

**DISCIPLINE SHEET**

1.-Info about the program

FOUNDATION FOR DEVELOPMENT AND MANAGEMENT	
1.2-Faculty	FACULTY OF MEDICINE
1.3-Departament	Clinical/ Specialization Discipline
1.4-Study domain	Health
1.5-Study cycle	Bachelor
1.6-Study program/ Calification	Medicine-English



2.- Info about discipline

2.1- Name of the discipline		PRIMARY HEALTH CARE						
2.2-Course lecturer		1.-Lect. Dr. GHEORGHITA (BUTA) Anda-Mariela, MD, PhD (YEARS I-V)						
		2.-Lect. Dr. CRETU Oana-Cristina , MD, PhD (YEAR VI)						
2.3-Seminary lecturer		1.-Univ. Teaching Assistant LUCHIAN Nicoleta , PhD(c), MD (YEARS I-VI)						
		2.-Univ. Teaching Assistant PINZARU Maria-Roxana , PhD(c), MD (YEAR VI)						
2.4-Year of study	I	2.5 Semester	I	2.6 Evaluation type	Exam	2.7. Discipline regime	Content	DS
							Mandatory	DOB

3.-Total time (hours of didactic activity per semester)

3.1-Number of hours per week	6	3.2 -course	2	3.3 -laboratory	4
3.4-Total hours of the curriculum	84	3.5 -course	28	3.6- laboratory	56
Distribution of time					Hours
Study after manual, course support, bibliography and notes					8
Additional documentatin in the library, on the specialized electronic platforms and on the field					4
Training seminars/laboratories/projects, themes, papers,portofolios and essays					2
Tutoring					-
Examination					2
Other activities					-
3.7 Individual study hours	16				
3.8 Total hours per semester	100				
3.9 Credit number	4				

4.- Preconditions (where applicable)

4.1 -curriculum	-
4.2 -skills	-



5. -Conditions

5.1 -course progress	<ul style="list-style-type: none">• Active and interactive learning conditions, teaching activities conducted in a heuristic, problem-based spirit; classroom/amphitheater, teaching aids (PC, projector, overhead projector, whiteboard), teaching materials: PowerPoint presentation, educational video, charts, etc
5.2 -course progress	<ul style="list-style-type: none">• Seminar room equipped with a whiteboard and specific equipment

6. Learning outcomes

Knowledge	Describes, explains and analyzes fundamental concepts and principles of public health, management, epidemiology and hygiene, as well as their relationship to disease prevention and health promotion.
Skills	Correctly apply methods for characterizing the health status of the population and the environment and for intervening to maintain it.
Responsibilities and autonomy	Plans, integrates and organizes interventions to improve public health; manages prevention programs and assumes responsibility for the implementation of ethical measures in the health field.

7.-Objectives of the discipline

7.1 -The general objectives of the discipline	-Acquiring the ability to recognize situations that require the provision of first aid, the theoretical and practical acquisition of the concepts underlying the correct application of first aid measures and the development of the ability to cooperate with other rescuers or specialized services in certain emergency situations.
7.2 -Specific objectives	▪-Identify the main manifestations of emergency situations.



	<ul style="list-style-type: none"> ▪-Identify an emergency situation based on the presentation of specific signs and symptoms. ▪-Argue the importance of recognizing clinical manifestations in the context of correctly applying appropriate first aid measures and continuous training in this field. ▪-Know and understand how various contributory or determining factors can contribute to the occurrence of accidents. ▪-Identify the mechanism behind the occurrence of accidents. <p>Argue the importance of understanding the mechanism of an accident for the correct application of first aid measures.</p> <ul style="list-style-type: none"> ▪-To describe, explain, and analyze fundamental concepts and principles of public health, management, epidemiology, and hygiene, as well as their relationship with disease prevention and health promotion. ▪-To correctly apply methods for characterizing the health status of populations and the environment, and for intervening to maintain it. ▪-To plan, integrate, and organize interventions aimed at improving public health; to manage prevention programs and assume responsibility for implementing ethical measures in the healthcare field.
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8. -Content

8.1 Course	Teaching methods	Hours/ week	Observation
1. Principles of First Aid: First aid kit. Measures to prevent accidents.	Interactive lecture	2	Lecture delivered with the help of structured, interactive PowerPoint presentations, accompanied by rich and suggestive iconography
2. Cardiopulmonary Resuscitation (CPR): Evaluation and first aid maneuvers for cardiac and respiratory arrest.		2	
3. Defibrillation. Recovery position.		2	
4. Hemorrhages: Definition, etiology, classification, clinical signs, first aid maneuvers.		2	



