

№ СтоМ 21- ИН

Federal State Budgetary Educational Institution of Higher Education

«North-Ossetia State Medical Academy»

of the Ministry of Healthcare of the Russian Federation

DEPARTMENT OF TRAUMATOLOGY AND ORTHOPEDICS

METHODICAL RECOMMENDATION

TO PERFORM AN INDEPENDENT WORK OF STUDENTS IN

THE DISCIPLINE "LIFE SAFETY»

**of the main professional educational program of higher education - specialty program in the
specialty 31.05.03 Dentistry, approved in December 25, 2020**

CONTENT:

The theme of the Methodological and legal bases of safety of human life.

Theme the impact of the environment on the safety of human life. Health and safety in health care organizations. Life safety and healthy lifestyle.

The theme of First aid for wounds. Temporary stop of external bleeding. Dressing.

Topic First aid for fractures and dislocations. Transport immobilization.

Topic Principles and methods of cardiopulmonary resuscitation.

Topic First aid in case of accidents and acute diseases.

The theme of Russia's national security. Modern wars and armed conflicts. Characteristics of the damaging factors of the weapon.

The theme of Emergency. Unified state system of prevention and liquidation of consequences of emergency situations.

The theme of the foundations of mobilization training and mobilization of health

Topic: "Methodological and legal basis of human life safety."

Questions to check the outgoing (basic) level of knowledge.

1. What is life safety?
2. Tasks of life safety

The purpose of the task.

The student must know:

bases of ensuring and normative legal base of safety of life activity of the population;
tasks and organizational structure of special formations of health care.
order of interaction of medical units and organizations in liquidation of consequences in emergency situations;
bases of the organization of medical supply of the formations and the organizations intended for elimination of consequences of emergency.
methodological and legal basis of human life safety;
risks associated with the use of modern means of armed struggle;
basic safety of society and the individual;
medical and health consequences of emergencies;
the basics of life safety in health care organizations;
features of the organization of medical care for children in emergency situations;
the main provisions of regulatory legal documents on the organization of medical support of the population in emergency situations of natural, man-made, road transport, explosion and fire;

The student must be able:

to carry out their responsibilities when working in the composition of the formations and institutions of service of medicine of catastrophes;
carry out basic measures to protect the population, patients, medical personnel and property from damaging factors in emergency situations;
identify dangerous and harmful environmental factors affecting the safety of life of the population;
choose methods of protection against hazards;
apply methods of protection against hazards in the course of the doctor's activities;

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Tasks for independent work.

1. What regulations do we refer to in everyday life?
2. Methodological and legal basis of human life safety
3. What are the causes and formation of the doctrine of BDZ.
4. List the purpose, objectives, subject of research in the BDZ.
5. What are the main provisions of regulatory legal documents on the organization of medical support of the population in emergency situations of natural, man-made, road transport, explosion and fire.
6. Fundamentals of security of society and the individual.

The impact of the environment on the safety of human life. Health and safety in health care organizations. Life safety and healthy lifestyle.

Questions to check the outgoing (basic) level of knowledge.

1. What is a healthy lifestyle?
2. Describe the algorithm of preparation of medical institutions to work in emergency situations.

The purpose of the task.

<p>The student must know:</p> <p>bases of ensuring and normative legal base of safety of life activity of the population; tasks and organizational structure of special formations of health care. order of interaction of medical units and organizations in liquidation of consequences in emergency situations; bases of the organization of medical supply of the formations and the organizations intended for elimination of consequences of emergency; methodological and legal basis of human life safety; risks associated with the use of modern means of armed struggle; basic safety of society and the individual; medical and health consequences of emergencies; the basics of life safety in health care organizations; features of the organization of medical care for children in emergency</p>	<p>Life safety. Safety in emergency situations of natural and man-made: Studies. Handbook of V. M. Akimov and others: Abris, 2012. "Consultant of a student» http://www.studmedlib.ru/book/ISBN9785437200490.html First aid for injuries and diseases Demichev S. V. M.: GEOTAR-Media, 2011 "Consultant of a student» http://www.studmedlib.ru/book/ISBN9785970417744.html</p> <p>Disaster medicine. Theory and practice: studies. benefit. Koshelev A. A., St. Petersburg. : ELBI-SPb, 2006 Military field surgery of local wars and armed conflicts E. K. Gumanenko, I. M. Samokhina M. : GEOTAR-Media, 2011. "Consultant of a student» http://www.studmedlib.ru/book/ISBN9785970419014.html</p>
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Tasks for independent work.

