

# First aid for Schools

## (Danish title: Førstehjælp For Folkeskoler)



### Description of the project including the project's goal

#### External goal:

The goal of First aid for schools(FFF) is to provide training in first aid and CPR for the oldest school students (6th - 10th grade, age approximately 12-16 years) at little or no cost to the schools.

#### Internal goals:

Have medical students interested in first aid, and give them skills in teaching, presentation, organizing project work, and (of course) first aid.

### Project's objectives, activities and achievements

The method is to give CPR and first aid training, education and presentation skills to university students interested in health and soundness. (Currently we are a group consisting primarily of medical students, but we constantly try to gain a broader reach.)

The group then contacts local schools, and goes out to schools and gives training sessions lasting about 4-5 hours.

Currently we are a group represented in four Danish universities: in Copenhagen, Odense, Aarhus and Aalborg. We have grown from startup in late 2010, to now being more than 300 students actively participating in the project.

A very rough estimate of our reach is that we have taught more than 2.000 schoolchildren presently, with the bulk of it in Copenhagen and Odense, which is where the project originated.

A poll conducted on 249 school students we have trained in Copenhagen showed that at the question: "The subjects taught is some I would like to know more about", 143 students (57%) highly agreed or agreed.

At the question: "Would you like us to come back and do a follow up course", 211 students (85%) answered 'yes'.

## How young people were involved.

The purpose of the activity, the design, method, advocacy, recruiting the teachers, developing the educational materials, fundraising, contacting the schools and everything in between has been done by young people.

The activity is an element in the organisation 'International Medical Cooperation Committee'(IMCC), which is a part of the larger organisation 'International Federation of Medical Students Association'(IFMSA).

In the Copenhagen chapter, we have organized us in a rather informal, non-hierarchical way, with a coordinator and several working groups.

A local election is held for the position of local coordinator/group leader, but all the working groups structure themselves as they see best fit. This usually means that the most hard working, engaged and enthusiastic members take the lead whenever possible, but allows for an easy and fluid team organisation.

We believe that the best way to get engaged and enthusiastic group members is by:

- being a dynamic and flexible group, where the members have a strong impact on the focus, method, structure of the group, and the course of action. We believe that a fixed structure or rigid ideas kills involvement and enthusiasm.

- Being a highly social group: we do whatever we can to build a strong social network, so the group is not just an activity with other team members, but with lots of friends in an open atmosphere. On the same way, new members are greeted warmly and openly. - We do everything we can to further educate our members. As a volunteer organisation, we can't pay our members for the amazing work they do, so instead we try to give them skills that may be beneficial later in their lives. As much as we try to avoid members participating solely for the sake of their career (a Danish expression for that is CV-riders) we acknowledge that it is one of the perks we can give them.

## Project funding

For startup, the project ran on very little materials. We got a donation of various first aid dressings from a first aid instructor, and afterwards we received a donation of 30 CPR training dolls(mini-anne dolls) from the Tryg foundation (<http://www.trygfonden.dk/Om-TrygFonden/In-English>)

Now, with the increase in size, outreach and material use, we have successfully received funds as follows:

Copenhagen chapter:

- 4 professional CPR training dolls donated by Laerdal. 2012
- 16.000 DKK to purchase 4 training Automatic External Defibrillators (AED) donated by the faculty of health science at the University of Copenhagen. 2013

Odense chapter:

- 4 professional CPR training dolls donated by Laerdal. 2011
- Training AED as a permanent loan by a supportive teacher. 2013

Aarhus chapter:

13.000,- by the Hartmann brothers foundation

Aalborg chapter:

25.000,- School of Medicine and Health at Aalborg university for 4 CPR training dolls and 2 training AEDs

All fundraisings have been carried out by group members with a special interest in learning and doing fundraisings.

We try to arrange trainings in how to fundraise through our parent organization. But the best way to learn how to fundraise is to actually do it.

### **Project's connections to national or international environment processes**

**None.**  
**The project is not involved in environmental issues.**

### **Project's connections to national or international health processes**

In Denmark people die every year of cardiac arrest, deaths that could be prevented if not for the lack of proper first aid skills. Each year 3500 Danish people experience a cardiac arrest outside a hospital. Of these 3500 people less than 10 % survive. The Danish interest group "Hjerteforeningen", which is dedicated to the prevention of cardiovascular diseases, estimates that more than 500 human lives can be saved if the population improves their basic first aid skill set. Today about 40 % of all Danes have never received first aid training. Adding to this number are all those who have forgotten what they have learned because there are no demand for follow-up courses.

In Denmark, first aid training is a part of public school curricula, but currently only about half of all schools actually meet this requirement. It is believed that because of this, and in general, a previously neglected attention to the field of first aid, that Denmark has ranked quite low in respect to the survivability for persons having an out-of-hospital cardiac arrest.

One theory for why many schools abstaining from teaching first aid, is that first aid training is quite expensive, as external instructors has to be brought in, and that is where we come in.

The reason we have chosen to focus on schoolchildren, is that it may motivate them to seek knowledge on first aid later in life. We also believe that it is has a higher impact to be focused on a single target audience, than being unfocused.

### **Follow up, outcomes and future plans**

The project is ongoing.

Short term goals:

- Give trainings to others target groups interested in first aid.
- Continually train our members in presentation skills, education and project work.

Long term goals:

- Advocating for a greater political and public attention to first aid skills in the general population
- In the case of too few schools to meet our members wishes for doing trainings, we will consider changing the project scope from school students, to the population in general (working title: First Aid For All), and become a large scale, first aid, peer education activity.
- (to be considered) Doing actual research among the school students taught, and examining if they actually get to apply their training to real life situations.