



Syllabus

Term: 2025/26/1 **Subject name:** Accident prevention, First aid and Sport Hygiene **Subject code:** ENAEDZN1101

Unit (Unit code) (TESTNEV)

Lecturer responsible for the course: Dr. TÓTH Ákos Levente

Requirement: Term mark

Classes per week :

Classes per term:

Purpose of education:

The course enables students to acquire knowledge regarding general health, sports and exercises. With the knowledge obtained, the course enables students to do their work according to the demands of hygiene and aims at maintaining and regaining health. We would like to develop students' attitude to recognize that healthy life style, the promotion of health culture and eco way of life forms the part of general knowledge.

Contents:

1. The role and definition of first aid, the rules of first aid. The urgency, the time factor in first aid.
2. Basic life functions. Blood pressure, heart rate, respiration (breathing number) in different age groups. The patients condition (testing of conciousness, skin, respiration, circulation, pain, complains). Pathological (abnormal) respiration
3. BLS
4. Collapses, Epilepsy, Fever spasm. Blood sugar-level fluctuation. Respiratory tract protection, the "stable sidelaying".
5. Bleeding- inner and outer types
6. Capillary, vein, arterial bleeding. bleeding of the thoracic cavity, nasal bleeding, bleeding from the ears, mouth, pulmonal, stomach bleeding, extra-uterin pregnancy
7. Abdominal injuries, liver rupture, spleen rupture intestine rupture, kidney contusion
8. Tasks, the different laying technics, relieving bleeding, arterial pressure points.
9. Mechanical injuries
10. The types of wounds: sectioned, cut, crushed, pricked, wounds, bites, etc.
11. Bandaging, wound dressing
12. Bone injuries. Fracture, straine, luxation. Open and closed fracture.
13. The most important types of fractures, special fractures (spine, costal) pneumothorax, skull fractures. First aid, special types of bandageing

Poisoning



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System of examining and valuation:

2 written tests during the term (the satisfactory level is at least 50%)

Written or oral examination

Bibliography:

Philip Jevon: Emergency Care and First Aid for Nurses (Elsevier Limited, Oxford)

Nigel Barraclough (2014): Emergency First Aid Made Easy

Bibliography: