

1. Course Title: Proficiency In Medical First Aid

2. Scope With reference to convention Imo Model Course:

This course is designed to equip individual with skills, knowledge, and attitudes required to -

- Contribute to medical first aid
- Contribute to Care of casualties
- Contribute to Nursing care
- Take precautions to prevent Wounds, wound healing and infection
- Knowledge about Techniques of sewing and clamping, Dressing and bandaging
- Knowledge about Medical conditions and emergencies
- Knowledge about Tropical and infectious diseases Sexually transmitted diseases
- Knowledge about Alcohol and drug abuse and psychiatry
- Contribute to Environmental control on board ship
- Apply occupational health and safety precautions & measures.

in accordance with maritime industry standards.

3. Objective:

After completing the course, the candidates should be able to acquire the knowledge, skills and attitude for the treatment of the ill and injured , hygiene, disease prevention, treatment of rescued persons, including distress, hypothermia and cold exposure, alcohol and drug abuse and psychiatry, take precautions to prevent wounds, wound healing and infection, emergencies, precautions to prevent pollution of the environment

4. Course Outline Shore base & On board Training:

Sl No	Knowledge, understanding and proficiency	Hour
1	Immediate action	2.25
2	First-aid kit	1.5
3	Body structure and functions	2.25
4	Toxicological hazards aboard ship	3.75
5	Examination of patient	1.5
6	Spinal injuries	3
7	Burns, scalds and effects of heat and cold	2.25
8	Fractures, dislocation and muscular injuries	2.25
9	Medical care of rescued persons, including distress, hypothermia and cold exposure	1.5
10	Radio medical advice	0.75
11	Pharmacology	2.25
12	Sterilization	0.75
13	Cardiac arrest, drowning and asphyxia	2.25
14	Psychological/Psychiatric Problems	2.25
15	Assessment	1.5
		Total 30

5. Competence Standard/Course Syllabus Checked with up-to-date STCW/IMO Model Course:

Knowledge, understanding and proficiency	Hour
1 Immediate action	2.25
1. revises, as necessary, important aspects of the Elementary First Aid training course	

2	First-aid kit	1.5
1.	describes and lists the contents of the first-aid kit required by national regulations	
2.	lists location of first-aid kits	
3.	describes contents of lifeboat kit	
4.	demonstrates use of the first-aid box in appropriate medical situations	
3	Body structure and functions	2.25
1.	uses a chart, dummy, human body or other suitable medium, such as audio-visual aids, to describe and explain the structure of the human body and functions of the important parts and systems: in particular: <ul style="list-style-type: none"> • For the skeletal system: <ul style="list-style-type: none"> - lists the major parts of the skeleton - describes the different kinds of bones - explains their operation and function • For the muscular system: <ul style="list-style-type: none"> - lists the major muscles of the human body - explains their operation and function • For the cardiovascular system: <ul style="list-style-type: none"> - states the location of the heart - describes the distribution of arteries and veins - describes the physiological function of blood - describes the heart as a pump - explains how the blood circulatory system operates - states the location of the arterial pressure points and explains how they can be effectively used in an emergency involving bleeding • For the respiratory system: <ul style="list-style-type: none"> - states the location of the lungs - explains the function of the lungs in terms of gas exchange - states the importance of respiratory rate - explains the importance of the composition of inspired/expired air • For the digestive system and abdomen: <ul style="list-style-type: none"> - describes in simple terms the digestive system and its operation - lists the abdominal organs and describes their function 	
4	Toxicological hazards aboard ship	3.75
1.	states that there are important regulations to be observed for the transport of dangerous cargo aboard ship as required by the IMO/IMDG Code	
2.	applies first-aid measures in accordance with Medical First Aid Guide for use in Accidents Involving Dangerous Goods (MFAG) or its national equivalent: <ul style="list-style-type: none"> - TWA/TLV levels 	
3.	uses, in particular, the appropriate First Aid Guide for: <ul style="list-style-type: none"> - identifying the symptoms and clinical aspects of poisoning - applying first aid in cases of poisoning by ingestion, inhalation, or skin contact/eye injuries - applying therapy in cases of acid and caustic solutions that have been swallowed - identifying the symptoms of and treatment for acid and caustic burns 	
4.	use of oxygen resuscitator: <ul style="list-style-type: none"> - parts of the resuscitator - operation of resuscitator - changing cylinders - CPR with resuscitator 	

