



Day 1.

Welcome	Introduction & Overview
Practical 1	Basic Care Exercise – Unpinning Knowledge
Lesson 1	Patient Assessment & Management
Morning Tea	
Lesson 2	Airway, Oxygenation and Ventilation
Practical 2 (Skill Station)	Airway - Group 1 (Swap) Breathing – Group 2 (Swap)
Lesson 3	Circulation and Shock
Practical 3	Baseline Observations (P, BP, RR, SpO ₂)
Lesson 4	Chest Wound Trauma
Lunch	
Lesson 5	Bleeding Control
Practical 4 (Skill Station)	Wound Compression & Wound Packing - Group 1 (Swap) Tourniquet Application - Group 2 (Swap)
Lesson 6	Head Brain and Spinal Trauma
Practical 5	Immobilisation Techniques
Afternoon Tea	
Patient Assessments 1	Moulaged Scenarios
Patient Assessments 2	Moulaged Scenarios
Questions	Close Day 1 – Information for Day 2

Day 2.

Welcome	Questions and Review Day 1
Lesson 7	Positioning Injured Patients
Practical 6	Positioning Injured Patients
Lesson 8	Anaphylaxis + Autopen
Practical 7 (Skill Station)	Anaphylaxis + Autopen
Lesson 9	Resuscitation review & AED
Morning Tea	
Practical 8	Resuscitation scenario & AED
Lesson 10	Burns and Scalds
Practical 9 (Skill Station)	Cannulation and Intra Osseous
Lunch	
Group Scenario 1	Casualty Simulations & Management
Lesson 11	Psychological First Aid
Afternoon Tea	
Group Session 2	CAT 1 Medical Kit Review (Medications) Instructor:
Questions & Review	
PUB QUIZ	Group 1 v Group 2
Awards & Course Close	All Faculty - Presentation



Learning outcomes for the curriculum.

Day 1.

Welcome:

Course Overview,

- ◇ Expectations of the course
- ◇ Health & Safety
- ◇ Emergency Procedures and Evacuation.

Practical 1:

Underpinning Knowledge,

- ◇ Candidates to undertake a response to an incident (no Instructor input)
 - Establish a baseline of knowledge and experience.

Lesson 1:

Principles of Patient Assessment,

- ◇ Identify considerations when performing a scene assessment, including safety
- ◇ Identify the discrete steps in the standardised primary survey approach
 - X – controlling major haemorrhage
 - Airway
 - Breathing
 - Circulation.
- ◇ Discuss the components of the secondary survey,
 - Disability
 - Exposure and Environment.
- ◇ Discuss considerations in the preparation and transport of patients.

Lesson 2:

Airway, Breathing, Ventilation and Oxygenation,

- ◇ Review the anatomy and physiology of the airway
- ◇ Discuss the assessment of the airway
- ◇ Discuss various airway management techniques in trauma
- ◇ Understand the anatomy and physiology of the chest
- ◇ Understand the relationship between normal and supported ventilation
- ◇ List the common traumatic injuries that affect breathing and discuss treatment plans.

Practical 2: (Skill Station)

Airway & Breathing,

- ◇ OPA, NPA, Supraglottic Airways (LMA's and IGEL)
- ◇ Manual Ventilation using a Bag Valve Mask (rescue mask).

Lesson 3:

Circulation and Shock,

- ◇ Define shock, including signs and symptoms
- ◇ Discuss the management of shock
 - Limitations in the remote environment
 - Fluid resuscitation.

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Practical 3:

Baseline Observations,

- ◇ Taking Pulses (locations)
- ◇ Taking a Blood Pressure
- ◇ Respiratory Rates
- ◇ Temperatures
- ◇ Pulse Oximetry
- ◇ Recording Observations.

Lesson 4:

Chest Wound Trauma,

- ◇ Define chest wounds
- ◇ Types of chest wounds (fractured ribs, flail segment etc.)
- ◇ Management of chest injuries.

Lesson 5:

Bleeding Control -Parts 1 and 2 of the Stop the Bleed Course,

- ◇ Identification of a life-threatening bleed
- ◇ Arresting the bleed
 - Direct Wound Pressure
 - Wound Packing
 - Tourniquet applications.

