

Enhanced Emergency Skills Lesson/Session Plan

Teacher/Trainer	Date		Room :	
Course/topic	EES Initial	Time	9:00 – 17:00	Duration 2 days
Aim	To provide the underpinning knowledge and practice for Enhanced Emergency Skills program			

Timing	Objectives/learning outcomes The learner will note:	Resources	Teacher activities	Learner activities	Assessment
15 mins (9:00-9:15)	Induction process for delegates	Register to sign Declaration of Health form, label for name	Brief introduction of self (teacher); health and safety info, delegates register, toilets location, asking whether the full initial course has been completed prior to this	Each delegate to introduce themselves	Oral questions
5 mins (09:15-09:20)	Demonstration of all Competencies must be met		Engage learners by advising them of the requirements of the competency		
15 mins (09:20-09:35)	The ill or injured person, causes of illness or injury, assessment and vital signs	PowerPoint	Engage delegates in what causes the ill or injured person, the assessment of the ill or injured person and the vital signs which will be covered.	Be able to ask questions	Oral questions
10 mins (09:35-09:45)	MEWS	PowerPoint. Copy of MEWS chart for delegates and scenarios for trainer	To complete a MEWS chart from a scenario that the trainer can pick	To complete a MEWS chart	Completion of MEWS chart
5 mins (09:45-09:50)	People Moving and Handling	PowerPoint	Engage learners to think about whether we can move a patient in an emergency situation	Be able to ask questions	Oral questions
15 mins (09:50-10:05)	Recognition and prevention of deterioration using the ABCDE approach	PowerPoint	Engaging delegates in the underlying principles of using the A-E approach.	Encouraging that by using the A-E approach and getting help as quickly as possible means that the patient has a better chance of survival	Oral questions

25 mins (10:05-10:30)	Recovery Position Front and Back		Trainer to demonstrate first then delegates to demonstrate	Delegate to undertake placing each other in the recovery position from their back and front	Practical skill assessment
15 min	Tea break				
15 mins (10:45-11:00)	CPR	PowerPoint. Manikins, wipes, face shield (if required)	Trainer to demonstrate CPR and the correct procedure, talk about when to stop CPR and why it is so important	Perform CPR on a manikin	Practical skill assessment
15 mins (11:00-11:15)	CPR with pocket mask	Manikins, pocket mask, wipes, face shield (if required)	Trainer to demonstrate correct procedure for a pocket mask and why a pocket mask is used	Perform rescue breathes on a manikin with a pocket mask	Practical skill assessment
15 mins (11:15-11:30)	CPR with BVM	Manikins, BVM, wipes, face shield (if required)	Trainer to demonstrate correct procedure with Trust trainer for a pocket mask and why a pocket mask is used	Perform CPR using a BVM for rescue breathes on a manikin with a partner	Practical skill assessment
20 mins (11:30-11:50)	Supraglottic airway device (iGels) and Oral Pharyngeal airways. Correct insertion and removal of airway devices. Complications.	PowerPoint. Supraglottic airway device (iGels) and Oral Pharyngeal airways	Trainer to demonstrate the correct measuring technique of OP airways. To demonstrate safe and correct insertion of OP airways and iGels. Explain the possible complications.	To be able to safely insert OP airway and iGels and removal of the same.	Being able to demonstrate the insertion of OP airway and iGels and removal of the same.
20 mins (11:50-12:10)	Choking - signs, symptoms and treatment	PowerPoint	Trainer to talk about the signs, symptoms and treatment for choking. To demonstrate correct placement of hands	To demonstrate correct placement of hands	Correct placement of hands
20 mins (12:10-12:30)	Handheld suction and correct use of suction. Complications	PowerPoint. Handheld suction devices	To demonstrate safe and effective use of handheld suction device using a manikin by closing the airway and turning the casualty and then laying them back down and checking for breathing	To be able to use a handheld suction correctly by turning the patient and suctioning and then rolling the patient back again to check for breathing	To be able to use a handheld suction.
30 min	Lunch				