<p>5. Wounds: Definition, etiology, classification, clinical signs, first aid maneuvers.</p>		2	<p>The material taught is reviewed and supplemented with up-to-date information relevant to the specialization.</p>
<p>6. Accidents caused by Physical-Chemical Agents: Burns, frostbite, electrocution, acute poisoning, allergic reactions—clinical signs, positive diagnosis, first aid maneuvers.</p>		2	
<p>7. Pulmonary Aspiration Syndrome (drowning, Mendelson's syndrome): Clinical signs, first aid principles.</p>		2	
<p>8. Musculoskeletal Injuries (fractures, sprains, dislocations, muscle injuries): Clinical signs, first aid maneuvers (methods and means of immobilization, etc.).</p>		2	
<p>9. First Aid in Head and Spinal Injuries: Presentation of immediate and delayed complications of these injuries.</p>		2	
<p>10. First Aid in Muscle Injuries (muscle ruptures, Volkmann's syndrome, anterior tibial syndrome, crush syndrome).</p>		2	
<p>11. Cardiovascular Emergencies: Ischemic heart disease, myocardial infarction, hypertensive crisis, stroke: Clinical signs, first aid maneuvers. Acute peripheral ischemia. Syncope.</p>		2	
<p>12. Clinical Signs and First Aid Principles for Nephrological Emergencies (renal colic, acute urinary retention), Digestive Emergencies (gastro-duodenal ulcer abscess, acute cholecystitis, acute appendicitis, acute pancreatitis, intestinal obstruction).</p>		2	
<p>13. Clinical Signs and First Aid Principles for Gynecological Emergencies (spontaneous abortion, ruptured</p>		2	



ectopic pregnancy, pathological childbirth).			
14. Seizure: Manifestations, first aid.		2	
<p>Bibliography:</p> <p>1.-Borgonovo G. Popa O, Diana Cimpoesu, Irina Croitoru Manual de Prim ajutor - Tiramisu European project, Ed. "Grigore T Popa", Iasi, 2021</p> <p>2.-D. Cimpoesu sub redacția – Ghiduri si Algoritmi în Medicina de Urgență Ed. UMF Grigore T. Popa Iași 2019.</p> <p>3.-European Resuscitation Guidelines - 2021, www.erc.edu</p>			
8.2 Laboratory	Teaching methods	Hours/week	Observation
1. Principles of First Aid; Organizing a First Aid Kit: Presentation of its components: medicinal substances, bandages, splints, etc.	Interactive lecture	4	
2. Accident Prevention.		4	
3. Assessment and Monitoring of Critically Ill Patients (cardiac arrest, coma, other states of unconsciousness, etc.): Data collection.		4	
4. Behavioral Changes in Medical-Surgical Emergencies: Severity indicators such as facial appearance, level of consciousness, skin coloration, patient's position, biological parameters, etc.		4	
5. Cardiopulmonary Resuscitation (CPR).		4	
6. Resuscitation Techniques.		4	
7. Hemostasis in Peripheral Vascular Injuries: Hemostatic methods including digital pressure on the wound, at		4	



pressure points, or circular compression.			
8. First Aid Techniques for Recent Wounds.		4	
9. First Aid for Musculoskeletal Injuries: Fractures: clinical signs, classification, first aid principles, methods for immobilization and transport for suspected bone injuries; sprains, dislocations.		4	
10. Clinical Signs, Immobilization Methods, and First Aid Principles: Presentation of the most common types of sprains and dislocations.		4	
11. Principles of First Aid for Muscle Tears: Providing first aid for other emergency situations originating from the muscular system.		4	
12. Primary Assessment and First Aid for Burns, Frostbite, Electrical Shock, and Aspiration Syndromes.		4	
13. Primary Assessment and First Aid for Poisoning, Toxic-Infectious States, Infectious Diseases.		4	
14. First Aid for Hypothermia and Hyperthermia, Drowning, Heat Stroke.		4	
<p>Bibliography:</p> <p>1.-Borgonovo G. Popa O, Diana Cimpoesu, Irina Croitoru Manual de Prim ajutor - Tiramisu European project, Ed. "Grigore T Popa", Iasi, 2021</p> <p>2.-D. Cimpoesu sub redacția – Ghiduri si Algoritmi în Medicina de Urgență Ed. UMF Grigore T. Popa Iasi 2019.</p> <p>3.-European Resuscitation Guidelines - 2021, www.erc.edu</p>			



9.-Corroborating the contents of the discipline with the expectations of the representatives of the epistemic communities, professional associations and representatives employers in the field related to the program

Subject contents are consistent with RNCIS standards.

10.-Evaluare

Activity	10.1 -Evaluation criteria	10.2-Evaluation methods	10.3 % of the final grade
10.4-Course	Knowledge for grade 5: The student must obtain 50% of the maximum score Knowledge for grade 10: The student must obtain more than 95% of the maximum score	Grid-type exam, 50 questions, each question marked with 2 points.	60%
10.5 Laboratory	Knowledge for grade 5: The student has the necessary skills to perform the practical work Knowledge for grade 10: The student obtains the correct result, interprets it and answers the theoretical subject	Practical exam (the student practically performs a work).	40%

10.6-Minimum performance standard

- Passing the exam in the course subject: students must obtain a minimum grade of 5
- Passing the practical exam: students must obtain at least grade 5.
- In order to obtain the minimum passing grade (five), it is necessary to know the fundamental elements of theory and practice in First aid.

Data: 05.05.2025	Discipline coordinator signature:	Responsible of seminar activities:
	1.-Lect. Dr. GHEORGHITA (BUTA) Anda-Mariela, MD, PhD (YEARS I-V)	1.-Univ. Teaching Assistant LUCHIAN Nicoleta , PhD(c), MD (YEARS I-VI)
	2.-Lect. Dr. CRETU Oana-Cristina , MD, PhD (YEAR VI)	2.-Univ. Teaching Assistant PINZARU Maria-Roxana , PhD(c), MD (YEAR VI)
Date of approval in the Department Council:		
Signature of the department director:		

Reprezentant legal F.D.M.

Presedinte

Prof. Univ. Dr. POSTĂVARU Nicolae