1. The system of labor protection and safety in health care institutions. Give a description for the various specialties of health
2. What types of instructing in labor protection exist in hiring and in staff time?
3. Describe the requirements for medical clothing.
4. Labor protection of medical workers.
5. Describe the threats to life and health of patients in medical institutions.
6. How to ensure the safety of patients?
7. Requirements for the safety of medical personnel.
8. Harmful factors affecting the activities of health workers in the performance of their professional duties.
9. Characteristics of physical, chemical, biological and psychophysiological potential hazards

First aid for injuries. Temporary stop of external bleeding. Dressing.

Questions to check the outgoing (basic) level of knowledge.

1. Specify the location of the pulse on the carotid artery.
2. Specify the place of finger pressing when bleeding from the vessels of the temporal region.
3. What is the maximum time of application of the tourniquet on the limbs in the warm season.
4. What is a venous tourniquet.
5. What is the location of the tourniquet when bleeding from the arteries of the upper extremities.
6. Specify the point of finger pressing of the femoral artery.
7. What is the maximum time a tourniquet on the limb when it is shifting.
8. What is the location of the tourniquet when bleeding from the artery of the lower limb.
9. Specify the indications for applying a pressure bandage.
10. Specify the period of stay of the limb in the most bent state.
11. Name the types of bleeding and give them a description.

The purpose of the task.

The student must know:

bases of ensuring and normative legal base of safety of life activity of the population;
tasks and organizational structure of special formations of health care, order of interaction of medical units and organizations in liquidation of consequences in emergency situations;
bases of the organization of medical supply of the formations and the organizations intended for elimination of consequences of emergency, methodological and legal basis of human life safety;
risks associated with the use of modern means of armed struggle;
basic safety of society and the individual;
medical and health consequences of emergencies;
the basics of life safety in health care organizations;
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Tasks for independent work.

1. Prepare a report, presentation/video on the topic of upper limb desmurgy
2. Prepare a report, presentation/video on the topic of lower limb desmurgy
3. Prepare a report, presentation/video on the theme of desmurgy of the head, neck
4. Prepare a report, presentation/video on the topic of body desmurgy
5. Temporary bleeding stop
6. The final stop bleeding

First aid for fractures and dislocations. Transport immobilization

Questions to check the outgoing (basic) level of knowledge.

1. What is a protective bandage.
2. In which case, the wound is pierced with antibiotics.
3. In some cases, remove the previously applied protective bandages.
4. What event is held for all wounded during evacuation.

The purpose of the task.

The student must know:

bases of ensuring and normative legal base of safety of life activity of the population;
tasks and organizational structure of special formations of health care, order of interaction of medical units and organizations in liquidation of consequences in emergency situations;
bases of the organization of medical supply of the formations and the organizations intended for elimination of consequences of emergency, methodological and legal basis of human life safety;
risks associated with the use of modern means of armed struggle;
basic safety of society and the individual;
medical and health consequences of emergencies;
the basics of life safety in health care organizations;
features of the organization of medical care for children in emergency situations;
the main provisions of regulatory legal documents on the organization of medical support of the population in emergency situations of natural, man-made, road transport, explosion and fire;

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Tasks for independent work.

1. Definition of injury.
2. Causes of injury.
3. Types of injuries.
4. Definition of injury, stretching, tears, compression, dislocation.
5. first medical aid for bruises, sprains, ruptures, compressions and dislocations.
6. Fractures.
7. Classification of fractures.
8. Transport immobilization.
9. First aid for fractures.
10. What are the errors and complications associated with improper immobilization?

Make an abstract / presentation on the topic:

Transport immobilization with specialized and improvised tyres

First aid for injuries and wounds

Primary surgical treatment of wounds.

Treatment of fractures

Treatment of dislocations.

Principles and methods of cardiopulmonary resuscitation.

Questions to check the outgoing (basic) level of knowledge.

