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Federal State Budget Educational Institution
of Higher Education
Pacific State Medical University
of the Ministry of Health of the Russian Federation

APPROVED BY
First Vice-Rector

 / Trankovskaya L.V./
“ 9 ” *август* 2025

DISCIPLINE WORK PROGRAM

Б1.Б.10 First aid. Basic cardiopulmonary resuscitation

(name of discipline)

Specialty

**31.05.01 General Medicine
for international students (in English)**
(code, name)

Degree

Specialist's degree

Profile

02 "Healthcare"
(in the field of providing primary health care
to the population in medical organizations:
polyclinics, outpatient clinics,
inpatient/outpatient facilities of the municipal
health care system)

Mode of study

Full-time

Period of mastering the BEP

6 years
(nominal length of study)

Department

of Anesthesiology, Resuscitation,
Intensive Care, and Emergency Medical
Care

Program of the discipline **Б1.Б.10 First aid. Basic cardiopulmonary resuscitation** is based on:
1) Federal State Educational Standard of Higher Education for the specialty approved by the Order No. 988 of Ministry of Science and Higher Education of the Russian Federation dated August 12, 2020.

2) Curriculum for the 31.05.01 General Medicine for international students (in English), profile 02 "Healthcare" (in the field of providing primary health care to the population in medical organizations: polyclinics, outpatient clinics, inpatient/outpatient facilities of the municipal health care system), approved by the Academic Council of FSBEI HE PSMU of the Ministry of Health of Russia, Report No. 8/24-25 dated March 31, 2025.

Work program for the discipline was developed by the writing team of the Department of Anesthesiology, Resuscitation, Intensive Care, and Emergency Medical Care of the FSBEI HE PSMU of the Ministry of Health of Russia, under the guidance of the Head of the Department, Doctor of Medical Sciences Shumatov V.B.

Developed by:

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(position held)	(academic degree, academic title)	(full name)
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1. GENERAL PROVISIONS

1.1. Purpose and Objectives of Mastering B1.B.10 First aid. Basic cardiopulmonary resuscitation

The purpose of mastering the discipline is achievement of professional competencies in the provision of first aid in life-threatening conditions and development of the skill of performing basic cardiopulmonary resuscitation.

Objectives of mastering the discipline:

1. Learning to recognize signs of life-threatening conditions during examination of the patient;
2. Learning to provide patients with first aid in the event of life-threatening conditions;
3. Mastering the algorithm for performing basic cardiopulmonary resuscitation.

2. DISCIPLINE AS PART OF THE BASIC EDUCATIONAL PROGRAM

Discipline **B1.B.10 First aid. Basic cardiopulmonary resuscitation** is included in the Part developed by the parties of educational process of the basic educational program for the specialty 31.05.01 General Medicine for international students (in English), profile 02 "Healthcare" (in the field of providing primary health care to the population in medical organizations: polyclinics, outpatient clinics, inpatient/outpatient facilities of the municipal health care system), and is part of the 4th semester's curriculum.

3. PLANNED LEARNING OUTCOMES OF THE DISCIPLINE

3.1. Mastering the discipline **B1.B.10 First aid. Basic cardiopulmonary resuscitation** is aimed at the development of students' competencies. The discipline facilitates the development of students' competencies corresponding to the types of professional activity.

Name of competency category (group) / labor function	Code and Name of competency of the graduate	Competency Indicators
Universal Competencies		
Health and Safety	UC-8. Is able to create and maintain safe living conditions and workplace while preserving the natural environment and ensuring sustainable societal development, including under the danger and occurrence of emergencies or military conflicts	CI.UC-8 ₁ - estimates life safety conditions necessary to preserve the natural environment and ensure sustainable societal development CI.UC-8 ₂ - identifies harmful occupational agents and hazardous conditions within the framework of professional activity, follows safety precautions and takes measures to prevent emergencies in the process of achieving objectives of professional activity CI.UC-8 ₃ - understands the scope of professional activity during natural and man-made emergencies or military conflicts
Professional Competencies		
A/01.7 Providing emergency or urgent medical care to the patient	PC-1. Ability and readiness to provide emergency medical care in conditions requiring urgent medical intervention	CI.PC -1 ₁ - has a grasp of conditions requiring emergency and urgent medical care; CI.PC -1 ₂ - identifies main priority methods of emergency medical care; CI.PC -1 ₃ - demonstrates skills of providing emergency or urgent care for conditions requiring urgent medical intervention

