

<b>ID</b>	3730
<b>Curricular Unit</b>	Prevention, Safety and Emergency
<b>Regent</b>	Fernando Manuel da Cruz Duarte Pereira
<b>Learning Outcomes</b>	<ul style="list-style-type: none"> <li>- To prevent, detect, and treat life threatening emergency situations and sport injuries.</li> <li>- To develop strategies to increase safety practices in physical activities.</li> <li>- To Increase the health benefits of physical activity.</li> </ul>
<b>Syllabus</b>	<p>Introduction.  Fundamental Concepts.  Injury prevention.  Disease triangle.  Emergency medical system ("Star of Life").  Scene safety, kinematics of trauma, mechanism of injury.  Cardio-respiratory system emergency.  Basic Life Support ("Survival Chain").  Airway, Breathing, Circulation.  Basic or Pre-hospital trauma Life Support.  Patient assessment skills.  Sports First Aid and Sports Injuries - Their Prevention and treatment.  Shock.  Head Trauma, spinal trauma, extremity trauma, burns.  Neural dysfunction and exposition.  Human performance and Environment: Heat and cold injuries.  Acute and Overuse Injuries, symptoms and signals.  Common sudden Disease.  Managing the risks of organizational accidents.  Risk assessment and reduction in products, services and processes.  Risk Factors and Protective Sports Equipment.  Fire Emergency and evacuation plans.</p>
<b>Evaluation</b>	To be updated
<b>Bibliography</b>	<p>NAEMT, American College of Surgeons (2003). PHTLS Basic and Advanced Prehospital Trauma Life Support. St. Louis, Mosby.</p> <p>This Curricular Unit has a personalized support site available for the registered students in the LMS (Learning Management System - SGA E-learning, FMH) with multiple documents, exercises, references, links and activities suggestions.</p>