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ABSTRACT This instructor's packet accompanies the learning activity package (LAP) on syncope (fainting). Contents included in the packet are a time sheet, suggested uses for the LAP, an instruction sheet, final LAP reviews, a final LAP review answer key, a student performance checklist, suggested activities, an additional resources list, and student completion cards to issue to students as an indicator of successful LAP completion. (YLB)

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SYNCOPE

What is it?



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CALIFORNIA STATE DEPARTMENT OF EDUCATION
Wilson Riles, Superintendent of Public Instruction
Sacramento, 1982

CE 033-807

SYNCOPE

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1982

"Learning Activity Packages"

Instructors dream of having the time and opportunity to enhance their teaching techniques by developing supportive instructional materials. A first step toward fulfilling this dream has been taken with the completion and presentation of this year-long project. Twelve learning activity packages (LAPs) have been developed for use in health occupations programs. These LAPs represent many hours of composing, compiling, pasting, cutting, editing, and revising by the four consultant writers. Their dedication, individuality, and expertise are reflected in the final products. Topics were chosen for development by the task force which were versatile and could be utilized by most health occupation instructors. It is the goal of all of the members of the task force that you as a health career educator will utilize these LAPs in the various ways suggested and perchance be motivated to develop more topics of your own following a similar format.

Without the cooperation, sharing, caring, and quality support of the following people and agencies, this project would not have been successful; the warmest of "thank you's" to:

The Project Coordinator, Vivian Bender

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INSTRUCTOR'S PACKET

A LAP IS AN INDIVIDUALIZED LEARNING ACTIVITY PACKAGE TO ASSIST THE STUDENT TO ACQUIRE KNOWLEDGE FOR A SPECIFIC TOPIC.

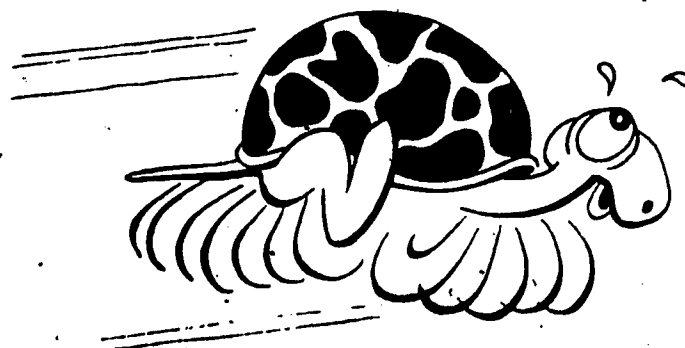
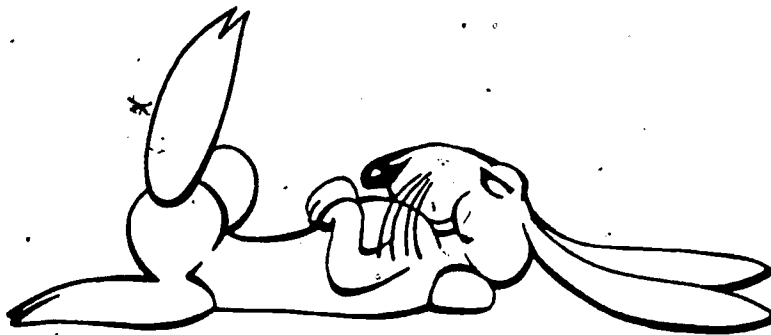
INCLUDED IN THIS PACKET ARE THE FOLLOWING:

1. SUGGESTED USES FOR LAP
2. INSTRUCTION SHEET
3. LAP REVIEW
4. LAP REVIEW KEY
5. SUGGESTED ACTIVITY LIST
6. ADDITIONAL RESOURCES
7. STUDENT COMPLETION CARDS
8. STUDENT WORK SHEET

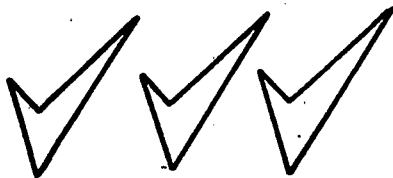
TIME REQUIRED WILL VARY WITH EACH STUDENT, BUT THE INSTRUCTOR

SHOULD ALLOW AT LEAST _____ MINUTES FOR THE STUDENT TO

COMPLETE THIS LAP.



