



LESSON PLAN

# First aid anaphylactic

## TRAINING DETAILS

**MODE OF INSTRUCTION:** Online training using an interactive module on a web platform.

**TIME CONSECRATED:**

Course:	1.25 hours
Laboratory and/or practical work:	0.25 hours
Personal work:	0 hours

**CRÉDITS:** 1.5 hours of training

**TRAINING VALID FOR A PERIOD OF:** 3 years

**SCHEDULE:** Online course: 7 days a week, 24 hours a day

The lessons may be temporarily unavailable during your training. A note will be posted on the main page of [www.academiesb.com](http://www.academiesb.com) and/or you will receive an email to this effect.

**LINK OF TRAINING:** <https://academiesb.com/en/courses/first-aid-anaphylactic/>

**COORDINATES, AVAILABILITY AND TECHNICAL SUPPORT:**

Messenger: [m.me/AcademieSB](https://m.me/AcademieSB)  
E-mail: [info@academiesb.com](mailto:info@academiesb.com)  
Phone: 1-866-691-0911

**AVAILABILITY:** 7 days a week, 24 hours a day

Please note that a response will be sent to you within 48 hours of receiving your message.

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# 1 COURSE DESCRIPTION

## 1.1 INTRODUCTION

During an allergic-type emergency, it is the duty of every citizen to know how to react and know what to do. The **First-aid anaphylactic** lesson can be adapted to your workplace and social environment.

This training will help ensure that everyone is safe in a safe environment.

All persons, mainly those who are working or who want to work with the public, should be required to take 1.5 hours of allergic first aid training. This training concerns severe allergic reactions of the anaphylactic type. Each certification issued is valid for a period of 3 years.

## 1.2 GENERAL OBJECTIVE OF THE COURSE

This training teaches you to recognize the signs and symptoms of an allergic reaction of the anaphylactic type. The candidate will be able to apply the emergency measures to be taken in cases of severe allergies of the anaphylactic type.

## 1.3 SPECIFIC COURSE OBJECTIVES

The **First aid anaphylactic** course allows candidates to :

- Referred to section 2.2 Detailed information on contents and activities.

## 1.4 EDUCATIONNAL APPROACH

Active resolution on theoretical alternative active training, reflection, concrete and active scenarios and simulation of emergency medical situation. The training also favors an inductive pedagogical approach. Each lesson begins with an exercise or scenario for a candidate in decision, management or action. This first part often raises questions which are then enlightened in the second part of training by a lesson. Theoretical notions of emergency medical management will be presented in each lesson. These lessons are inspired by realities on the ground, met by the trainers of the Saint-Bernard Academy, all health professionals. The online training sessions will be conducted as follows:

- Exposures of the elements of skills to be mastered;

- Presentation via the interactive online module of the website;
- Demonstration on manikin;
- Evaluation questionnaires confirming the mastery of different theories;
- Exercise and situation to assimilate;
- Practice at home and simultaneous theoretical contribution.

**IMPORTANT :**

The list of learning activities and evaluations that will be used during the training is shown in the table in section 2.1 List of contents and activities.

## 1.5 LEARNING ACTIVITIES

Mandatory readings : No compulsory reading is required prior to the training. Precise bibliographies and readings from additional sources will be provided to allow you to assimilate concepts related to the subject.

<https://academiesb.com/en/bibliography/>

Presentations via the interactive module of our web platform: In order to explain the subject, a series of interactive presentations have been prepared to target and understand the main concepts.

Practical exercises : Practical exercises, simulations and simulations will make it possible to apply, in specific contexts, the theoretical concepts of the course and to put you in concrete situation of analysis and strategic reasoning.

## 1.6 FRAMEWORK

Throughout your training, you can contact the Saint-Bernard Academy by e-mail, phone or Facebook Messenger. However, the preferred means of communication is e-mail (to ensure that all participants have access to the same information and avoid duplication of responses from the Academy). The Saint-Bernard Academy reads all the messages. The questions will not be processed instantly; You will receive an answer within 48 hours.

## 2 CONTENTS AND ACTIVITIES

### 2.1 LIST OF CONTENTS AND ACTIVITIES

ANAPHYLAXIS	
Title of the lesson	Duration (in min.)
MODULE 1 – ANAPHYLACTIC REACTIONS	36
EVALUATION 1 – ANAPHYLACTIC REACTION	15
MODULE 2 – ANAPHYLAXIS SEQUENCE OF ACTIONS	13
EVALUATION 2 – RESPONDING TO ANAPHYLAXIS	11
TOTAL MINUTES OF TRAINING	(75)
1 BREAK PERIOD RECOMMENDED	(15)

#### IMPORTANT :

Take note that the duration of lessons can differ from one candidate to another due to the ability of the reader to integrate the various theorems and contents taught.