3.2. Types of professional activity corresponding to competencies developed over the course of mastering **B1.B.10 First aid. Basic cardiopulmonary resuscitation**:

Types of professional activity objectives

1. Medical

Kinds of professional activity objectives

1. Diagnostics
2. Treatment

3.3. Planned learning outcomes of mastering the discipline are represented by knowledge, skills, abilities and/or experience, characterize the stages of developing competencies and ensure achievement of the planned outcomes of mastering the basic educational program. Learning outcomes of a discipline are correlated with competency indicators.

4. SCOPE AND CONTENT OF THE DISCIPLINE

4.1. Scope of the Discipline and Types of Academic Work

Type of Academic Work		Total Hours	Semesters
			4
			hours
1		2	3
Classroom hours (total), including:		40	40
Lectures (L)		10	10
Practical classes (C)		30	30
Independent work of the student (IW), including:		32	32
<i>Electronic educational resource (EER)</i>			
<i>Preparing for classes (CP)</i>		28	28
<i>Preparing for continuous assessment (CAP)</i>		2	2
<i>Preparation for interim assessment (IAP)</i>		2	2
<i>Interim assessment</i>			
Type of interim assessment	pass/fail test (T)		
	exam (E)	E	E
TOTAL: TOTAL credit value	hrs.	72	72
	credits	2	2

4.2. Contents of the Discipline

4.2.1. Topics of Discipline Lectures and Academic Hours per Semester

No.	Lecture Topic	Hours
1	2	3
Semester No. 4		
1.	Terminal conditions. Basic cardiopulmonary resuscitation	2
2.	Acute vascular insufficiency. Seizures	2
3.	Hemorrhage (bleeding) and blood loss. Temporary bleeding arrest methods	2
4.	Fractures. Immobilization and transportation. Rules of triage and transportation	2
5.	Thermal injury	2
	Hours per semester total	10

4.2.2. Topics of Discipline Practical Classes and Academic Hours per Semester

No.	Practical Class Topic	Hours
1	2	3
Semester No. 4		

1	Terminal conditions. Basic cardiopulmonary resuscitation. Automated external defibrillation	4
2	Creating maximized airway in patients with foreign body of the airways: Triple Airway Maneuver, Heimlich maneuver	4
3	Acute vascular insufficiency first aid. Seizures first aid	4
4	Hemorrhage (bleeding) and blood loss. Temporary bleeding arrest methods. Desmurgy	4
5	Orthopedic trauma first aid. Practicing skills involving splints (ladder splint, bast-fiber splint, netting splint, Diederichs' splint), backboards, and cervical retainer	4
6	Burns, frostbite. First aid	4
7	First aid in case of acute carbon monoxide poisoning, snake bites, insect bites, or ingestion of poisonous mushrooms	4
8	Pass/fail test	2
	Hours per semester total	30