	- after use care and servicing	
5	Examination of patient	1.5
1.	makes detailed observations of a casualty, based on medical precepts	
2.	forms a diagnosis from a large variety of individual facts based on:	
	- information derived from medical history	
	- general appearance	
	- answers to specific questions	
	- physical examination	
6	Spinal injuries	3
1.	recognizes the symptoms of spinal injury:	
	- bladder control in spinal injuries	
2.	identifies the complications which may be caused by unconsciousness	
3.	applies appropriate first aid measures, including:	
	- control of sensitivity in the extremities	
	- appropriate rescue transport and treatment for cases of suspected fracture of the spine	
4.	head injuries:	
	- levels of consciousness/unconsciousness	
7	Burns, scalds and effects of heat and cold	2.25
1.	recognizes the signs of:	
	- burns	
	- scalds	
	- heatstroke	
	- hypothermia	
	- frostbites	
2.	applies appropriate first-aid measures, including the definition, complications and therapy of the general condition of burns	
3.	distinguishes between burns and scalds	
4.	describes the differences between first-degree, second-degree and third-degree burns	
5.	applies the correct first-aid procedures for burns and scalds	
6.	states the importance of sterile dressings	
7.	describes the effects of heat and states the importance of positioning the patient in the shade, providing the increased fluid requirement and careful cooling of the body	
8.	distinguishes between hypothermia and frostbite and applies the correct first aid procedures, including rewarming and attention to possible tissue damage	
8	Fractures, dislocation and muscular injuries	2.25
1.	applies practical first-aid procedures for the diagnosis and treatment of fractures, dislocations and muscular injuries	
2.	describes types of fracture as:	
	- open (or compound)	
	- closed (or simple)	
	- complicated	
3.	describes the treatment for injured parts and explains the importance of immobilization of the injured part	
4.	states the importance of immobilization of the injured part	
5.	describes the special requirements for the treatment of pelvic and spinal injuries	
6.	describes the symptoms and therapy of sprains, strains and dislocations	
7.	demonstrates the correct procedures to be used in cases of fractures, dislocations and muscular injuries	
8.	states the necessary precautions while using pneumatic splints	

9	Medical care of rescued persons, including distress, hypothermia and cold exposure	1.5
1.	applies basic skill in the care of rescued persons	
2.	recognizes the special problems in cases of: - hypothermia, applying the correct treatment and taking precautions against heat loss and taking into account the effects of wind and humidity - congelation, applying the correct treatment for cold injury, immersion foot, etc. - seasickness, describing the cause and applying the correct therapy - sunburn, describing the cause and applying the nutrition in rescue situations, describing frequent errors and hazards - rewarming	
10	Radio medical advice	0.75
1.	states that radio medical advice is available using GMDSS BMed 1	
2.	describes the methods used to obtain radio medical advice	
3.	interprets advice obtained from external sources	
11	Pharmacology	2.25
1.	drug list on board: - usage - dosages - injections sc/im - test dose for penicillin	
12	Sterilization	0.75
1.	demonstrates disinfection of surgical instruments	
13	Cardiac arrest, drowning and asphyxia	2.25
1.	states the cause of and applies the appropriate treatment for: - cardiac arrest - asphyxia - drowning	
2.	explains how mouth-to-mouth resuscitation is applied and states under what conditions it cannot be used	
3.	explains how cardiac massage is applied and states the limiting factors related to the use of cardiopulmonary resuscitation (CPR) practice on a dummy	
4.	demonstrates the correct procedures for mouth-to-mouth resuscitation and cardiac massage using a practice dummy	
14	Psychological/Psychiatric Problems	2.25
1.	explains that situational disturbances may be influenced by: - psychological characteristics of seafarers - psychological consequences of separation	
2.	states that these may be contributory factors for psychological malfunctioning	
15	Assessment	1.5
	Total	30

6. Entry Standard, Selection Criteria of Students:

Trainees or students wishing to gain entry into this course should possess the following requirements:

- **Age:** be not less than 18 years of age.
- **Education & Training:** must have valid seafaring documents.

7. Intake limitation, with specific mention Instructor-student ratio:

The number of trainees should not exceed 24 and the practical training should be undertaken in small groups of not more than eight.

8. Qualification and experience of instructors:

Minimum qualification of any instructor or assessor must be Class- I Deck officer with relevant certificates and MBBS doctor approved by administration.

9. Qualification and experience of assessors: Minimum qualification of any instructor or assessor must be Class- I Deck officer with relevant certificates and MBBS doctor approved by administration.

10. Details Facilities & Equipment, materials and resources available for the training; Visual aids lecture Notes, Library facilities, Rental documents, Workshops Training Equipment: Navigational, Engineering, Communication, Seamanship etc:

- Projectors and slides
- Multimedia and videos
- Advanced audio visual systems
- Well-equipped First aid room
- Dummy patient
- Medical model Room

11. Conduct of Training with number of classroom lectures, practical work use of simulator, video etc:

Period → Day ↓	0900-0945	0945-1030	1030-1115	1115- 1145	1145-1230	1230-1315	1315-1400	1400-1500	1500-1545	1545-1630		
1 st Day	Immediate action(MI)	First-aid kit(FR)		Tea Break	Body structure and functions(MI)			Launch Break	Toxicological hazards aboard ship(FR)			
2 nd Day	Toxicological hazards aboard ship (FR)				Fractures, dislocation and muscular injuries(MI)	Immediate action(MI)			Examination of patient(FR)			
3 rd Day	Spinal injuries(MI)	Radio medical advice(FR)			Burns, scalds and effects of heat and cold(MI)				Spinal injuries(FR)			
4 th Day	Medical care of rescued persons, including distress, hypothermia and cold exposure(MI)	Sterilization(FR)			Pharmacology(FR)		Psychological/Psychiatric Problems(MI)		Fractures, dislocation and muscular injuries(FR)			
5 th Day	Cardiac arrest, drowning and asphyxia (FR)				Pharmacology(MI)	Psychological/Psychiatric Problems(MI)			Assessment			