SUGGESTED USES FOR THE MATERIALS INCLUDED IN THIS LAP ARE LISTED BELOW:



REVIEW

EVALUATION

SPIRIT MASTERS

XEROX

HANDOUTS

REMEDIAL WORK

TOPIC CHALLENGE FOR STUDENT

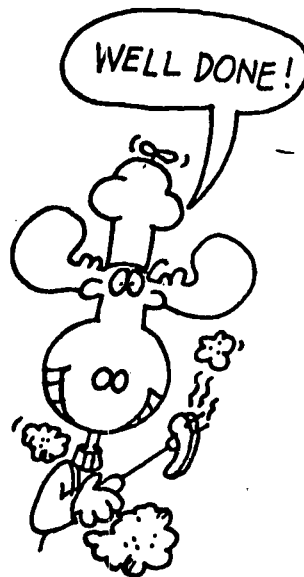
OVERHEADS

DITTOS

POSTERS

MAKE-UP WORK

CLASSROOM ACTIVITIES



1. GIVE EACH STUDENT A LAP.
2. HAVE EACH STUDENT READ THE LAP AND COMPLETE THE REVIEW SECTIONS.
THE STUDENT MUST GET EVERY QUESTION IN THE REVIEW SECTION CORRECT BEFORE CONTINUING ON TO THE NEXT TOPIC. IF ALL OF THE ANSWERS ARE NOT CORRECT, REPEAT THE SECTION OR TOPIC.
3. WHEN THE LAP IS COMPLETED, THE LAP AND WORK SHEETS SHOULD BE TURNED IN TO THE INSTRUCTOR, AND THE STUDENT SHOULD BE GIVEN THE FINAL LAP REVIEW.
4. AFTER ALL* OF THE FINAL LAP REVIEW QUESTIONS ARE ANSWERED CORRECTLY, THE STUDENT WILL RECEIVE A COMPLETION CARD. COMPLETION CARDS ARE INCLUDED IN THIS PACKET.
5. THE TIME FOR COMPLETING THE LAP WILL VARY WITH EACH STUDENT.

*IF THE STUDENT DOES NOT ANSWER ALL OF THE QUESTIONS CORRECTLY, RETURN THE LAP TO THE STUDENT FOR FURTHER REVIEW.

STUDENT WORKSHEET

NAME _____
 DATE _____
 CLASS _____

REVIEW I.

WHAT IS SYNCOPE? _____

WHAT CAUSES SYNCOPE? _____

REVIEW II.

LIST SIX CONDITIONS THAT CAUSE SYNCOPE.

- | | | |
|----------|----------|----------|
| 1. _____ | 2. _____ | 3. _____ |
| 4. _____ | 5. _____ | 6. _____ |

REVIEW III.

TRUE/FALSE

- | | | |
|----------|----------|----------|
| 1. _____ | 2. _____ | 3. _____ |
| 4. _____ | 5. _____ | |

FINAL REVIEW

TRUE/FALSE

- | | |
|----------|-----------|
| 1. _____ | 8. _____ |
| 2. _____ | 9. _____ |
| 3. _____ | 10. _____ |
| 4. _____ | 11. _____ |
| 5. _____ | 12. _____ |
| 6. _____ | 13. _____ |
| 7. _____ | 14. _____ |



FINAL LAP REVIEW

ANSWER TRUE OR FALSE ON YOUR WORK SHEET.

- | | | |
|--|---|---|
| 1. SYNCOPE IS THE ACT OF FAINTING. | T | F |
| 2. SYNCOPE IS DIRECTLY CAUSED BY TOO MUCH BLOOD TO THE BRAIN. | T | F |
| 3. FEAR OF PAIN DOES NOT CAUSE A PERSON TO FAINT. | T | F |
| 4. THE SIGHT OF BLOOD MAY CAUSE A PERSON TO FAINT. | T | F |
| 5. LOSS OF CIRCULATING BLOOD VOLUME, DUE TO ACCUMULATION OF BLOOD IN THE LEGS BECAUSE OF STANDING TOO LONG IN ONE PLACE, IS A CAUSE OF FAINTING. | T | F |
| 6. FEELING OF LIGHTEADEDNESS NEVER OCCURS BEFORE YOU FAINT. | T | F |
| 7. THE SKIN IS NEVER PALE, COLD, AND CLAMMY BEFORE YOU FAINT. | T | F |
| 8. IF THE PATIENT IS IN THE BEGINNING STAGES OF SYNCOPE, HE OR SHE SHOULD STAND UP AND TURN HIS OR HER HEAD TO THE LEFT AND RIGHT. | T | F |
| 9. THE TRENDELENBURG POSITION IS WHEN THE HEAD IS LEVEL WITH THE BODY. | T | F |
| 10. SPIRITS OF AMMONIA MAY BE USED AS A REFLEX STIMULANT. | T | F |
| 11. SPIRITS OF AMMONIA SHOULD BE HELD BRIEFLY UNDER THE PATIENT'S NOSE. | T | F |
| 12. TIGHT CLOTHING SHOULD BE LOOSENED IN ALL CASES OF FAINTING. | T | F |

13. A COLD TOWEL IS PLACED ON THE FOREHEAD OF A PERSON THAT HAS FAINTED. T F

14. IF THE PATIENT IS IN THE BEGINNING STAGES OF SYNCOPE, HIS OR HER HEAD MAY BE PLACED BETWEEN THE KNEES, WITH HIS OR HER ARMS HANGING LOOSE. T F

DEMONSTRATE TO INSTRUCTOR.