15 mins (13:00-13:15)	Utilisation of a ligature Knife • Safe practice • Utilisation • Methods	PowerPoint. Ligature knives, material or similar which could be used as a ligature	Trainer to demonstrate the safe and correct use of a ligature knife to include demonstration of cutting material and explaining the differences between the three. Explaining where to cut the ligature	To be able to safely use a ligature knife	Safe use of a ligature knife
10 mins (13:15-13:25)	Magills Forceps and pen torch	Magills forceps, pen torch, manikins, material for the mouth	Trainer to demonstrate the safe and correct use of a magills forceps with a pen torch to include demonstration of removal of material and explaining the need for a pen torch and the complications	To demonstrate safe use magills forceps and remove object from the mouth of the manikin	Demonstrate safe use magills forceps and remove object from the mouth of the manikin
10 mins (13:25-13:35)	The mechanism of breathing	PowerPoint	Engage delegates in the mechanism of how we breath and what normal respirations are	Be able to ask questions	Oral questions
10 mins (13:35-13:45)	Pulse Oximetry and cautions	PowerPoint Pulse Oximeter	Engage delegates in how pulse oximeters work and the cautions. How to use Pulse Oximeter and practice use of Pulse Oximeter	Practice use of Pulse Oximeter. Be able to ask questions.	Use of Pulse of Oximeter and oral questions
30 mins (13:45-14:15)	Lecture on O2 cylinders including the safe opening and closing and draining of the regulator. CD and F size.	CD cylinder (and F size cylinders and regulators, if available). pocket mask, BVM and high concentration mask	Engaging delegates on the safe use of O2 cylinders including the safe opening and closing and draining of the regulator. CD and F size (if available). Lecture on administration rates when using masks on a patient and saturation levels.	Safe use of oxygen cylinders. If available, being able to set up the O2 equipment.	If available, being able to set up the O2 equipment
15 mins (14:15-14:30)	Correct mask selection.	Pocket mask, BVM, high concentration mask, pulse oximeters.	Engaging learners in which mask to use and the complications of using the incorrect mask	Correct selection and use of mask	Being able to use and select the correct mask for the patients condition
15 min	Tea break				
15 mins (14:45-15:00)	Circulation. What it is and how it works	PowerPoint	Explain how the circulation works	Be able to ask questions	Oral questions

15 mins (15:00-15:15)	Pulse, what it is and how to take it and capillary refill	PowerPoint, Stethoscope, Sphygmomanometer,	Explain what the pulse is and practical demonstration of how to take a manual BP	Be able to take a manual BP Be able to ask questions	Use of manual BP equipment Oral questions
25 mins (15:15-15:40)	Clinical Shock and Burns – What it is, types and how to treat it	PowerPoint	Explain what clinical shock is and the types of bleeding and wounds. Explain how a burn is caused and depth of burns and treatment. Engage the delegate in how to treat clinical shock	Be able to ask questions	Oral questions
30 mins (15:40-16:10)	Checking contents of grab bag	Grab bag and check list	Engage delegates to work in groups to use check list for making sure all the contents are contained within the grab bag	Learner to be able to check and repack a grab bag.	Oral questions
30 mins (16:10-16:40)	Anaphylaxis – signs, symptoms and treatment	Auto injectors	Trainer to talk about the signs, symptoms and treatment for anaphylaxis. To demonstrate use of auto injectors	To use auto-injectors and ask questions	Use of auto injector
20 mins (16:40-17:00)	Homework. End of day any questions	Homework sheet	Explain the homework to the delegates	Do homework overnight	