4.2.3. Independent Work of the Student

No.	Name of the Discipline Section	Type of IW	Total Hours
1	3	4	5
Semester No. 4			
1	Terminal conditions. Basic cardiopulmonary resuscitation. Automated external defibrillation	Preparing for practical classes, working with case studies	4
2	Creating maximized airway in patients with foreign body of the airways: Triple Airway Maneuver, Heimlich maneuver	Preparing for practical classes, working with case studies	2
3	Acute vascular insufficiency first aid. Seizures first aid	Preparing for practical classes, working with case studies	4
4	Hemorrhage (bleeding) and blood loss. Temporary bleeding arrest methods. Desmurgy	Preparing for practical classes, working with case studies	4
5	Orthopedic trauma first aid. Practicing skills involving splints (ladder splint, bast-fiber splint, netting splint, Diederichs' splint), backboards, and cervical retainer	Preparing for practical classes, working with case studies	4
6	Burns, frostbite. First aid	Preparing for practical classes, working with case studies	4
7	First aid in case of acute carbon monoxide poisoning, snake bites, insect bites, or ingestion of poisonous mushrooms	Preparing for practical classes, working with case studies	4
8	Preparing for continuous assessment		2
9	Preparing for interim assessment		4
	Hours per semester total		32

5. REQUIREMENTS FOR IMPLEMENTATION OF DISCIPLINE

5.1. Discipline Requirements for Educational Materials and Provided Information

Essential reading

No.	Name/Title, Resource Type	Author(s)/Editor	Publisher Imprint, Web Address	Number of Copies (accesses) in the Library and Information Center
1	2	3	4	5
1	First aid [Electronic resource]	Demichev S.V.	Moscow: GEOTAR-Media, 2023. URL: https://www.studentlibrary.ru/book/ISBN9785970475430.html	Unlimited access
2	Fundamentals of First Aid Provision. A study guide [Electronic resource]	Edited by Minnullin I.P., Plakhov N.N., Dezhurny L.I.	Moscow: GEOTAR-Media, 2022. URL: https://www.studentlibrary.ru/book/ISBN9785970472200.html	Unlimited access
3	Cardiopulmonary Resuscitation. Clinical guidelines. A study guide for students [Electronic resource]	Fedorovsky N.V.	Moscow: LLC MIA, 2020. URL: https://www.medlib.ru/library/library/books/498	Unlimited access

Supplementary reading

No.	Name/Title, Resource Type	Author(s)/Editor	Publisher Imprint, Web Address	Number of Copies (accesses) in the Library and Information Center
1	2	3	4	5
1	Provision of Primary Pre-Medical Health Care in Emergency and Extreme Conditions. Textbook [Electronic resource]	Levchuk I.P., Sokov S.L., Kurochka A.V., Nazarov A.P.	Moscow: GEOTAR-Media, 2023. – 288 p. URL: http://www.rosmedlib.ru/	Unlimited access
2	Emergency and Urgent Care. General Issues of Reanimatology [Electronic resource]	Gekkieva A.D.	Moscow: GEOTAR-Media, 2021. URL: http://www.rosmedlib.ru/	Unlimited access
3	Fundamentals of Reanimatology [Electronic resource]	Sumin S.A., Okunskaya T.V.	Moscow: GEOTAR-Media, 2020. URL: https://www.studentlibrary.ru/book/ISBN9785970454916.html	Unlimited access

Online resources

1. Electronic library system "Student Consultant" <http://studmedlib.ru/>
2. Electronic library system "University Library Online" <http://www.biblioclub.ru/>
3. Electronic library system "Urait" <https://urait.ru/>
4. Electronic library system "BookUp" <https://www.books-up.ru/>
5. Resources owned by the Library and Information Center of FSBEI HE PSMU of the Ministry of Health of Russia <https://tgmu.ru/university/bibliotechno-informacionnyj-centr/resursy-bic/sobstvennye/>

Online resources and respective user guides are available on the Library and Information Center website [Library and Information Center — PSMU \(tgmu.ru\)](http://Library and Information Center — PSMU (tgmu.ru))



5.2. Discipline Requirements for Facilities and Resources

Information on the facility and resource availability and requirements of the discipline is available on the [Facility and resource availability and requirements. FSBEI HE PSMU of the Ministry of Health of Russia \(tgmu.ru\)](http://tgmu.ru) page of the official website of the university.



