

# BASIC MEDICAL SCIENCES

## PART - II

# FIRST AID

1. **First Aid**
  - Definition
  - Principles
  - Actions at emergency
2. Dressing + Bandages
3. Short structure & function of respiratory system
4. Asphyxia
5. Assisted respiration
6. Short structure and function of C.V.S.
7. Shock (Circulatory failure) Patho-Physiology
8. Cardiogenic shock Treatment
9. Hypo-volumic shock (Haemotologic) with treatment other condition.
10. Anaphylactic shock
  - Signs
  - Symptoms
  - Treatment
11. Septic Shock "
12. Neurogenic shock "
13. Cardiopulmonary resuscitation principles practical demonstration.
14. Assessment of newborn
15. Resuscitation of newborn
16. Short structure & function of locomotive, Sprains and strains
17. Fractures, First Aid Management
18. Burns, Scalds causes and First Aid Management
19. Wounds cuts stabs and management
20. Management of Bleeding from wound/NOSE/mouth/misc.
21. Drowning-First Aid management
22. Road traffic accidents (First Aid Management)
23. Transport of injured persons especially spinal care
24. Care of Coma / stupor unconscious victim
25. Poisonings-Swallowed persons and first aid management
26. Poisonings inhalation poisonings first aid management
27. Bites Stings management human, cat dog insect
28. Snake bite and first aid management
29. Anaphylactic Shock and its management
30. Choking (Foreign body in airway)
31. Abdominal pain (First aid)

32. Sport injuries
33. Safety at home precautions / safety
34. Precautions at kitchen to avoid accidents.
35. Precautions at bathroom
36. Precautions in living room
37. Precautions at stairs and at terraces

# PUBLIC HEALTH

1. **Introduction:** To health field, definition of health, preventive, social, community and family medicine.
2. Health care organization in Pakistan.
  - i. General introduction to federal, provincial, divisional and district level organizational structure.
  - ii. Role of paramedics in hospitals.

## 3-6. AIR

Composition and functions-Pollution and pollution indicators-impurities in air-cleaning methods (an over view)

## 7-12. WATER

Sources of water with special reference to Pakistan. Impurities-Safety-Purification, Natural and artificial methods.

## 13-17. VENTILATION

Objectives and merits. Over crowding and its effects on human body. Natural ventilation and artificial ventilation.

## 18-25. Wastage

Introduction-refuse and its collection. Methods of collection and disposal of refuse-Excreta-Methods of collection and disposal of Excreta.

## 26-27. Infection and disinfecting

Introduction-Terminology-Methods of disaffection.

28-29. Sources of infection-routes of transmission i.e., air, water and food.

## 30-39. Communicable diseases

Introduction-EPI and diseases related to it, vaccination schedule.

Communicable diseases like T.B., diphtheria, tetanus, polio, whooping cough and measles Epidemiology and prevention methods for above diseases.

## 40. Family Planning

Need and objectives-general methods.