1. What are the signs of cardiac arrest?
2. How is the external heart massage in newborns.
3. What is the ratio of heart tremors and the frequency of artificial breaths during resuscitation one lifeguard.
4. Which may facilitate the transition to partial obstruction of the Airways in complete.
5. What is the ratio of heart tremors and artificial respiration rate during resuscitation two rescuers.
6. What is used for artificial lung ventilation in the provision of first aid.
7. What are the indications for a tracheotomy?

The purpose of the task.

The student must know:

bases of ensuring and normative legal base of safety of life activity of the population;
tasks and organizational structure of special formations of health care, order of interaction of medical units and organizations in liquidation of consequences in emergency situations;
bases of the organization of medical supply of the formations and the organizations intended for elimination of consequences of emergency, methodological and legal basis of human life safety;
risks associated with the use of modern means of armed struggle;
basic safety of society and the individual;
medical and health consequences of emergencies;
the basics of life safety in health care organizations;
features of the organization of medical care for children in emergency situations;
the main provisions of regulatory legal documents on the organization of medical support of the population in emergency situations of natural, man-made, road transport, explosion and fire;

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Tasks for independent work.

Task 1

Male 57 years old at the bus stop, suddenly got sick, lost consciousness, skin cyanotene shade. Breathing is absent, the pulse on the carotid artery is not determined. Indirect heart massage and artificial lung ventilation have been started.

Make a preliminary diagnosis.

Define the criteria adequately held by the closed massage of heart and artificial ventilation of the lungs.

TASK №2.

A woman of 68 years of age with exercise occurred cardiac arrest.

List the signs of cardiac arrest.

ANSWER THE QUESTION:

1. Describe the technique of performing artificial lung ventilation method " from mouth to mouth."
2. After a period of time loss of consciousness occurs during cardiac arrest.
3. List the main signs of cardiac arrest.
4. Why external heart massage should be carried out simultaneously with artificial lung ventilation.
5. Specify the location of the pulse on the carotid artery.
6. Describe the technique of the reception of Safar.
7. Specify the technique of performing closed heart massage in infants.
8. Are we doing a pre-cardiac event?

Prepare an abstract/presentation / video on the topics:

1. Measures of the first medical and first aid at cardiopulmonary resuscitation.
2. Methods of resuscitation of victims in emergency situations.
3. Algorithm of cardiopulmonary resuscitation in different age groups/

First aid for accidents and acute diseases.

Questions to check the outgoing (basic) level of knowledge.

1. An accident is ...? Types of accidents.

2. injuries and its types.

3. What refers to the first aid complex?

The purpose of the task.

The student must know:

bases of ensuring and normative legal base of safety of life activity of the population;
tasks and organizational structure of special formations of health care. order of interaction of medical units and organizations in liquidation of consequences in emergency situations;
bases of the organization of medical supply of the formations and the organizations intended for elimination of consequences of emergency. methodological and legal basis of human life safety;
risks associated with the use of modern means of armed struggle;
basic safety of society and the individual;
medical and health consequences of emergencies;
the basics of life safety in health care organizations;
features of the organization of medical care for children in emergency situations;
the main provisions of regulatory legal documents on the organization of medical support of the population in emergency situations of natural, man-made, road transport, explosion and fire;

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Tasks for independent work.

TEST QUESTIONS ON THE TOPIC ABDOMINAL TRAUMA

Is it necessary to correct the open wound bone fragments in the provision of first medical aid.

It is much more expedient to introduce an anesthetic for isolated fractures of the sacrum, coccyx, ruptures of the symphysis at the stage of first aid.

What should be done in the case of the eventration of internal organs from the abdomen through the wound in the first aid.

How to change blood pressure when shifting the victim with abdominal damage from a stretcher to a stretcher.

That certainly used to provide artificial ventilation in the provision of first and medical aid in the presence of through defects in the tissues of the lips, cheeks, nose, floor of the mouth.

In some cases, it is necessary to remove and replace the previously applied bandages 'in the provision of first aid.

In what position is to transport patients with spinal cord injury.

CHECKLIST TRANSPORTATION IMMOBILIZATION IN INJURIES OF THE PELVIS.

What are the means to transport victims with severe pelvic injuries.

