

	Day 1	Day 2	Day 3	Day 4	Day 5
0800-0900	Introduction -Preview of skill & knowledge objectives -Major topics in course -Preview of demonstrations and sham treatments	Introduction to first aid BLS, CPR, AED & o2 administration  -Principles and Priorities of First Aid -DRABC	Wounds and Bleeding -types of wound -wound management	First aid management in normobaric and hyperbaric environments  -Shock -hypoxia	Decompression sickness -pathophysiology -predisposing factors
0900-10:00	-Attendance, grading, evaluation & examination policies -	-Basic life support and CPR - use of AED -CPR -Drowning victim	<u>Wound dressing practical</u>	-Anaphylaxis -respiratory & cardiac arrest	-Signs and symptoms -Neuro exam LOC
10-1015	Tea break	Tea break	Tea break	Tea break	Tea break
10:15-11:15	Review of gas laws, diving physics & physiology	-Hazard identification -Personal hygiene/barriers <u>Records and fitness</u> Baseline records	<u>Fractures, sprains &amp; muscle trauma</u>	-Convulsions -pulmonary oedema	Treatment <b>IMCA Neuro video</b>
11:15-12:15	<u>Role of the medic</u> -Responsibilities as a diver -Responsibilities as a medic -Liaison with others	Pre and post dive evaluation <u>Use and delivery of oxygen</u> -Safety -Different masks	<u>Immobilisation, splinting &amp; neck collars (practical)</u>	-Burns -Near drowning injury	<b>Neuro practice practical</b>
12:15-13:00	Lunch break	Lunch break	Lunch break	Lunch break	Lunch break
13:00-14:00	<u>Basic Anatomy &amp; Physiology</u> -Respiratory system -Circulatory system	<u>BLS &amp; CPR practical session</u> • O2 administration • Use of AED	<b>Practical Scenarios</b> <b>Manual Handling Patients</b> <b>Chamber Scenario</b> <b>2hours</b>	<u>Gas toxicity</u> -Current, generally accepted concepts of O2 toxicity	First Aid Kits at Diving Operation Sites
14:00 – 15:00	-Musculoskeletal system Nervous system	Secondary survey & the unconscious patient -Recording vital signs -Basic neuro exam LOC	<b>Scenarios continued</b>	-Lung toxicity -CNS toxicity	<b>Review diving physics</b>
15:00-16:00	Common medical terminology	<u>Incident scenario</u> <b>Covering BLS, CPR, AED, o2 administration, basic neuro</b>	Barotrauma -Squeeze	-Carbon dioxide toxicity -Carbon monoxide toxicity	<b>Review gas toxicity including worksheets</b>
16:00 - 17:00	<b>Question sheet/worksheets and answers</b>	<b>Scenarios continued</b> <b>Including use of BP cuff, stethoscope, o2 sensor</b>	-Lung over pressure	-Nitrogen Narcosis -HPNS	<b>Vital sign recording review, use of AED &amp; vitals equipment</b>
17:00 – 18:00		<b>Question sheet/worksheets and answers</b>	<b>Question sheet/worksheets and answers</b>	<b>Question sheet/worksheets and answers</b>	<b>Question sheet/worksheets and answers</b>

	Day 6	Day 7	Day 8	Day 9	Day 10
08:00 -09:00	<b>Revision only</b> ALS & CPR Infection control	<u>Catheterisation</u> - Male - Female	Theory of infusion	<u>Hazardous marine life</u> Common marine hazardous Signs, symptoms, acute treatment	PRACTICAL ASSESSMENTS
09:00 – 10:00	DMAC 01 Neuro exam review	Practical session of catheterisation	Fluid resuscitation	Ears, teeth, eyes Ear infections & treatment Tooth problems & ED care Eye injuries and treatment	PRACTICAL ASSESSMENTS
10:00 – 10:15	Tea Break	Tea Break	Tea Break	Tea Break	Tea Break
10:15 - 11:15	Management of Medical Emergencies within a Diving Bell	Drugs Common emergency drugs Indications Usual dose	<u>IV cannula insertion</u> Theory session  Practical practice of IV line insertion	Environmental accidents ED management of near drowning ED management of hyper- hypothermia	PRACTICAL ASSESSMENTS
11:15 – 12:15	Thermal Trauma IMCA bell video	Adverse reactions Contraindications Five Rs (including diabetes & anaphylaxis management)	Management of IV fluids Priming line, sterile techniques	THEORY ASSESSMENT (2hours)	PRACTICAL ASSESSMENTS
12:15 – 13:00	Lunch break	Lunch break	Lunch break & transport to chamber	Lunch break & transport to chamber	Lunch break & transport to chamber
13:00 – 18:00	<u>Practical session at chamber</u> CPR Secondary Survey Incident Scenarios Includes review of DCI, neuro exam, BLS, CPR, ET tubes, IV lines, vital signs	<u>Injections (1 hour)</u> - Sub cut - IM Practical session (1hour)  Insertion of Pleural Drains	<u>Airway management</u> -ET tube, LMA, Nasopharyngeal, guedel  Open wounds & basic suturing	(start at 14:00) Practical sessions & scenarios at chamber Includes review of DCI, neuro exam, BLS, CPR, ET tubes, IV lines, vital signs	Debrief and review
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