

Minnesota State College Southeast

HLTH 1221: Minnesota Backcountry First Aid

A. COURSE DESCRIPTION

Credits: 2

Lecture Hours/Week: 1

Lab Hours/Week: *.*

OJT Hours/Week: *.*

Prerequisites: None

Corequisites: None

MnTC Goals: None

In this course, students will learn appropriate first aid techniques relevant to the rural and wilderness settings specific to Minnesota. The course will cover rescuer safety, environmental concerns, first aid kits and improvised equipment, evacuation and transport of a patient, and appropriate care for physical injuries and illnesses when access to professional medical help may be several hours away. Students will apply skills in the classroom and outdoor settings and must be prepared to work in weather conditions at the time of the class. (Prerequisite: None) (1 Credits: 0 lecture/1 lab)

B. COURSE EFFECTIVE DATES: 06/08/2019 - Present

C. OUTLINE OF MAJOR CONTENT AREAS

1. Safety of the rescuer
2. Evacuation plans
3. Physical injuries
4. Medical emergencies and illness

D. LEARNING OUTCOMES (General)

1. Describe specific risks related to Minnesota environment, weather, and climate.
2. Describe risks to rescuer including, but not limited to, environmental hazards and blood-borne pathogens
3. Demonstrate the ability to size up a scene and point out potential risks to the rescuer
4. List first aid supplies appropriate to a variety of situations including, but not limited to, backpacking, canoeing, hunting, and farming.
5. Develop an evacuation plan appropriate to location and distance from emergency medical service
6. Demonstrate appropriate site preparation for a helicopter evacuation
7. In a simulated experience, demonstrate appropriate first aid for bone and joint injuries, head trauma, neck and spinal cord injuries, sprains and strains, punctures, lacerations, wounds, and burns.
8. Recognize signs of wound infection and describe appropriate mitigation and prevention techniques.
9. Describe appropriate response for submersion (drowning) incidents
10. Describe appropriate responses for hypothermia, heat-related illness, and dehydration.
11. In a simulated setting, describe the appropriate response to allergic reaction, shock, heart attack, and asthma attack
12. Demonstrate an appropriate assessment for abdominal pain and respond accordingly.
13. Describe first-aid responses in the backcountry setting as they relate to diabetes, known allergies, seizures, pregnancy, and other unique medical conditions.
14. Identify local poisonous plants and animals and describe the risks associated with them.

E. Minnesota Transfer Curriculum Goal Area(s) and Competencies

None

F. LEARNER OUTCOMES ASSESSMENT

As noted on course syllabus

G. SPECIAL INFORMATION

None noted