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15 mins (9:00-9:15)	Induction process for delegates	Register to sign and Declaration of Health form day 2	Delegates register, declaration of fitness	Each delegate sign the register and declaration of fitness to confirm no changes from day 1	Oral questions
30 mins (09:15-09:45)	Assessment of homework	Card game	Engage learners by asking them to complete the card game	Complete card game	Oral questions and card game result
15 mins (09:45-10:00)	Heart attacks and Angina, signs, symptoms and treatment	PowerPoint	Engage delegates in what the difference is between heart attack and Angina. Discuss the signs and symptoms of both and treatment	Be able to ask questions	Oral questions
5 mins (10:00-10:05)	Disorders of consciousness	PowerPoint	Engage delegates in what the difference is between hypoxia and asphyxia	Be able to ask questions	Oral questions
15 mins (10:05-10:20)	Head Injuries, GCS and Levels of Response	PowerPoint GCS score Pupil chart	Engage learners to understand regarding head injuries, the GCS and how to use it and check pupils	Be able to ask questions	Oral questions
10 mins (10:25-10:30)	Blood Glucose including Diabetes, Hypoglycaemia and Hyperglycaemia	PowerPoint	Engage delegates in the what the levels of blood glucose should be. Difference between Hypoglycaemia and Hyperglycaemia and treatment thereof	Be able to ask questions	Oral questions
15 min	Tea break				

10 mins (10:30-10:40)	Seizures	PowerPoint	Signs and symptoms of a seizure and treatment	Be able to ask questions	Oral questions
30 mins (10:40-11:10)	Temperatures – Hot and Cold	PowerPoint.	Engage delegates in the signs, symptoms and treatment of extremes of temperatures	Be able to ask questions	Oral questions
30 mins (11:10-11:40)	Demonstration and practical use of AED • Setting up of equipment • Following defib instructions • Safe management & protocols for usage of an automated defib Leadership of resuscitation team.	AED and manikin	Demonstration of safe use of AED with a manikin, removal of hair, patches, sweat, ICD's etc and jewellery with safety issues. Correct placement of pads	To be able to learn to use an AED safely and know possible complications	Demonstration of application and practical use of AED
10 mins (12:10-12:20)	Head to toe inspection	Trust trainer	Trainer to demonstrate correct procedure with Trust trainer for a head to toe inspection	Be able to ask questions	Oral questions
10 mins (12:20-12:30)	Fractures	PowerPoint.	Engage the delegate regarding fractures, types, signs and symptoms and treatment	Be able to ask questions	Oral questions
30 min	Lunch				
15 mins (13:00-13:15)	Oxygen and saturation quiz	Oxygen and saturation quiz	Oxygen and saturation quiz	Oxygen and saturation quiz	Marking quiz
20 mins (13:15-13:35)	Recap of course	PowerPoint.	Trainer to engage delegates in a recap of the course	Be able to ask questions	Oral questions
55 mins (13:35-14:30)	Assessment from a variety of scenarios including CPR, AED, airway insertion. CPR, AED, airway insertion, suction and CPR, AED, airway insertion, suction, vomiting	Manikin and Grab bag	Assessing all delegates knowledge of • CPR • Airway management • Recovery position • Ligature knives	Being assessed on knowledge of CPR, grab bag and AED	Practical assessment

	casualty and recovery		• Airway obstruction • Oxygen administration • Use of suction and airway adjuncts • Vital signs • External defibrillation Assessment of practical skills on all aspects		
15 mi	Tea Break				
115 mins (14:45-16:40)	Continuing assessment from a variety of scenarios including CPR, AED, airway insertion. CPR, AED, airway insertion, suction and CPR, AED, airway insertion, suction, vomiting casualty and recovery	Manikin and Grab bag	Assessing all delegates knowledge of • CPR • Airway management • Recovery position • Ligature knives • Airway obstruction • Oxygen administration • Use of suction and airway adjuncts • Vital signs • External defibrillation Assessment of practical skills on all aspects	Being assessed on knowledge of CPR, grab bag and AED	Practical assessment
20mins (16:40-17:00)	Completing paperwork – Certificates, Competency sheets and evaluations	Certificates, competencies and evaluations	Engage delegates in how to complete the same	Complete relevant paperwork and return	