5.3. List of Information Technologies, Information and Reference Systems, Licensed and Free Software (Including Domestically-developed Software):

1. PolycomTelepresence M100 Desktop Conferencing Application (Videoconference system)
2. SunRav Software tTester
3. 7-PDF Split & Merge
4. ABBYYFineReader
5. Kaspersky Endpoint Security
6. INDIGO online testing system
7. Microsoft Windows 7
8. Microsoft Office Pro Plus 2013
9. 1C:University
10. GARANT system
11. MOODLE (Modular Object-Oriented Dynamic Learning Environment)

6. ASPECTS OF THE IMPLEMENTATION OF THE DISCIPLINE FOR STUDENTS WITH DISABILITIES AND SPECIAL NEEDS

6.1. Availability of Accessible Environment

For students with disabilities and special needs, if a written application is submitted, lectures and practical classes are carried out taking into account health limitations, individual capabilities and medical status (hereinafter referred to as individual characteristics) of the student. Compliance with the following general requirements is ensured: teaching aids for collective and individual use are provided, required technical assistance is provided by an assistant; buildings and premises where lectures and practical classes are taking place meet accessibility requirements, other arrangements lack of which makes it impossible or difficult to master the discipline are made.

6.2. Ensuring Compliance with General Requirements

When lectures and practical classes are carried out at the written application of the student, the following general requirements are met: lectures and practical classes for students with disabilities and special needs take place at the same location as for students who do not have disabilities, if this does not cause difficulties for students; an assistant (assistants), who provide(s) students with the necessary technical assistance taking into account individual characteristics of the student, is (are) provided; necessary teaching aids are provided, taking into account individual characteristics of the student.

6.3. Availability of the Internal Policies and Procedures of FSBEI HE PSMU of the Ministry of Health of Russia to Students with Disabilities in a Format Accessible to Them.

All internal policies and procedures of FSBEI HE PSMU of the Ministry of Health of Russia concerning the discipline are made available to students with disabilities in a format accessible to them.

6.4. Increase in the Time Limit of Interim Assessment for Students with Disabilities and Special Needs in Relation to the Established duration

Format of the interim assessment of academic performance within the scope of the discipline conducted for students with disabilities and special needs is selected taking into account individual characteristics of the students (orally, by writing on paper, by typing on a computer, as a test, etc.). The duration of the interim assessment in relation to the established duration is increased at the written application of the student with disabilities. Time limit for the student's preparation for the test is increased by at least 0.5 hours.

7. STAFFING REQUIREMENTS OF THE DISCIPLINE

Academic teaching personnel that ensure the implementation of the discipline education process meet the requirements of the Federal State Educational Standard of Higher Education for the 31.05.01 General Medicine specialty; list of the aforementioned personnel is available on the website of the educational organization.



8. TUTORIAL WORK

Type of tutorial work	Forms and approaches to tutorial work	Assessment criteria
Assistance in personal growth	Overt Talks and problem-centric debates aimed at promotion of healthy lifestyle. Participation in interdepartmental conferences aimed at formation of healthy lifestyle and development of skills necessary to preserve and improve health.	Portfolio
	Covert – creating atmosphere and infrastructure. Developing a culture of healthy lifestyle, the ability to preserve and improve health. Creating atmosphere of kindness and respect with a high level of communication during implementation of the discipline.	
Civic position and values	Overt Conducting events that facilitate development of civil culture (roundtable discussions, discussions/debates, and talks). Short discussions on current significant events in case the latter occur.	Portfolio
	Covert Focusing on civic values-oriented position and legal awareness. Cultivating mindful social position during professional activity.	
Social values	Overt Highlighting aspects of organization of healthy lifestyle based on health-preserving technologies. Highlighting ecology-related questions, environmental issues as a factor affecting population health and select population risks.	Portfolio
	Covert Identification in social structure during period of education and in professional activity.	