



Belgian
Red Cross
Flanders

Developing evidence-based first aid educational materials for children in sub-Saharan Africa

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First Aid



First Aid

1. Did you ever deliver first aid in a public area?
2. Do you know where you can find the first aid kit at your workplace?
3. Did you ever witness a child delivering first aid to someone else?





First Aid education

Red Cross & First Aid

- Why First Aid ?
- BRC First Aid programmes

BRC-FI Programmes

- Use of contextualised material for adults
- Capacity building programmes
- First Aid youth material

Challenges

- First Aid in the curriculum



Why First Aid?

- + Core business
- + 191 National Societies over the world
- + Last mile – volunteers in the community
- + First aid training:
low-cost opportunity to decrease the burden of disease and injury in sub-Saharan Africa (World Bank)



Belgian Red Cross & First Aid

- + National expertise
- + Development of International First Aid and Resuscitation guidelines with International Federation of Red Cross and Red Crescent Societies



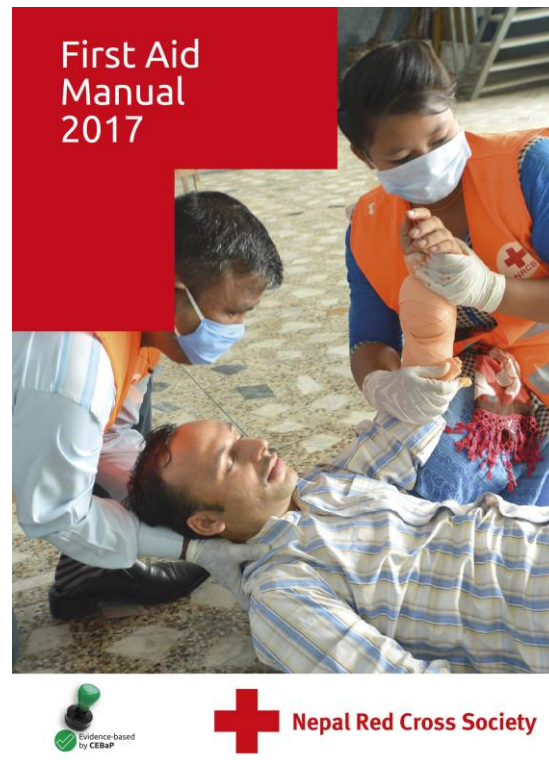
Belgian Red Cross First Aid programmes

+ Contextualised first aid material

Africa