What methods of temporary stop of bleeding are effective for injuries of the gluteal region.

What method of anesthesia is used for fractures of the pelvis.

Specify the location of the suprapubic puncture of the bladder.

TEST QUESTIONS ON THE TOPIC OF CHEST INJURIES.

List the indications for applying the occlusive dressing.

In some cases, performed retrosternal blockade.

What are the criteria for the effectiveness of novocaine blockade.

Where the pleural cavity is punctured to remove the fluid.

Describe the technique of performing a pleural puncture.

TEST QUESTIONS ON THE TOPIC OF TRANSPORT IMMOBILIZATION FOR INJURIES OF THE ABDOMEN.

Whether it is necessary to correct in an open wound the dropped-out internal organs at first aid.

What complications can be with the imposition of a dense circular bandage.

What are the most preferred mode of transport for the evacuation of victims with abdominal damage.

What complications can be at shifting of victims from a stretcher on a stretcher.

Features of the aseptic bandage application in the event of the internal organs of the abdominal cavity.

TEST QUESTIONS ON THE TOPIC OF TRANSPORT IMMOBILIZATION IN TRAUMATIC BRAIN INJURY.

1. How to stop bleeding from the lingual artery.
2. What kind of immobilizing bandage should be for fractures of the lower jaw body.
3. List the indications for applying a pressure bandage.
4. How fixed chin and maxillary standard tires.

Russian national security. Modern wars and armed conflicts. Characteristics of the damaging factors of the weapon.

Questions to check the outgoing (basic) level of knowledge.

1.What is national Security?

2. What modern wars and conflicts do you know about?

The purpose of the task.

The student must know: bases of ensuring and normative legal base of safety of life activity of the population; tasks and organizational structure of special formations of health care. order of interaction of medical units and organizations in liquidation of consequences in emergency situations; bases of the organization of medical supply of the formations and the organizations intended for elimination of consequences of emergency. methodological and legal basis of human life safety; risks associated with the use of modern means of armed struggle; basic safety of society and the individual; medical and health consequences of emergencies; the basics of life safety in health care organizations; features of the organization of medical care for children in emergency situations; the main provisions of regulatory legal documents on the organization of medical support of the population in emergency situations of natural, man-made, road transport, explosion and fire;	Life safety. Safety in emergency situations of natural and man-made: Studies. Handbook of V. M. Akimov and others: Abris, 2012. "Consultant of a student" http://www.studmedlib.ru/book/ISBN9785437200490.html First aid for injuries and diseases Demichev S. V. M.: GEOTAR-Media, 2011 "Consultant of a student" http://www.studmedlib.ru/book/ISBN9785970417744.html
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Tasks for independent work.

1. List the concept of National Security.
2. Providing first aid and medical care in case of disasters in peacetime and wartime.
3. First aid and medical care for children in various emergency situations.
4. The algorithm of carrying out manipulations in various injuries of the person.
5. What preventive measures are carried out in emergency situations in peacetime and during the war?
6. Evacuation of the victim in the application of modern armed forces.
7. Describe methods of protection against extremely dangerous factors.

Questions to check the outgoing (basic) level of knowledge.

1. Definition, tasks and basic principles of construction and functioning of the Unified state system of prevention and liquidation of emergency situations
2. Tasks, organizational structure of sanitary-epidemiological service for work in emergency situations.

The purpose of the task.

