegate introductions

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

Session duration 50 minutes

MODULE 3

HEAD AND SPINAL INJURIES

Session content Concussion
Fractured skull
Cerebral compression
Spinal injuries

Session duration 50 minutes

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SESSION PLAN

MODULE 4 FOREIGN BODY AND EYE INJURIES

Session content Foreign bodies in the

- Eye
- Ear
- Nose

Treatment of common eye injuries

Session duration 45 minutes

MODULE 5 CHRONIC MEDICAL CONDITIONS AND ILLNESSES

Session content Diabetic emergency
Asthma attack
Allergic reaction
Meningitis
Febrile convulsions

Session duration 30 minutes

MODULE 6 EFFECTS OF HEAT AND COLD

Session content Heat exhaustion
Heatstroke
Hypothermia

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

Session duration 30 minutes

MODULE 9 POISONING

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

Session duration 30 minutes

MODULE 10 ANAPHYLAXIS

Session content Anaphylaxis recognition and treatment
Course closure

Session duration 45 minutes
