

Advanced Level First Aid – First Responders

Introduction

Medical First Response (MFR) services are a longstanding component of Manitoba's emergency medical response system. MFR services support ambulance response by providing initial first aid care before an ambulance arrives. Currently, MFR personnel are trained to the Emergency Medical Responder (EMR) level. Rural MFRs only respond to local incidents and are therefore able to arrive at a patient's side much faster than an ambulance.

Manitoba has established a new model for MFR services that will train personnel to the First Responder level. Unlike EMRs, First Responders will not be registered with the College of Paramedics of Manitoba and will have less-extensive educational requirements. Instead, they will receive targeted training to identify and to assess problems, to apply appropriate life-sustaining treatments and to perform rapid patient evacuations from life-threatening environments.

Manitoba Health, Seniors and Long-Term Care is surveying first aid educators to determine existing advanced-level first aid courses that meet education requirements for the proposed First Responder role.

For Manitoba Health, Seniors and Long-Term Care to verify that a course meets or exceeds the educational requirements for First Responders, educators must submit an application with detailed course information to the Licensing and Compliance branch.

Applications and/or inquiries can be sent to EMSLicensing@gov.mb.ca.

Educational Requirements

An acceptable first aid course must:

- Have a course length of at least 70 hours and should not exceed 120 hours
- Include the didactic, practical and testing components within the hours of course length
- Maintain a current certification status up to three years
- Include recertification through a condensed recertification course, which includes a testing component.

An acceptable first aid course must include the following topics:

Training Content Requirements

Licensing and Compliance Branch

Topic Area	Subject	Competency(ies)
Professionalism	Maintaining patient dignity	Acknowledge and demonstrate principles of equity, diversity, inclusion and accessibility cultural differences
		Acknowledge personal privacy
		Demonstrate empathy
	Appropriate dress and hygiene	Identify appropriate dress for situation and environment
	Functioning effectively in a team environment	Demonstrate working collaboratively as a team member
	Practicing effective problem solving	Describe effective problem solving
		Demonstrate effective problem solving
		Describe common characteristics of real or potential crime scenes
		Identify the requirements for reporting real or suspected situations of abuse
Communication	Telecommunications devices	Identify relevant legislation and regulations
		Describe the components of a telecommunication report
	Verbal reporting	Organize information for a verbal report
		Demonstrate an organized, accurate and relevant verbal report
	Interacting with patients, relatives, and bystanders	List factors that contribute to stress in patients, relatives, and bystanders
		Identify verbal and non-verbal indicators of stress
		Describe common communication barriers
		Describe techniques to maximize the effectiveness of communication
		Demonstrate effective communication techniques
	Non-verbal communication	Acknowledge the relationship between sincerity, genuine interest, and active listening
		Demonstrate active listening
		List behaviours that help establish trust
		List behaviours that help establish rapport
	Written reporting	Distinguish between threatening and non-threatening behaviours
		Organize information on a written report

Training Content Requirements

Licensing and Compliance Branch

Topic Area	Subject	Competency(ies)
Interpersonal skills	Being respectful	Understand the need to protect confidentiality
		List examples of ways to demonstrate respect
		Identify and apply principles of equity, diversity, inclusion and accessibility
	Showing empathy and compassion	Describe behaviours that convey empathy and compassion
		List common emotional reactions exhibited by patients, relatives, bystanders, and care providers
		Identify verbal and non-verbal means of supporting others displaying emotional reactions
	Acting confidently	Identify risks associated with overconfidence
		Distinguish between assertive and aggressive behaviour
	Using diplomacy	Discuss diplomacy, tact, and discretion
		Demonstrate behaviour showing diplomacy, tact, and discretion
Lifting and moving techniques	Using safe biomechanics	Describe potential injuries common to care providers
		Describe strategies to reduce risk of injury
	Using emergency evacuation techniques	Describe situations where emergency evacuation may be required
		Describe emergency lifting and moving techniques
		Describe alternative techniques and conditions for use
		Demonstrate emergency lifting and moving techniques
Safe work environments	Assessing scene safety	Describe factors contributing to scene safety
		Demonstrate techniques for assessment of scene safety
	Addressing occupational hazards	List potential occupational hazards
		List potential occupational hazards
		Demonstrate techniques to manage occupational hazards
	Defusing and self-protection behaviours	Describe methods of de-escalation
		Describe methods of self-protection
	Infection prevention and control techniques	Identify common routes of disease and infection
		Apply infection control precautions