### 2.2 DETAILED INFORMATION ON CONTENT AND ACTIVITIES

#### 2.2.1 ANAPHYLAXIS

##### 2.2.1.1 Module 1 – Anaphylactic reactions

Specific objectives :

- Learn the goals of the training;
- Know the roles of the speaker;
- Learn the definition of anaphylaxis;
- Learn to recognize the different allergens;
- Learn to recognize the different signs and symptoms of an allergic reaction;
- Learn the different physiological reactions following an allergic reaction;
- Know the effects of epinephrine;

- Learn good injection techniques for epinephrine;
- Learn the clinical intervention protocol in order to be able to inject epinephrine;
- Know the operation of auto-injectors;
- Reduce the candidate's stress in the event of a possible use of the auto-injector;
- Know the different risks related to auto-injectors.

### *2.2.1.2 Module 1 – Anaphylaxis sequence of actions*

Specific objectives :

- To learn the good techniques of intervention in the face of a victim suffering from an allergic reaction of anaphylactic type;
- To control a complete intervention against a victim suffering from an allergic reaction of the anaphylactic type.

## 3 EVALUATION AND RESULTS

### 3.1 LIST OF SUMMARY EVALUATIONS AND FORMATIVE EVALUATIONS

ANAPHYLAXIS		
TITLE	WORK MODE	WEIGHTING
Evaluation 1 – Anaphylactic reaction	Individual online	50%
Anaphylaxis sequence of actions	Individual online	N/A
Evaluation 2 – Responding to anaphylaxis	Individual online	50%

### 3.2 DETAILED INFORMATION ON SUMMATIVE EVALUATIONS

#### 3.2.1 ANAPHYLAXIS

##### *3.2.1.1 Evaluation 1 – Anaphylactic reaction*

Delivery date : You have a maximum of 10 chances

Work mode : Individual online



- Weighting : 50%
- Evaluation delay : You have one hour to complete the exam
- Evaluation guideline : You will be assessed using a multiple choice exam. The questionnaire will confirm that the candidate masters the theories present in the anaphylactic reaction section.

Criteria for evaluating the questionnaire of the introduction :  
The pass mark is set at 80%

### *3.2.1.2 Anaphylaxis sequence of actions*

- Delivery date : You have a maximum of 10 weeks to complete this section
- Work mode : Individual online
- Weighting : N/A
- Evaluation delay : You have all the time you want to complete this section.
- Evaluation guideline : You will master an intervention against a victim (a child) in anaphylactic-type allergic reaction, with 1 first-aid attendant.

Criteria for evaluating the questionnaire of the introduction :  
No minimum pass mark is required. The candidate can resume this section as long as he feels the need to master the concepts perfectly.

### *3.2.1.3 Evaluation 2 – Responding to anaphylaxis*

- Delivery date : You have a maximum of 10 chances
- Work mode : Individual online
- Weighting : 50%
- Evaluation delay : You have one hour to complete the exam
- Evaluation guideline : You will be assessed using a multiple choice exam. The questionnaire will confirm that the candidate masters

the theories present in the responding to anaphylaxis section.

Criteria for evaluating the questionnaire of the introduction :

The pass mark is set at 80%

### 3.3 GRADING SCALE

COTE	% MINIMUM	% MAXIMUM
A+	93	100
A	90	92.99
A-	87	89.99
B+	84	86.99
B	81	83.99
B-	78	80.99
C+	75	77.99
C	71	74.99
C-	68	70.99
D+	65	67.99
D	60	64.99
E	0	69.99

### 3.4 DEADLINES MANAGEMENT

Following the purchase of your training(s), you have a reasonable 10 weeks to complete your training. An inactivity of the account for more than 10 weeks results from a temporary suspension of the candidate's account. In order to reactivate your account, it is the candidate duty to enter in communication with the Saint-Bernard Academy to reactivate his account and giving back his access to the purchased formation(s).



### 3.5 STUDENTS WITH DISABILITIES, LEARNING DISABILITIES OR MENTAL DISORDERS

Applicants with disabilities can inform the Saint-Bernard Academy at the beginning of their training so that accommodation measures can be set up by the Academy as an extension of the deadline.

### 3.6 PORTABLE COMPUTER AND SOFTWARE REQUIREMENT

Applicants must have a computer compatible with the computer environment of the Saint-Bernard Academy to participate in training. Minimum software requirements for compatibility with the Saint-Bernard Academy :

Operating system :

- Windows 8.1, 8, 7 or Vista or later.

Navigator :

- Internet Explorer 8.0 or later;
- Google Chrome;
- Firefox 3.5 or later;
- Safari 5 or later.

### 3.7 THE SAINT-BERNARD ACADEMY EVALUATION

A summative evaluation of the training can be conducted during the training. This evaluation will be confidential and only consulted by the Saint-Bernard Academy to determine if the pedagogical formula is correct and if some adjustments are necessary before the end of your training. Following your training, the Saint-Bernard Academy can conduct an evaluation of the training to verify if the pedagogical formula was appreciated. Please note that this evaluation is confidential. On the website of the Saint-Bernard Academy, a hypertext link is available so that you can share your comments:

[info@academiesb.com](mailto:info@academiesb.com)

## 4 DIDACTIC MATERIAL

No teaching material is required to complete the training.

## 5 MEDIAGRAPHY AND ANNEX

You will find on the website of the Saint-Bernard Academy various links allowing you to deepen your knowledge in first aid:

<https://academiesb.com/en/bibliography/>