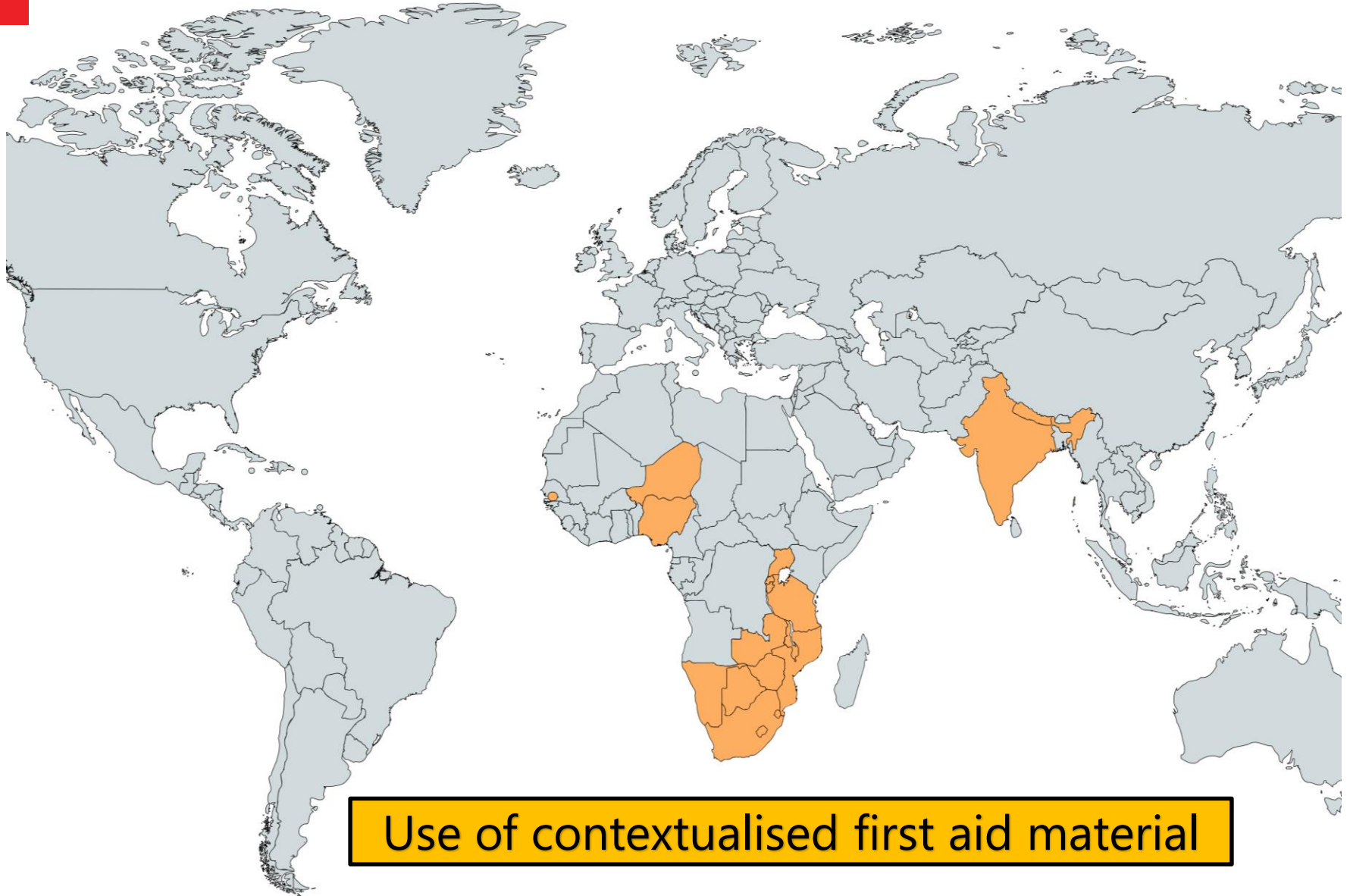


Nepal



India

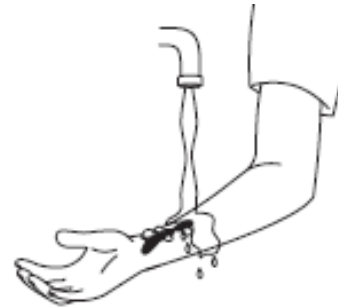




African First Aid Materials (AFAM)

+ Contextualised material

- AFAM guidelines are preliminary developed for Africans by Africans
- Focus on up-to-date first aid techniques and injury/disease prevention advice
- Content adapted to the context



- Put on gloves or cover your hands with clean plastic bags.
- Remove any clothing and jewellery, but only if these are not stuck to the skin.
- You can put cold liquid honey on the burn. This prevents infection and helps the wound to heal. Alternatively, you can also use aloe vera.

African First Aid Materials (AFAM)

- + Conditions are classified according to the most important signs for easy recognition
- + Instructions are simple
- + Simple and clear drawings that are easy to copy
- + Texts and African illustrations including youths, adults and elderly people from multiple ethnic and religious backgrounds
- + In English, French, Portuguese & Swahili

Eye injury



What do you do?



Rinse out the eye straight away with preferably clean water. Do this for 10 - 15 minutes, from the nose outwards so that none of the liquid runs out from one eye into the other.

