

COURSE CONTENT OVERVIEW

# Paediatric First Aid



This Paediatric First Aid training course will teach those who work with infants or children how to deliver paediatric first aid assistance in an emergency. It covers a variety of fundamental first aid topics, including the law surrounding first aid, how to carry out primary and secondary surveys, how to put children and infants into the recovery position, how to administer life-saving CPR, how to use defibrillators, and how to provide assistance for a variety of injuries and illnesses.

By taking this course, you will gain the confidence to take appropriate action and know when to seek further medical advice if required. While it is not a suitable substitute for practical training that qualifies a first aider, it is suitable as a refresher course if you have existing first aid knowledge or if you are already a qualified first aider. It is also suitable for first-time learners who are looking to gain an awareness of paediatric first aid.

### **Module One - Introduction to Paediatric First Aid**

This introductory module explains the legislation and statutory guidance surrounding paediatric first aid. It helps learners understand what first aid provisions their setting should have. It also covers key information regarding infection prevention and waste management, as well as when incidents in settings where there are infants and children may need reporting.

- What is first aid?
- What first aid provisions are required by law?
- What should a first aid kit contain?
- Medical assistance
- Safeguarding considerations
- Infection prevention
- Hand hygiene
- Handwashing procedure
- Personal protective equipment (PPE)
- Cleaning after first aid
- Waste management after first aid
- Recording and reporting incidents

### **Module Two - The Primary and Secondary Surveys**

This module explains the steps involved in carrying out a primary and secondary survey of an infant or child casualty, as well as how to help children who are distressed. The primary survey is crucial for checking whether there's an immediate threat, while the secondary survey involves finding out more about the infant or child, as well as carrying out a full-body examination.

- The primary survey (DR ABCDE)
- Danger
- Response
- Airway
- Breathing
- Circulation
- Disability
- Exposure
- Primary survey example scenario
- The secondary survey
- Full-body examination
- Children in distress

### **Module Three - The Recovery Position and Cardiopulmonary Resuscitation (CPR)**

This module discusses how to put infants and children into the recovery position if they are unconscious but breathing, and covers a different technique for suspected spinal injuries. It then covers how to administer CPR to infants and children who are unconscious and not breathing normally or at all, as well as how to use defibrillators (with either paediatric or adult pads).

- Unconscious casualties
- The recovery position for children
- The recovery position for infants
- The head tilt and chin lift technique
- The jaw thrust technique
- Administering CPR
- Administering CPR to children
- Administering CPR to infants
- Further considerations for CPR
- Defibrillators (AEDs)

### **Module Four - Treating Injuries: Part One**

This module looks at how to provide first aid assistance to infants and children for a variety of injuries. This includes how to administer back blows and abdominal thrusts for choking, how to treat wounds and bleeding, how to apply bandages, and how to treat shock. It also looks at how to properly dress burns and what to do if an infant or child has an electrical injury.

- Choking
- Wounds and bleeding
- Applying bandages
- Shock
- Burns and scalds
- Chemical burns
- Electrical injuries and electric shock

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### **Module Five - Treating Injuries: Part Two**

This module continues to look at how to provide first aid assistance to infants and children for a variety of injuries. It explains what to do if an infant or child has an eye injury, such as something stuck in it, if they have a head injury such as a concussion, and many other injuries. It also covers spinal injuries, which requires extreme care when giving first aid.

- Eye injuries
- Head injuries
- Nosebleeds
- Fractures
- Sprains and strains
- Dislocations
- Spinal injuries
- Hypothermia
- Drowning

### **Module Six - Treating Illnesses and Conditions: Part One**

This module looks at how to provide first aid assistance to infants and children for a variety of short-term and long-term illnesses and conditions. It explains what to do if a child is having an asthma attack or allergic reaction, including life-threatening anaphylactic shocks, and many other illnesses and conditions.

- Asthma
- Allergic reactions
- Anaphylaxis
- Stings and bites
- Epilepsy and seizures
- High temperatures and seizures
- Diabetes
- Hypoglycaemia
- Hyperglycaemia

### **Module Seven - Treating Illnesses and Conditions: Part Two**

This module continues to look at how to provide first aid assistance to infants and children for a variety of illnesses and conditions. It covers what to do if you suspect a child has meningitis or septicaemia, or sepsis, and provides advice for helping infants and children who are hyperventilating, and who have sickle cell or croup.

- Hyperventilation
- Sickle cell
- Meningitis and septicaemia
- Sepsis
- Croup

## Aims of the training

By the end of this course, you will understand:

- The definition of first aid and the legal requirements placed on those who look after children, including personnel, equipment, first aid kits, training, and reporting incidents.
- Infection prevention considerations, including hand hygiene, personal protective equipment, cleaning after first aid, and waste management.
- How to carry out a primary survey of an infant or child using the DR ABCDE acronym (danger, response, airway, breathing, circulation, disability and exposure) as well as how to carry out a secondary survey and full-body examination of an infant or child.
- How to put infants and children into the recovery position, including if you suspect a spinal injury, and how to administer CPR to them and use defibrillators.
- How to treat a variety of injuries, including choking, wounds, shock, burns and scalds, electrical injuries, eye and head injuries, nosebleeds, fractures, sprains and strains, dislocations, spinal injuries, hypothermia, and drowning.
- How to treat a variety of illnesses and conditions, including asthma, allergic reactions, anaphylaxis, stings and bites, epilepsy and seizures, diabetes, hyperventilation, sickle cell, meningitis and septicaemia, sepsis, and croup.