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ZAGABIA

BLENDED INTENSIVE PROGRAM
Healthcare Excellence in Lifesaving Practice - HELP

AUTHORS:

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1. INTRODUCTION

Blended intensive programs are short intensive programs that use innovative learning and teaching methods, including online cooperation. By enabling new and more flexible formats that combine physical mobility with a virtual part, blended intensive programs aim at reaching all types of students from all backgrounds, study fields, and cycles. ([Blended Intensive Programmes - Erasmus+ & European Solidarity Corps guides - EC Public Wiki](#)). This study program was developed and implemented by the University department of Nursing at the Catholic University of Croatia. Upon program completion, each student who meets the necessary criteria will be awarded 3 ECTS credits and a certificate of program completion. Numerical grades are not assigned.

2. GENERAL INFORMATION

2.1. TITLE

Healthcare Excellence in Lifesaving Practice - HELP

2.2. EDUCATIONAL GOAL OF THE PROGRAM

The program aims to provide students with interdisciplinary knowledge and practical skills required for effective performance in emergency medicine. Participants will develop critical competencies in basic life support (BLS), the use of automated external defibrillators (AED), patient immobilization, and teamwork in high-pressure scenarios. The program also emphasizes ethical decision-making, communication, and cultural sensitivity, enabling students to collaborate across international and professional boundaries in the field of emergency healthcare.

2.3. TARGET GROUP OF PARTICIPANTS OF THE PROGRAM AND COMPETENCIES FOR WHICH THE PARTICIPANTS WILL BE TRAINED

This program is intended for students of medicine and healthcare studies, including nursing, midwifery, physiotherapy and paramedicine. It aims to provide participants with essential skills and knowledge in emergency medicine, such as basic life support (BLS), the use of automated external defibrillators (AED), patient assessment, and immobilization techniques. The program also emphasizes interdisciplinary collaboration, preparing students to work effectively in diverse and dynamic healthcare teams in emergency and critical care settings. Students who will enroll in the Program are students from institutions that have signed inter-institutional agreements with the Department of Nursing of Catholic University of Croatia and can participate in the program through the Erasmus+ mobility program of the European Union. Students at the Catholic University of Croatia can also enroll in this program.

2.4. HOLDER OF THE PROGRAM

The Catholic University of Croatia (from now on the University) is the host of the program, based on Article 57, Paragraph 6 of the Act on Higher Education in Scientific

Activities in Croatia. The proposer of the Program is the Council of the University Department of Nursing of the Catholic University of Croatia.

The program's head is assistant professor Ph.D. Ivica Matić and the program's performers are Damir Važanić, PhD, Zoran Turza, PhD, Saša Balija and Marin Čargo.

3. DESCRIPTION

3.1. CURRICULUM

The program is conducted as a classic university course. Teaching will be conducted using interactive teaching methods and different media to actively involve all participants in the teaching process. Before and during the program, part of the teaching will take place online according to the instructions within the Erasmus+ Program, which foresees such a form of teaching for Blended Intensive Program.

Program Details

Scientific area / field	Healthcare studies
Academic year	2024/2025
Semester	Summer
Level	Undergraduate
Title	Healthcare Excellence in Lifesaving Practice - HELP
Objective of the program	Acquire and improve skills in BLS.
ECTS	3
Prerequisites	English B1
Teaching Language	English
Examination and Grading	To be passed without grading
Examination Manner	Oral report and demonstration
Final Exam Date	Last day of the program
Types of activities	Online lectures from April to June, two online meetings with the professor who will mentor each student, read texts, analyze texts, discuss texts, prepare an oral report, and final oral reporting on the chosen topic.
Types of teaching	Lectures, workshops, round table, individual work with a mentor professor
Monitoring of students' work	Class attendance (online and live), activity in class, oral report, skills demonstration

3.2. TEXTBOOKS AND MATERIALS

1. Gavin D. Perkins, Jan-Thorsen Gräsner, Federico Semeraro, Theresa Olasveengen, Jasmeet Soar, Carsten Lott, et al. Resuscitation Council Guidelines 2021: Executive summary, Resuscitation, 161, 2021, 1-60, <https://doi.org/10.1016/j.resuscitation.2021.02.003>.

3.3. TOPICS:

VIRTUAL LECTURES (8 hours):

- Introduction to Emergency Medicine: Basic principles and protocols (IM)
- Ethics in Emergency Situations (ZT)
- Discussion after study visit

IN-PERSON SESSIONS (40 hours):

1. **Basic Life Support (BLS):**

- Training with clinical models for chest compressions and rescue breathing (DV, SB)
- Use of masks and self-inflating resuscitation bags (DV, SB)

2. **Automated External Defibrillator (AED):**

- Education and practical exercises using educational AED devices (DV, SB, IM, MČ)

3. **Choking Management in Adults and Children:**

- Practice with models simulating choking in infants (up to 1 year) and children (up to 6 years) (DV, SB, IM, MČ).

4. **Recovery Position:**

- Practical exercises for safely placing a patient in the recovery position (IM, MČ).

5. **Bleeding Control:**

- Hands-on training with bandages, gauze, and tourniquets for hemorrhage management (IM, SB, MČ).

6. **Helmet Removal and Shantz Collar Placement:**

- Techniques for safe removal of helmets and proper application of Shantz collars (DV, SB)

7. **ABCDE Assessment of a Critically Ill Patient:**

- Systematic approach to evaluating basic vital functions. (DV, SB)

8. **Rapid Trauma Assessment:**

- Training in rapid evaluation techniques for trauma patients. (SB)

9. **Basic ECG Interpretation:**

- Understanding basic heart rhythms (IM)

10. **Panel Discussion during study visit:**

- Insights into the organization of emergency responses during major accidents and disasters, with real-life case studies, Ethics in Emergency Situations (DV, ZT).