African First Aid Materials (AFAM)



African First Aid Materials (AFAM)

+ Make your own material



Develop your own first aid training materials with AFAM

- ▶ Digital text
- ▶ High quality images
- ▶ Ready to use
- ▶ Flexible

[Use AFAM now](#)



+ Teaching skills/didactics = skill development

African First Aid Materials

+ Capacity building



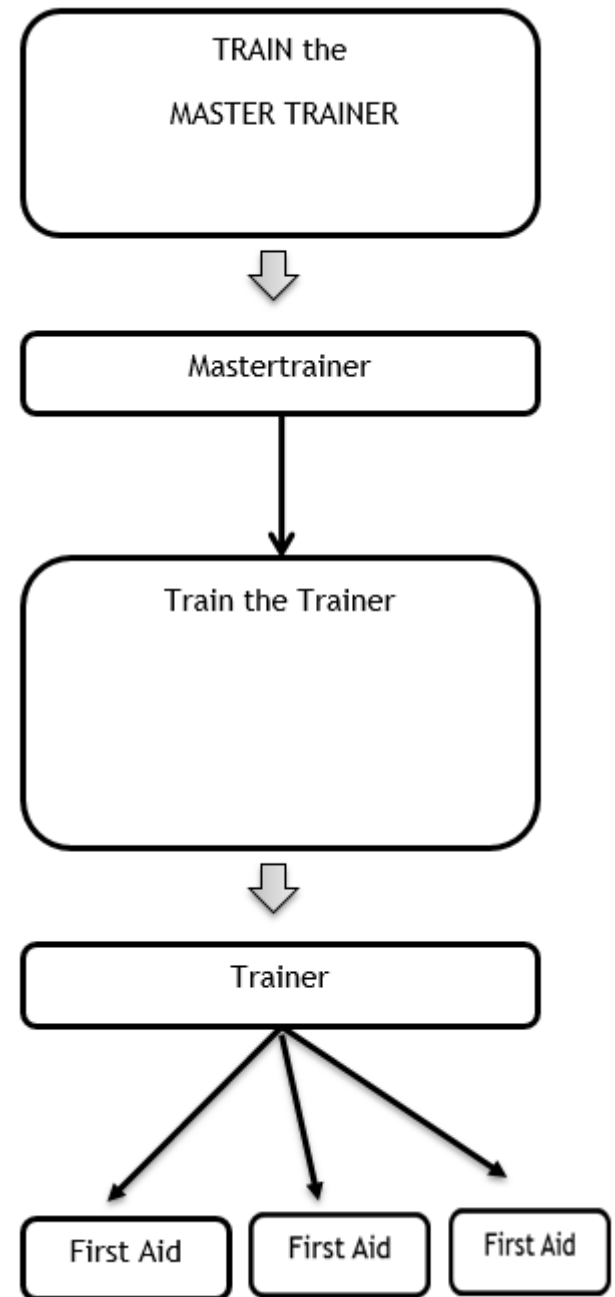
Training Masters



Material



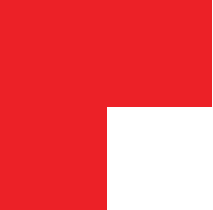
Institutional
development



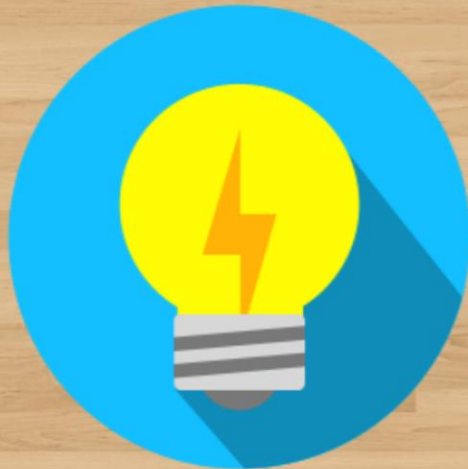


African First Aid Materials for children?





First aid educational materials for African children



WHAT?



WHY?



HOW?

Why?