15. IN ACCORDANCE WITH THE INSTRUCTIONS GIVEN IN THIS LAP, PLEASE DEMONSTRATE THE PROPER TREATMENT OF A PERSON WHO IS ABOUT TO FAINT.

FINAL LAP REVIEW. ANSWER KEY

1. T
2. F
3. F
4. T
5. T
6. F
7. F
8. F
9. F
10. T
11. T
12. T
13. T
14. T
15. SEE STUDENT PERFORMANCE CHECKLIST.

STUDENT PERFORMANCE CHECKLIST

NAME _____

DATE _____

- | | <u>YES</u> | <u>NO</u> | <u>REMARKS</u> |
|--|------------|-----------|----------------|
| 1. WHEN PATIENT WAS IN THE BEGINNING STAGES OF SYNCOPE, INSTRUCTED PATIENT TO PLACE HIS OR HER HEAD BETWEEN THE KNEES, WITH ARMS HANGING LOOSE | | | |
| 2. PLACED HAND ON BACK OF PATIENT'S HEAD AND INSTRUCTED PATIENT TO APPLY UPWARD PRESSURE WITH HEAD | | | |
| 3. PLACED PATIENT FLAT WITH LEGS ELEVATED | | | |
| 4. PLACED COLD TOWEL ON PATIENT'S FOREHEAD | | | |
| 5. BROKE AMMONIA CAPSULE AND QUICKLY WAVED UNDER THE PATIENT'S NOSE | | | |
| 6. INSTRUCTED PATIENT TO REST BEFORE RESUMING NORMAL ACTIVITY | | | |

SUGGESTED ACTIVITY LIST

ROLE PLAY IN A TEAM:

ONE STUDENT WILL DEMONSTRATE THE SYMPTOMS PRECEDING SYNCOPE,
WHILE THE OTHER STUDENT WILL DEMONSTRATE THE PROPER TREATMENT
OF A PERSON WHO IS ABOUT TO FAINT.

INSTRUCTOR OF STUDENTS WILL DEVELOP A CROSSWORD GAME USING THE TERMS
IN THE SYNCOPE PACKET.

BOOKS TO READ

TAKE CARE OF YOURSELF, A CONSUMER'S GUIDE TO MEDICAL CARE,
BY DONALD M. VICKERY, M.D.

EMERGENCY MEDICAL GUIDE BY JOHN HENDERSON, M.D.

DENTAL ASSISTANT TECHNIQUES BY BETTY JO LORENZEN

MOVIES

ABOUT YOUR BODY, PART I AND II CHURCHILL FILMS, 1975.

SCIENCE--NEW FRONTIERS: EXPLORING THE HUMAN BRAIN FIRST AID ACTION
AMERICAN RED CROSS AEF 1974

COMPLETION CARDS

STUDENT COMPLETION CARDS ARE PROVIDED FOR THE INSTRUCTOR TO
ISSUE TO THE STUDENTS AS AN INDICATOR OF SUCCESSFUL
COMPLETION OF THE LAP.

This is to certify that _____
has successfully completed the
Syncope L.A.P.
Date: _____
Instructor: _____

This is to certify that _____
has successfully completed the
Syncope L.A.P.
Date: _____
Instructor: _____

This is to certify that _____
has successfully completed the
Syncope L.A.P.
Date: _____
Instructor: _____

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has successfully completed the
Syncope L.A.P.
Date: _____
Instructor: _____

This is to certify that _____
has successfully completed the
Syncope L.A.P.
Date: _____
Instructor: _____

YOUR VERY OWN WORK SHEET

Learning Activity Packages Available from the Department of Education

This learning activity package is one of a series of 12 titles relating to health careers that are available from the California State Department of Education. A student packet and an instructor's packet are published in each of the following subjects:

- Blood Pressure
- Confidentiality
- Grooming
- Handwashing Technique
- Metric System
- Nutrition
- Observation of Patient
- Oral Hygiene
- Shock and Anaphylactic Shock
- The Surgical Scrub
- Syncope
- Temperature, Pulse, and Respiration

Student packets are available at \$1.75 each, plus tax, and instructors' packets at \$1.50 each, plus tax.

Orders should be directed to:

California State Department of Education
P.O. Box 271
Sacramento, CA 95802

Remittance or purchase order must accompany order. Purchase orders without checks are accepted only from government agencies in California. Sales tax should be added to all orders from California purchasers.

A complete list of approximately 500 publications available from the Department may be obtained by writing to the address listed above.