Training Content Requirements

Licensing and Compliance Branch

Topic Area	Subject	Competency(ies)
		Describe appropriate procedures for the disposal of sharps and contaminated supplies
		Describe personal protective equipment
		Integrate infection control precautions and safe handling procedures
		Demonstrate proper use of personal protective equipment
	Cleaning and disinfecting equipment	List equipment and supplies required to clean/disinfect equipment
		List techniques to clean and disinfect equipment
Assessment	Obtaining a SAMPLE history	S – Signs and symptoms that the patient is experiencing
		A – Information about allergies
		M – List of current medications
		P – Past medical history
		L – Last oral intake before onset of complaints
		E – Events leading up to onset of complaints
	Conducting primary patient assessment	Evaluate life-threatening findings from primary assessment
		Apply appropriate sequential technique for primary assessment
		Apply primary assessment to different age groups
		Demonstrate techniques for primary assessment
		Adapt assessment technique to primary assessment findings
	Assessing airway	Evaluate for signs and symptoms (stridor, secretions, bleeding, snoring, etc.) of airway obstruction
		Evaluate for signs and symptoms (facial burns, carbonaceous sputum, facial trauma, expanding neck hematoma, etc.) of impending airway obstruction
		Recognize potential C-Spine injury
		Modify respiratory assessment to patient age
	Assessing breathing	Evaluate breathing rate and effort
		List factors that influence breathing rate
		Demonstrate breathing assessment
	Assessing circulation - pulse	Modify pulse check to age of patient
		Evaluate arterial pulse rate, rhythm, and quality

Training Content Requirements

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Topic Area	Subject	Competency(ies)
		Distinguish between normal and abnormal findings
		Identify factors that influence pulse rate
		Demonstrate pulse assessment
	Assessing circulation – skin condition	Identify skin condition parameters as colour, temperature, and moisture
		Identify the factors that affect skin colour, temperature, and moisture
		Distinguish between normal and abnormal findings
		Identify how to assess skin colour changes in different races
		Evaluate and measure capillary refill
	Assessing pupils	Distinguish between normal and abnormal findings when assessing pupils for size and reactivity to light
		Demonstrate pupil assessment
	Assessing level of consciousness	Demonstrate assessment of level of responsiveness – Alert, Verbal, Pain or Unresponsive (AVPU)
	Assessing disability	Demonstrate assessment of neural deficits such as numbness, weakness, or inability
	Assessing environmental exposure	Minimize heat loss
	Identifying signs, symptoms and pathophysiology of:	<ul style="list-style-type: none"> ○ ACS ○ Anaphylaxis ○ Cardiac Arrest ○ Hypoglycemia ○ Opioid Overdose ○ Hypoxemia/Respiratory Arrest ○ Asthma/COPD ○ Shock ○ Seizures ○ Stroke
Airway management	Upper airway positioning	Describe the techniques for opening upper airway
		Demonstrate positioning of head, neck, and jaw to improve upper airway opening in both traumatic and non-traumatic situations for various age groups
		Demonstrate management of potential complications of airway maneuvers

Training Content Requirements

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Topic Area	Subject	Competency(ies)
	Suctioning	Identify the purpose of and indication for oropharyngeal suctioning
		Describe suctioning equipment
		Explain standards of maintenance for suctioning equipment
		Identify pressure limitations for suctioning various age groups
		Operate appropriate suctioning devices for various age groups
		Demonstrate safe oropharyngeal suctioning
		List potential complications of suctioning
		Demonstrate how to clean and disinfect suctioning equipment
	Oropharyngeal airway	Identify the purpose and indication for inserting an oropharyngeal airway
		Discuss oropharyngeal airway types and sizes
		Perform insertion of an oropharyngeal airway for various age groups
		Adjust to changes in patient presentation
	Removing upper airway foreign body	Identify indications for upper airway foreign body removal
		Demonstrate methods to relieve upper airway obstruction
		Modify upper airway obstruction removal for various age groups
		Adjust to changes in patient presentation
		Identify potential complications of airway foreign body removal
Oxygen supplementation	Preparing oxygen equipment	Identify purpose and indications for oxygen administration
		Identify oxygen administration complications
		Describe safe handling of oxygen delivery system
		Discuss oxygen administration precautions
		Describe the sequential steps for setting up oxygen delivery systems
		Operate oxygen delivery systems.
		Demonstrate cleaning and disinfection of oxygen delivery systems
	Administering oxygen with high concentration mask	Identify the purposes of and indications for the use of a high concentration mask

Training Content Requirements

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Topic Area	Subject	Competency(ies)
		Perform oxygen administration using a high concentration mask and a pocket mask
		Adjust to changes in patient presentation
Providing ventilation	Providing oxygenation and ventilation using pocket mask	Identify purpose and indication for using a pocket mask
		Demonstrate ventilation using a pocket mask
		Evaluate the effectiveness of ventilations
	Providing oxygenation and ventilation using manual positive pressure device	Identify the purpose of and indication for the use of a manual positive pressure device
		Discuss rate, rhythm, volume, and compliance
		Perform one-person and two-person ventilation using a manual positive pressure device for various age groups
		Evaluate the effectiveness of ventilation
Maintaining circulation	Conducting cardiopulmonary circulation (CPR)	Identify the purpose of and indication for CPR
		Perform CPR on various age groups, and CPR while moving a patient from site of collapse
		Discuss potential complications of CPR
		Adapt to changes in patient presentation
	Controlling external hemorrhage	Identify indications for hemorrhage control using direct pressure
		Demonstrate hemorrhage control using direct pressure for various age groups
		Discuss potential complications of hemorrhage control using direct pressure
		Identify indications for hemorrhage control using a tourniquet
		Demonstrate use of a tourniquet
		Discuss potential complications of hemorrhage control using a tourniquet
	Conduct automated external defibrillation	Describe and explain the purposes of automated external defibrillation
		Discuss the indication for automated external defibrillation
		Identify and discuss the various types of automated external defibrillators
		List and explain complications to the use of automated external defibrillation
		Provide defibrillation equipment maintenance and testing
		Operate an automated external defibrillator

