

Qualsafe Level 3 Award in
**First Response
Emergency Care (RQF)**

FREC 3 RPL Course

Course Overview and Lesson Plans



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Day One	
15 mins	Assembly and introductions
20 mins	Role and responsibilities <ul style="list-style-type: none"> • Role and responsibilities • Professional standards • Gaining and maintain consent • Recording and reporting • Patient specific documentation
45 mins	Incident assessment and management and patient assessment <ul style="list-style-type: none"> • Dynamic scene risk assessment • Safe approach • 10 second triage sieve and when to call for help • Primary and secondary survey
15 mins	Break
30 mins	Catastrophic bleeding recognition and control <ul style="list-style-type: none"> • Define and recognise catastrophic bleeding • External bleeding control methods • Haemostatic agents • Pelvic splint as a haemorrhage control device
60 mins	Essential airway assessment and management <ul style="list-style-type: none"> • Airway anatomy and physiology • Recognition of a difficult airway • Airway assessment and management • Recognising the need for clinical support
30 mins	Lunch
30 mins	Emergency oxygen and pulse oximetry <ul style="list-style-type: none"> • Health and safety principles • Indications for oxygen therapy • Oxygen therapy consumables • Ventilatory support using B-V-M • Monitoring effects of emergency oxygen • Administering emergency oxygen
30 mins	SKILLS TEST: Airway and ventilation management
60 mins	Basic life support and AED/defibrillation <ul style="list-style-type: none"> • Adult basic life support • Child basic life support • Infant basic life support • Adult/paediatric post-return of spontaneous circulation (ROSC) care • Special circumstances/BLS modifications • PRACTICAL ASSESSMENT: Basic life support and AED

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15 mins	Break
45 mins	Respiratory system and breathing difficulties <ul style="list-style-type: none"> • Respiratory system • Respiratory distress • Asthma attack • PRACTICAL ASSESSMENT: Assessment and treatment of illness 1 (Asthma)
30 mins	MULTIPLE CHOICE QUESTION PAPER: Component 1
15 mins	Day one close <ul style="list-style-type: none"> • Give feedback • Issue homework • Discuss next session

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Day Two	
10 mins	Assembly and welcome Learners back
15 mins	Triage exercise Medical emergencies quiz
45 mins	Medical emergencies Recognition and management of: <ul style="list-style-type: none"> • Stroke symptoms • Sepsis 'red flag' symptoms • Acute coronary syndrome • Meningococcal disease • Diabetic hypoglycaemia • Seizures including someone who is actively convulsing, someone with an altered level of consciousness, someone who has had a transient loss of consciousness
15 mins	Break
30 mins	Medical emergencies (cont.) <ul style="list-style-type: none"> • Recognition and management of anaphylaxis • Recognition and management of environmental exposure
30 mins	PRACTICAL ASSESSMENT: Assessment and treatment of illness 2 (Anaphylaxis)
45 mins	MULTIPLE CHOICE QUESTION PAPER: Component 3
30 mins	Lunch
30 mins	Burns and scalds, sudden poisoning, eye and minor injuries, compromised circulation <ul style="list-style-type: none"> • Recognition and management of burns and scalds • Recognition and management of sudden poisoning • Recognition and management of minor injuries and eye injuries • Circulatory system/circulatory compromise/circulation preservation
30 mins	INVIGILATED EXAM: Anatomy and physiology
45 mins	PRACTICAL ASSESSMENT: Assessment and treatment of trauma 1
25 mins	<ul style="list-style-type: none"> • Head, spinal and musculoskeletal injuries • Recognition and emergency care for suspected spinal and head injuries • Manual in-line stabilisation • Helmet removal • Recognition and emergency care for musculoskeletal injuries
15 mins	Break
50 mins	PRACTICAL ASSESSMENT: Assessment and treatment of trauma 2
45 mins	MULTIPLE CHOICE QUESTION PAPER: Component 2
10 mins	Course closure <ul style="list-style-type: none"> • Give feedback • Communicate pass/refer (subject to moderation) • Course close