5-year-old boy saves parents who overdosed on heroin, police say



By Carma Hassan, CNN

Updated 2027 GMT (0427 HKT) May 19, 2017



Mom Collapses - Son Alerts Ambulance



Jailyn Emmett, of Saratoga Springs, Utah, had just gotten off the phone with her husband, Tyson -- stationed hundreds of miles away at Army Reserve base -- when she felt her heart racing. The mom, who was at home with her two

A Four-Year-Old Boy Used Siri to Save His Unconscious Mother's Life



George Dvorsky
3/23/17 6:15pm • Filed to: SIRI



12-year-old learns CPR, never expecting to save dad

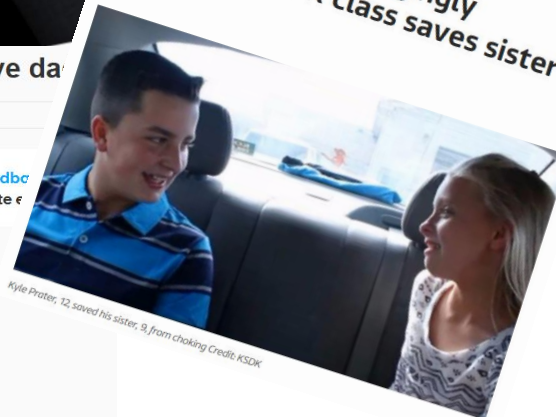
Jobin Panicker, WFAA Published 4:32 p.m. ET May 15, 2016 | Updated 4:46 p.m. ET May 15, 2016



When Aerin Thomas learned CPR in class, she never imagined having to use the lessons just three months later on her father.

Share your feedback
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Boy, 12, who begrudgingly attended a CPR class saves sister's life



Kyle Proter, 12, saved his sister, 9, from choking. Credit: KSDK

5-Year Old Stops Toddler from Drowning



teamy May day, Riley Braden, then 5, was swimming at a Destin beach with a neighbor. Nearby, a vacationing couple was enjoying the water with two girls, one around 18 months, the other an older toddler.



NIEUWS

SPORT

REGIO

BV&CO

SHE.



Only 17 and already saved a life thanks to first aid course in school

2017 om 03:00 door bfr, jvde - [Print](#) - [Corrigeer](#)