Training Content Requirements

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Topic Area	Subject	Competency(ies)
		Integrate CPR procedures and automated external defibrillation procedures
Caring for soft tissue injuries	Lacerations, avulsions, abrasions, penetrating	Identify the purposes of and indications for soft tissue dressing, bandaging and immobilization
		Describe the various types of dressings and bandages
		Demonstrate and perform appropriate dressing, bandaging and immobilization procedures
		Adjust to changes in patient presentation
	Burns	Identify the purposes of and indications for dressing a burn
		Describe types of burn dressings
		Demonstrate application of burn dressing
		Adjust to changes in patient presentation
	Eye injury	Identify the purposes of and indications for an eye dressing
		Describe types of eye dressings
		Demonstrate application of eye dressing
		Adjust to changes in patient presentation
	Embedded objects	Identify the purposes of and indications for dressing a wound with an embedded object
		Describe situations in which an embedded object must be removed
		Demonstrate management of an embedded object
		Adjust to changes in patient presentation
	Localized cold injury	Describe methods for local cold injury assessment
		Identify the purposes of and indications for caring for local cold injury
		Identify the types of tissue damage that may result from local cold injury
		Demonstrate care for local cold injury
		Adjust to changes in patient presentation
	Environmental Injury	Describe pathophysiology of hyperthermia, hypothermia, and drowning
		Identify the signs and symptoms of environmental injuries including hyperthermia, hypothermia, and drowning
		Demonstrate care for hyperthermia, hypothermia, and drowning

Training Content Requirements

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Topic Area	Subject	Competency(ies)
		Adjust to changes in patient presentation
Caring for musculoskeletal (MSK) injuries	Joint injuries	Identify signs and symptoms of a joint injury
		Identify the purposes of and indications for immobilizing an injured joint
		Describe types of splints
		Demonstrate splinting
		Adjust to changes in patient presentation
	Suspected appendicular skeletal injury	Identify signs and symptoms of a possible fracture not involving the spinal column
		Distinguish between open and closed fractures.
		Identify signs and symptoms of neurological and/or vascular compromise in a fractured extremity
		Discuss splints for use based on patient presentation
		Demonstrate treatment of suspected fractures
	Spinal injuries	Identify signs and symptoms of a spinal injury
		Explain how the mechanism of injury and illness can affect spinal injuries
		Demonstrate proper immobilization techniques for spinal injuries
Administering medication	Principles of pharmacology of medications within the scope of practice [Acetylsalicylic acid (chewable); Distilled water; Epinephrine (Epi Pen 0.3mg and Epi Pen 0.15mg); Glucose (Insta Glucose tube); Naloxone kit; Oxygen (D cylinders); Salbutamol (inhaler with aero chamber)]	Identify the medication generic, trade and official names
		Perform calculation to determine the amount of medication prescribed
		Discuss indications, relative and absolute contraindications, side effects, dosage parameters, and safe administration process for each medication
		List the signs, symptoms of overdose for each medication
	Assisting patients with their prescribed medications	Identify provincial policies and directives for assisting patients with their own prescribed medication
		Discuss the benefits, advantages and disadvantages of assisting a patient with their own medications
		Discuss the limitations associated with assisting patient with their own medication
	Following safe processes for medication administration	Explain the “Seven Rights” of medication administration

Training Content Requirements

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Topic Area	Subject	Competency(ies)
	Administering medication by intramuscular route	Apply policies when medication administration errors occur
		Identify medical conditions and indications for intramuscular administration of epinephrine and naloxone
		Evaluate appropriate site for the injection
		Demonstrate preparation of an auto injector device
		Demonstrate preparation of a patient for intramuscular medication administration
		Demonstrate how to provide medications using a sequential step method of administration
	Administering medications orally	Discuss the benefit of medication administration via oral route in comparison to other routes.
		Discuss the risks associated with oral medications
		Demonstrate how to provide oral medications using a sequential step method
	Administering inhaled medications	Discuss the benefit of inhaled medication administration in comparison to other routes
		Discuss the risks associated with inhaled medications
		Demonstrate how to provide inhaled medications using a sequential step method
	Administering medications intranasally	Discuss the benefit of intranasal medication administration in comparison to other routes
		Discuss the risks associated with intranasal medications
		Demonstrate how to provide intranasal medications using a sequential step method

Appendix A – First Responder Medication List

Acetylsalicylic acid (chewable)
 Distilled water
 Epinephrine (Epi Pen 0.3mg and Epi Pen 0.15mg)
 Glucose (Insta Glucose tube)
 Naloxone kit
 Oxygen (D cylinders)
 Salbutamol (inhaler with aero chamber)