Practical 4: (Skill Station)

Arresting the bleed,

- ◇ Direct Wound Pressure
- ◇ Wound Packing
- ◇ Tourniquet application.,

Lesson 6:

Head (Brain) and Spinal Trauma,

- ◇ Discuss the pathophysiology of trauma to the brain
- ◇ Discuss the assessment, recognition and treatment of patients with head injuries
- ◇ Discuss the pathophysiology of trauma to the spine
- ◇ Describe the assessment and treatment of patients with traumatic spinal injuries
- ◇ Indications for spinal immobilisation.

Practical 5:

Immobilisation,

- ◇ Immobilisation techniques
- ◇ The utilisation of Expedition Equipment
- ◇ Spine, Upper and Lower Limb Immobilisation.

Patient Assessment 1

- ◇ Scenario related to lessons above – (xABC Problem)
 - Assess understanding of assessment and treatment principles.

Patient Assessment 2

- ◇ Scenario related to lessons above – (Immobilisation)
 - Assess understanding of assessment and treatment principles.

End of day question time

- ◇ Prepare students for day 2
- ◇ Answer any questions or concerns.

Day 2.

Welcome:

- ◇ Day 1 review
- ◇ Any reported issues
- ◇ Safety briefing

Lesson 7:

Positioning Injured Patients,

- ◇ Discuss the rationale for the recovery position
- ◇ Discuss the stages of the recovery position
- ◇ Managing the patient while in the recovery position.

Practical 6:

Positioning Injured Patients,

- ◇ Demonstrate how to place a person into the recovery position.

Lesson 8:

Anaphylaxis & Autopen Administration,

- ◇ Identify signs of an anaphylactic reaction
- ◇ Discuss what epinephrine is, its role in an anaphylactic reaction, and how to administer it
- ◇ Identify the proper location of the injection site.

Practical 7: (Skill Station)

Anaphylaxis & Autopen Administration,

- ◇ Demonstrate the proper use of an epinephrine auto-injector.

Lesson 9:

Resuscitation Review and AED use (CellAED),

- ◇ DRS xABC - Overview and refresher (in the context of reality)
- ◇ Choking
- ◇ AED Use and Safety.

Practical 8:

- ◇ Resuscitation Practice DRS xABC (in the context of reality)
- ◇ AED practical use – Simulated delivery of shocks.

Lesson 10:

Burns, Scolds and wounds,

- ◇ Identify burn classification
- ◇ Management of burns, scalds and wounds
- ◇ Identifying severe burns and the correlation to other systems.
- ◇ Infection risks and mitigation.

Practical 9:

Cannulation and Intra Osseous (if applicable to the group),

- ◇ Landmarks for Cannulation
- ◇ Cannula Selection
- ◇ Practical insertion
- ◇ Indications for IO
- ◇ Decision to IO
- ◇ Practical application training/ review
- ◇ Simulated Live Training.

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Lesson 11:

Psychological First Aid,

- ◇ The invisible wounds of psychological trauma
- ◇ Reducing traumatic psychological stress
- ◇ Understanding the physiological stress response
- ◇ Applying the eSCAPE principle to patient care.

Groups Session 1:

Casualty simulations and practice,

- ◇ Implement teachings from the course
- ◇ Assess, treat and manage casualties within the scope of the environment
- ◇ Debrief scenarios.

Group Session: 2

CAT 1 Medical kit review,

- ◇ Discuss the contents of the CAT 1 Medical Kit
- ◇ Discuss the use of the medicines contained within the kit
 - Pharmacology
 - Indications and Contraindications
 - Cautions and limitation
 - Identify and discuss medications carried
 - Side effects of medications
 - Delivery of medications
 - Administration of intravenous fluids
- ◇ Understand the legality of possessing controlled medications (Codeine, Morphine etc.)
- ◇ Review understanding of participants' knowledge around items within CAT 1 Kit
- ◇ Answer questions and reinforce safe medicines control and management.

Questions and review of Blue Waters Medical Course

Final Fun Session:

Pub Quiz – Group v Group,

- ◇ Reinforce learning
- ◇ Final opportunity to reinforce any identified issues or knowledge gaps.

Awards and Close Course

The Blue Waters Medical Course, designed by Immediate Care Paramedics, will offer successful participants three awards after the course,

- ◇ The Blue Waters Medical Course Attendance Certification - Immediate Care Paramedics
- ◇ First On The Scene (FOTS) Course - Internationally Recognised First Responder Qualification (NAEMT)
- ◇ Stop The Bleed Bleeding Control Course – Internationally Recognised Qualification. (ACS)