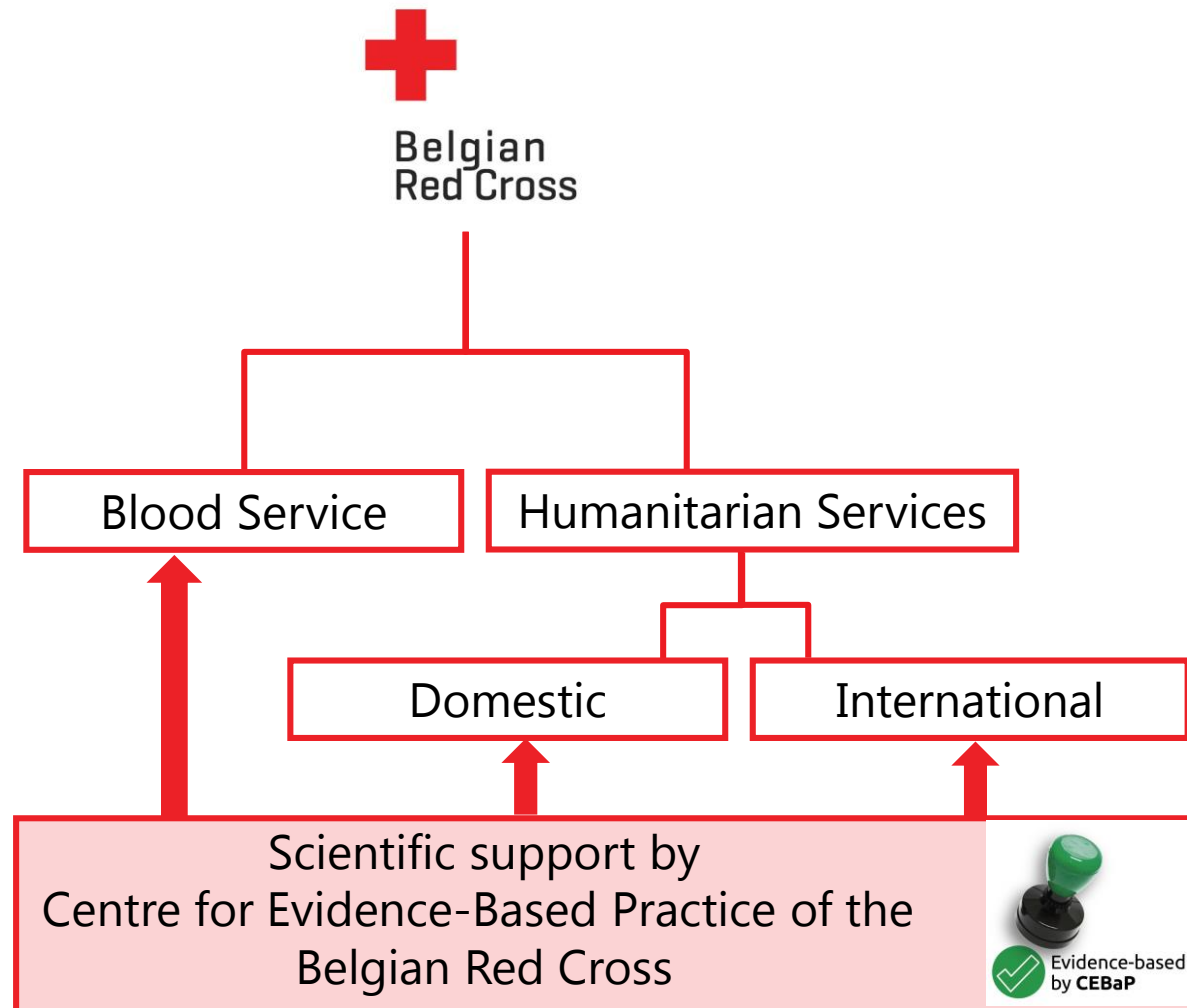


What?

- + Which first aid topics should be taught?
- + At what age?
- + Which educational methods are effective?
- + Which educational materials should be used?



Evidence-Based Practice in Belgian Red Cross





How?

Principle of Evidence-Based Practice



Best available scientific evidence



6. Data synthesis

5. Quality assessment

4. Data extraction

3. Selection of articles

2. Developing a search strategy

1. Defining research question

Question 1



At what age are children able to obtain a specific knowledge item, skill or attitude concerning a certain first aid topic?

First aid topics

- + General
- + Four main steps in first aid
- + Resuscitation
- + Choking
- + Skin wounds
- + Burns
- + Bleeding
- + Injuries to bones, muscles and joints
- + Poisoning



Database searching
11 446



Studies included
57

Educational pathway in first aid



- + Overview of objectives to be achieved throughout different educational levels (preschool, primary school, secondary school)
- + Key concepts presented repeatedly throughout the curriculum, with deepening layers of complexity

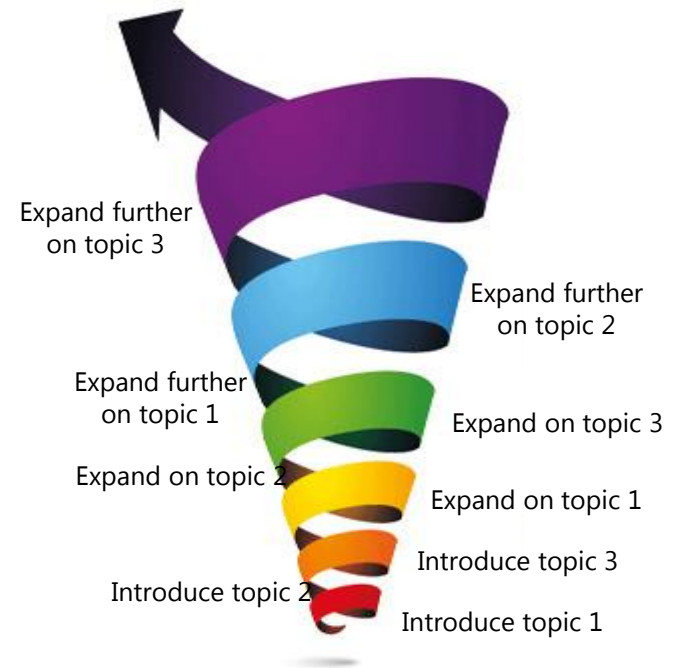


Educational pathway in first aid



+ Based on the spiral approach of learning:

- Basic facts of a subject are learned first, without worrying about the details
- As learning progresses, more and more details are introduced
- Focus on re-emphasis to help them enter into the long-term memory



Educational pathway on first aid



Age
ranges

E = Encourage K = Know/Know How R = Repeat	5-6 yrs	7-8 yrs	9-10 yrs	11-12 yrs	13-14 yrs	15-16 yrs	17-18 yrs
BURNS							
Knowledge							
The children:							
• recognise a burn;	E	K	R	R	R		
• know how to provide first aid for a burn (regardless of the degree of the burn);	E	K	R	R	R		
• know when to seek medical help for a burn;			E	K	R	R	R
• know the difference between a superficial, intermediate and deep burn;				E	K	R	R
• know what commonly causes burns (hot water, flames, fire);	K	R	R	R			
Skills							
The children can:							
• correctly provide first aid for a burn;	E	K	R	R	R		
• seek medical help if the burn is serious.				K	R	R	R
Attitudes							
<i>See educational pathway General > Attitudes</i>							
The children recognise the importance of:							
• continuously applying water to a burn.	E	K	R	R	R		



Objectives to be achieved at the level of
knowledge, skills and attitudes

Educational pathway on first aid



E = Encourage K = Know/Know How R = Repeat	5-6 yrs	7-8 yrs	9-10 yrs	11-12 yrs	13-14 yrs	15-16 yrs	17-18 yrs
BURNS							
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• know when to seek medical help for a burn;			E	K	R	R	R
• know the difference between a superficial, intermediate and deep burn;					K	R	R
• know what commonly causes burns (hot water, flames, fire);	K		R				
Skills							
The children can:							
• correctly provide first aid for a burn;	E	K	R		R		
• seek medical help if the burn is serious.				K	R	R	R
Attitudes							
<i>See educational pathway General > Attitudes</i>							
The children recognise the importance of:							
• continuously applying water to a burn.	E	K	R	R	R		

Question 2



Which educational interventions are effective?

Effective educational interventions



1. Provision of instructional materials
(e.g. flipcharts, textbooks)



2. Use of alternative pedagogical methods
(e.g. problem-solving method of teaching, cooperative teaching, constructivist teaching, guided inquiry teaching, small-group instruction)



3. Structured pedagogy interventions
(structured lesson content + teacher training in delivering the new content + instructional materials for students and teachers)



**“information is not
knowledge and
data without *context*
is just organized
information.”**

Albert Einstein



Principle of Evidence-Based Practice



Practice experience & target group preferences



Education
experts

First Aid
experts



Expert panel meeting Johannesburg Nov 2017



Input experts: educational pathway - content

+ Additional topics:

- Stings and bites
- Fever (general knowledge)
- Diarrhoea (general knowledge)
- Fits (general knowledge)
- Disaster principles and risk awareness

+ Additional interventions:

- Splinting
- Plastic bags instead of gloves

Debunking myths related to epilepsy	
Myth	Reality
Caused due to possession by evil spirits	It is a neurological disorder
Iron bars, keys, slippers, iron rods or burning skin with hot needle can stop attack	Antiepileptic drugs can control or prevent further seizures
Patients require treatment in asylum	Treatment by neurologists and physicians will suffice
Epileptic patients cannot marry	Epileptic patients can lead a normal married and sexual life
Patients should not bear children	Epileptic patients can have children with planned pregnancy and pre-conception counselling
Children with epilepsy require special schools	Some children may have coexistent mental retardation. Most have normal IQ and should be enrolled in regular schools

<http://www.thehindu.com/todays-paper>

Input experts: educational pathway - context

- Seeking help from a medical care provider
 - Attained at a later age
 - Keep repeating until 18 years of age