Each topic includes student's preparation for classes, a lecture, and a workshop in which practical skills demonstration will take place based on the lectures and student preparation. In this way, they will apply the acquired theoretical and practical knowledge to provide support in emergencies.

3.4. LEARNING OUTCOMES OF THE PROGRAM

- Execute an ABCDE assessment
- Demonstrate rapid trauma evaluation
- Demonstrate basic life support (BLS) techniques
- Differentiate basic ECG rhythms
- Recognize malignant rhythms
- Use an AED
- Perform choking management for different age groups
- Control bleeding and utilize tourniquets effectively
- Value the organization of emergency healthcare systems during disasters.

3.5. PROGRAM EXECUTORS

Ivica Matić, PhD, Head of the Department of Nursing at the Catholic University of Croatia, ass. prof. and an expert with extensive experience in nursing practice and education.

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ASSOCIATES:

Damir Vražanić, PhD, Assistant Professor at the Department of Nursing at the Catholic University of Croatia and the Deputy Director of the Croatian Institute for Emergency Medicine.

Saša Balija, MNS, President of the Croatian Nursing Society for Emergency Medicine.

Marin Čargo, MNS, assistant at the Department of Nursing at the Catholic University of Croatia

Zoran Turza, PhD is an assoc. prof. at the Catholic University of Croatia with research interests in ethics, ecology and theology.

3.6. DURATION OF THE PROGRAM EXECUTION

Obligations of participants will be 90 hours (3 ECTS) that covers:

Presentations and workshops (5 days x 8 hours): 40 hours

Study visit: 10 hours

Student's preparation and reading time: 30 hours

Student's reports: 2 hours

Online meetings: 8 hours

4. CONDITIONS OF IMPLEMENTATION OF THE PROGRAM

4.1. SPACE AND EQUIPMENT

The program is realized in the Catholic Elementary School in Šibenik for seven days.

4.2. NUMBER OF PARTICIPANTS AND ENROLLMENT CONDITIONS

The planned number of students is 30. The enrollment condition is a signed inter-institutional collaboration between the Department of Nursing of the Catholic University of Croatia and the institution that would send its students to this program. Information about holding the program and how to apply will be available on the university's website and social networks and in institutions that could have interested participants.

5. PROGRAM FINANCING

The implementation of the Program is financed from the Erasmus+ project for BIP programs, for which the amount has already been ensure. Incoming teachers and students are financed from their own Erasmus+ funds for their mobility by the instructions and practice in implementing this type of program. The allocated funds are planned to be used for organizing various activities as part of this Program, including expenses such as bus rental for transportation between Zagreb and Šibenik.

6. MONITORING THE QUALITY AND SUCCESS OF PROGRAM IMPLEMENTATION

The Rulebook monitors the quality and success of the Program on the Quality Assurance System and the Manual on the University's Quality Assurance System during and after the Program, namely: evaluation of the Program by participants and self-analysis of the Program to improve, improve, and modernize it.

7. CONDITIONS OF COMPLETION OF THE PROGRAM AND ISSUANCE OF CERTIFICATE

Participants who attend all classes submit a report, give an oral report, and complete an evaluation to meet the program's requirements for completion. Upon completion, participants will receive a certificate issued by the university. The participants will be issued an addendum containing the program's objectives and learning outcomes along with the certificate.

Detailed Daily Schedule (29 June – 5 July 2025)

Daily activities will be structured as follows:

Date	Detailed Daily Schedule
Sunday, June 29	11:00 Departure from Zagreb to Šibenik by bus

	18:00 Dinner and accommodation 20:00 Opening session: Welcome & Orientation
Monday, June 30	08:00–09:00 Breakfast 09:00–13:00 Introduction to Emergency Medicine + BLS practical (lecture + workshop) 13:00–14:00 Lunch 14:00–18:30 Free time / Swimming 19:00 Dinner 20:00 Evening activity: Meet & Greet (students and teachers)
Tuesday, July 1	08:00–09:00 Breakfast 09:00–13:00 AED training + Choking Management 13:00–14:00 Lunch 14:00–18:30 Free time / Swimming 19:00 Dinner 20:00 Evening activity: Cultural night (presentation of cities and countries)
Wednesday, July 2	08:00–09:00 Breakfast 09:00–13:00 Recovery position + Bleeding control + Helmet removal 13:00–14:00 Lunch 14:00–18:30 Free time / Swimming 19:00 Dinner 20:00 Evening activity: Guided tour of Šibenik Cathedral and Museum
Thursday, July 3	08:00–09:00 Breakfast 09:00–13:00 ABCDE assessment + Rapid trauma assessment + ECG 13:00–14:00 Lunch

	14:00–18:30 Visit to Krka National Park 19:00 Dinner 20:00 Free evening or group reflection
Friday, July 4	08:00–09:00 Breakfast 09:00–13:00 Panel discussion and practical reviews 13:00–14:00 Lunch 14:00–19:30 Trip to island Prvić: lecture, swimming, dinner 20:00 Boat return to Šibenik
Saturday, July 5	08:00–09:00 Breakfast 09:00–11:00 Final oral reports and evaluation 11:00 Departure by bus to Zagreb

Proposed Evening and Cultural Activities

- Orientation session on arrival
- Teacher-student networking event
- Cultural night: songs, presentations etc.
- Museum and cathedral evening tour
- Visit to Krka National Park
- Island Prvić trip with lecture, dinner, and return by boat