Legend:

1. FR= Dr. Sumi Das
2. MI= Capt Matiul Islam

12. Total duration of Training; Duration of Practical's:

Training period is of 05 days, (30 Hours)

- a. Theory – 28.5 Hours
- b. Assessment -1.5 Hours

13. Assessment procedure, whether independent of instruction or continuous performance evaluation:

Course end assessment shall be carried out to ensure adequate knowledge, understanding & competence of the candidate.

A variety of source of evidence are used which include evidence of candidate's ability, under realistic condition. Short answers, multiple choices, fill in the blanks and true/false type questions in a written test are used for assessment includes direct observation, oral questioning and role play.

.14. Formats of certificate to be issued with correct reference to STCW and reference to approval and authorization by the Department of Shipping and contact point of the issuing institution for verifying authenticity:

Annex- 02

<p>No. NMIPMFA/</p> 	<p>গণপ্রজাতন্ত্রী সরকার GOVERNMENT OF THE PEOPLE'S REPUBLIC OF BANGLADESH বাধাদাতা মেডিটেকন ইনসিটিউট NATIONAL MARITIME INSTITUTE পৰিষ মারিটুন বার্ড চিটাগং-৪১০০, বাংলাদেশ South Halishahar, P.O. Bandar, Chittagong-4100, Bangladesh, Tel. ৮৮০-৩১-৭৪০৫৬৯, Fax. No. ৮৮০-৩১-৮০০৬২০, E-mail: nmictebd@btcl.net.bd</p>	<p>PHOTO</p>
<p>কেন্দ্ৰীয় মেডিটেকন ইনসিটিউট মাৰ্ক এইচ TRAINING FOR PROFICIENCY IN MEDICAL FIRST AID</p>		
<p>এই বৰ্ম প্ৰত্যুহ কৰা বাবে আছে, যে, This is to certify that, জনক/ Mr. পিতা / Son of Mr. জন্ম তাৰিখ & মুহূৰ Date & Place of Birth পদবী / Rank জন্ম তাৰিখ & মুহূৰ দ্বাৰা আন্তৰিক কেন্দ্ৰীয় মেডিটেকন ইনসিটিউট মাৰ্ক এইচ কৰা হৈছেৰ সাথে সম্পৰ্ক কৰিবাবলৈ। নামাঙ্কন মেডিটেকন ইনসিটিউট, চৰকাৰ, বাধাদাতা অনুষ্ঠিত কেন্দ্ৰীয় মেডিটেকন ইনসিটিউট মাৰ্ক এইচ কৰা হৈছেৰ সাথে সম্পৰ্ক কৰিবাবলৈ।</p> <p>has successfully completed basic safety training course on TRAINING FOR PROFICIENCY IN MEDICAL FIRST AID conducted at the National Maritime Institute, Chittagong, Bangladesh.</p> <p>স্বীকৃতি from পৰ্যন্ত to</p> <p>এই কৰ্মটি আন্তৰিক এন্টিনিভিউট ১৯৭৮ বন্দৰবেশন ৬ দ্বাৰা স্বীকৃত বিধানের বিধি- VI/4, Paragraph 1 & এন্টিনিভিউট কোডের সোক্ষণ A-VI/4, Paragraph 1-3 অনুযায়ী অনুষ্ঠিত হয় এবং দ্বারা বাধাদাতা অনুমতি পৰিবহন অধিভুতের অনুমতিন বাবে।</p> <p>স্বীকৃত তাৰিখ / Date of Issue</p> <p>স্বীকৃত উভৰ্তীৰ তাৰিখ / Date of Expiry</p> <p>সহাদাতীৰ বক্স / Signature of the holder</p> <p>অধ্যক্ষ/Principal</p>		

15. Maintenance of records in Data-base for facilitation of checking including assessments:

NMI will maintain a data-base of all the students who have completed the course. The following records for each individual will be kept so as to ensure that the certificate is issued to a candidate who have met the requirements as laid down by the governing authority regarding issuance of a certificate on Bridge Resource Management.

- Application form
- Assessment papers after completion of course

- Attendance Sheet
- Attested Xerox copy of the issued certificates & licenses
- A registered data-base in hard copy and soft form

16. Internal Quality Standard System if any. Students Impressions, past results:

The institute maintains quality standard system ISO 9001:2008, Certified by DNV GL

17. Course notice served, course conducted as per course notice, progression report served:

Will be complied as per DOS Instruction.

18. Attendance of Students and Instructors:

Students and Instructor attendance sheet attached.