+ Hand washing

- Keep repeating until 18 years of age

+ Touching an unknown person

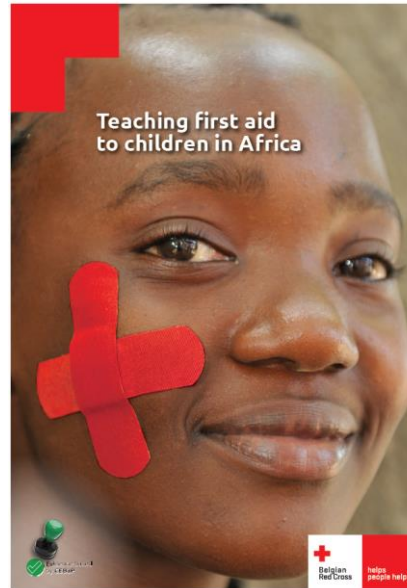
- Objective removed due to possible unsafety for the child

+ Burns

- Generally caused by fire and hot water; children should be aware of the danger at very young age



Educational pathway on first aid



Input experts: educational methods



Input experts: educational materials



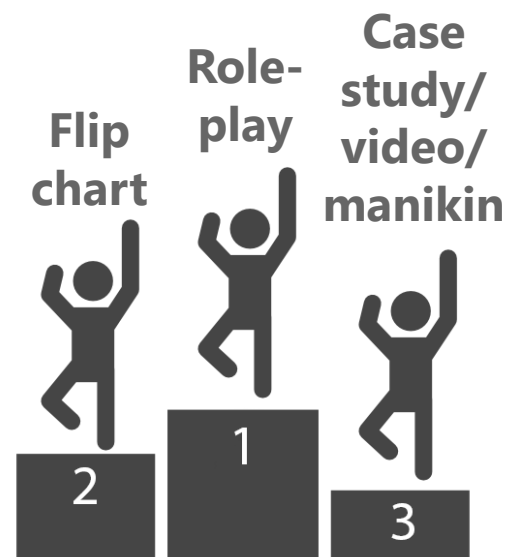
5-8 years



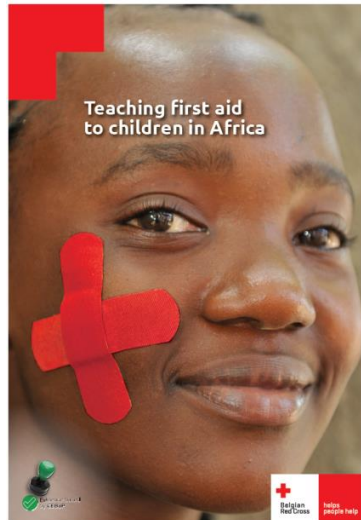
9-12 years



13-18 years



Current and future steps of the project



➔ First aid educational materials for children aged 12-16 years

African experts: contextualize photographs & lay-out



Current and future steps of the project



- + Validation by expert panel
 - Meeting september



- + Pilot in Zimbabwe and Burundi
 - Train the trainer
 - Trainer teaches first aid to children
 - Impact on learning?
 - Usability of the materials?



- + By January 2019: materials available

Acknowledgements



www.cebap.org



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@CEBaP_evidence



www.linkedin.com/company/centre-for-evidence-based-practice-cebap-



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Belgian
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Challenges

Introducing First Aid in school curricula

+ Flanders, Belgium

- First aid is introduced in the curriculum with clearly defined competences to be achieved at the end of secondary school
- The curriculum is guided by the educational pathway
- Training of school teachers



Challenges

Introducing First Aid in school curricula

+ Zimbabwe

- Disaster Risk Management training in schools recently included in the new curriculum of the Ministry of Primary and Secondary Education
- Zimbabwe Red Cross Society started training the schoolteachers in First Aid





Discussion: Introducing First Aid in school curricula

1. Good practices for introducing First Aid into the school curriculum?
2. Education & Health:
what are your experiences in the field?