The student must know: bases of ensuring and normative legal base of safety of life activity of the population; tasks and organizational structure of special formations of health care. order of interaction of medical units and organizations in liquidation of consequences in emergency situations; bases of the organization of medical supply of the formations and the organizations intended for elimination of consequences of emergency. methodological and legal basis of human life safety; risks associated with the use of modern means of armed struggle; basic safety of society and the individual; medical and health consequences of emergencies; the basics of life safety in health care organizations; features of the organization of medical care for children in emergency situations; the main provisions of regulatory legal documents on the organization of medical support of the population in emergency situations of natural, man-made, road transport, explosion and fire;	Life safety. Safety in emergency situations of natural and man-made: Studies. Handbook of V. M. Akimov and others: Abris, 2012. "Consultant of a student" http://www.studmedlib.ru/book/ISBN9785437200490.html First aid for injuries and diseases Demichev S. V. M.: GEOTAR-Media, 2011 "Consultant of a student" http://www.studmedlib.ru/book/ISBN9785970417744.html Disaster medicine. Theory and practice: studies. benefit. Koshelev A. A., St. Petersburg. : ELBI-SPb, 2006 Military field surgery of local wars and armed conflicts E. K. Gumanenko, I. M. Samokhina M. : GEOTAR-Media, 2011. "Consultant of a student" http://www.studmedlib.ru/book/ISBN9785970419014.html Military toxicology, radiobiology and medical protection: textbook Kutsenko St. Petersburg.: Folio, 2004 Disaster medicine. Course of lectures: studies. allowance Levchuk I. P., Tretyakov N. V. M. : GEOTAR-Media, 2012, 2013, 2015 "Консультант студента" http://www.studmedlib.ru/book/ISBN9785970433478.html Organization and provision of medical assistance to the population in emergency situations : studies. allowance Zhilyaev, E. G. M. : FSUE, 2001. - 320 p. Organization of medical care in emergency situations: studies. manual VI Sakhno et al. SPb. : Folio, 2003 Disaster medicine: Rogozina I. V. M.: GEOTAR-Media, 2014, 2015 "student Consultant" http://www.studmedlib.ru/book/ISBN9785970429365.html Life safety: studies. allowance Hwang, T. A., Hwang P. A. Rostov n/D : Feniks, 2014 Military field surgery: textbook by E. K. M. Gumanenko: GEOTAR-Media, 2012, 2015.«Консультант студента» http://www.studmedlib.ru/book/ISBN9785970431993.html additional literature Life safety: a textbook, ed. by I. P., Levchuk M.: GEOTAR-Media, 2016 Medical care in disasters: a textbook musalatov Kh. a., M. : Medicine, 1994. Safety and protection of the population in emergency situations: studies.-method. allowance for training with a population of Hook N. A., V. N Latchook M. : NC ENAS, 2001 Anesthesia and resuscitation in the emergency medicine Slepushkin V. D., Selivanov, V. A., and IPP them. V. Gassieva, 2005 Radiation hygiene: a textbook Ilyin L. A., Kirillov V. V., Korenkov I. P. M. : GEOTAR-Media, 2010 "Consultant of a student" http://www.studmedlib.ru/book/ISBN9785970414835.html Combat damage in local wars. Trauma of the brain, auditory and vestibular system in explosions (etiology, pathogenesis, clinic, diagnosis, treatment). SPb. : ELBI-SPb, 2001 Emergency toxicology Afanasyev V. M.: GEOTAR-Media, 2010 "student Consultant" http://www.studmedlib.ru/book/ISBN9785970418345.html Safety and protection of the population in emergency situations: textbook for the population Kirillov G. N. M.: NC ENAS, 2003 Explosive destruction: a manual for physicians and students Nechaev E. A., Petersburg. : Folio, 2002 Organization of liquidation of medical and sanitary consequences of biological, chemical and radiation terrorist acts: practical guide Onishchenko G. M. : FSU "vtsmk "Protection", 2005. - 328 p. Emergencies and epidemic foci: method. allowance Otaria B. I.
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Tasks for independent work.

1. List the main tasks of the Unified state system of prevention and liquidation of consequences of emergency situations.
2. The management of the Unified state system of prevention and liquidation of consequences of emergency situations.
3. Give the concept of emergency, accident, natural disaster
4. Write the classification of emergency
5. Describe the damaging factors of emergencies and their health consequences
6. Describe how to provide first aid to those affected in emergency situations

To prepare a report or presentation on the topic:

1. The provision of first aid and medical assistance in cases of poisoning by mushrooms (including magic mushrooms).
2. Providing first aid and medical treatment for drug overdose.
3. Providing first aid and medical treatment for alcohol poisoning and its surrogates.
4. First aid and first aid in case of drug poisoning.
5. Providing first aid and medical care for insect bites, snakes.
6. Providing first aid and medical care in case of poisoning with heavy metals, mercury.

7. Providing first aid and medical care in the sun and heat stroke.
8. Providing first aid and medical treatment in the flood.
9. First aid and medical aid in case of earthquake.
10. Providing first aid and medical care for burns and frostbite.