

# Emergency First Aid with CPR

Held at: UN-Habitat, Islamabad  
(October 8<sup>th</sup>-10<sup>th</sup>, 2007)



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## **Training Report**

### **Emergency First Aid with Cardio-pulmonary Resuscitation**

#### **1 Introduction:**

The Pakistan Wetlands Programme, with the collaboration of Pakistan Red Crescent Society (PRCS) launched a training course on Emergency First Aid with Cardio-pulmonary Resuscitation. The course was conducted from October, 8<sup>th</sup> – 10<sup>th</sup>, 2007 in the premises of U-N Habitat. Pakistan Wetlands Programme under its Training and Capacity Building component organized the course whereas the training material and faculty of trainers was provided by PRCS.

The training course was meant to deliver the basic information on First Aid in any critical situation which will also facilitate the effective management of disasters on small scale. Carrying the vision and considering the needs of specially the field staff, The Pakistan Wetlands Programme conducted this course. The inspiration behind this training course is the empowerment of people, enabling them to respond to daily emergencies where health professionals are absent or overworked. Pakistan Red Crescent Society, a major role player in this regard, is striving to help the most vulnerable i.e. those who do not have access to basic amenities to lead a decent and self-subsisting life. By learning Community Based First Aid (CBFA) the basic knowledge of how to do what, when faced with an emergency in the house or in the community will reduce disability, prolonged illnesses and unnecessary deaths. Individuals' from all walks of life were invited for participation and the total seats available for registration were filled.

#### **2 Course Objectives:**

After successfully completing the training course, the participants will:

- ❖ Know the Principles and practice of First Aid.
- ❖ Be able to approach and manage the casualty with confidence.
- ❖ Be able to carry out CPR in heart failure or electric shocks.
- ❖ Impart a sense of confidence to others in a crisis situation.

#### **3 Course Outcomes:**

The course was desired to implicate the following:

- ❖ Trained staff with the basic knowledge of first aid using cardio-pulmonary techniques, with appropriate ways of its application if and when needed.
- ❖ Replication of the gained knowledge to others on individual level.

#### **4 Training Participants:**

The training course registered total of 15 participants. Fee per participant was Rs.1,500/-. Ms. Isma Sana, Coordinator Sustainability and Fundraising Component, marketed the course and was succeeded in enrolling 13 paid participants out of total 15. Participants represented different organisations from the regions that included UN- Habitat, Adventure Foundation, Save the Children, Haigler Bailly Pakistan, and UNDP in both sessions. The list of the enrolled participants is enclosed as Annexure I

#### **5 Training Team:**

The training team was divided into two groups each of them representing their own organisations. Details are added at the end as Annexure II.

## **6 Training Programme:**

The Course was based on details sessions and their practical demonstrations. First two days included extensive exercises and lessons and third day was the examination day in which written test and viva with practical was taken from the individuals. The training programme is enclosed as Annexure III.

## **7 Training Method:**

The Programme of two sequential training courses was divided in different interactive sessions. These sessions included open discussions on specific topics and practices of taught procedures. After the theoretical sessions practical assignments were given to the participants and all the participants contributed with their best efforts in understanding and then practicing the knowledge. Transparencies and slides were the source material for lessons.

## **8 Sessions Detail:**

The training course on Emergency First Aid with Cardio Pulmonary Resuscitation was imparted in two parts. The course was conducted from October 8<sup>th</sup> – 10<sup>th</sup>, 2007 in the office of UN-Habitat. Dr. Yasir was the senior trainers in both courses whereas Mr. Ali was the First Aid Trainer in the course. The session details are attached as Annexure III.

### **8.1 Day 1:**

#### **8.1.1 Session 1: Introduction to Red Crescent Society and First Aid (Mr. Ali / Mrs. Mathew)**

##### **1 Introduction to Pakistan Wetlands Programme (Mr. Tahir Mehmood)**

A detailed introduction of both the organizations was given to the participants by the representatives of these organizations. Brochures and pamphlets were shared with the participants as a token of each organization. The participants showed their interest in learning more about Red Crescent Society and First Aid and asked several questions related to the topic.

After the question and answers, the introductory session was successfully completed.

#### **8.1.2 Session 2: Circulatory Emergencies (Mr. Ali / Mrs. Mathew)**

The words of information in this session were delivered by Mr. Ali / Mrs. Mathew. In Circulatory Emergencies, she explained as how people are affected due to the problems in the blood circulation and its associated issues. Different conditions like Unconsciousness, Fits or Convulsion, Collapse and Fainting were explained, and for the solution, putting the patient in the recover position in these conditions was described. In such emergencies, how a person should be treated if he goes in shock and what should be the remedies for it, were told simultaneously. First Aid implementation and possibilities were also discussed in details.

#### **8.1.3 Session 3: Emergency Resuscitation (Mr. Ali / Mrs. Mathew)**

Cardiopulmonary resuscitation (CPR) is a lifesaving technique useful in many emergencies, including heart attack or near drowning, in which someone's breathing or heartbeat has stopped. CPR involves a combination of mouth-to-mouth rescue breathing and chest compression that keeps oxygenated blood flowing to the brain and other vital organs until more definitive medical treatment can restore a normal heart rhythm. The procedure was carried on a dummy doll and every participant was asked to do the same practice on it for better understanding. The practical increased the level of interest of the participants in the course.



**Figure 1:** A participant practicing Cardio-pulmonary Resuscitation on a dummy

#### **8.1.4 Session 4: Wounds Bleeding and Specific Injuries (Dr. Yasir & Mr. Ali / Mrs. Mathew)**

In this session, different types of wounds, bleeding and injuries were discussed. Dr. Yasir explained the topic with the help of transparencies and gave illustrations showing the conditions. Every topic was discussed in detail and the reasons and situations were also explored. Participants shared their practical experiences and asked questions.

#### **8.1.5 Session 5: Dressing and Bandages (Mr. Ali / Mrs. Mathew)**

After learning about the different conditions of wounds, bleedings and Specific Injuries, the participants were taught the first aid treatment for them. Mr. Ali / Mrs. Mathew explained each situation on different body parts individually. With the help of the material available for dressing and bandages, every part was treated with bandages and dressings. The participants, after learning, practiced the same thing on each other in the form of groups. Mr. Ali / Mrs. Mathew assigned different situations of wounds, injuries and bleedings to each group for practice.



**Figure 2:** Demonstration of dressing and bandage of an arm injury

### **8.1.6 Session 6: Respiratory Emergencies (Dr. Yasir)**

Dr. Yasir explained different conditions of the respiratory emergencies such as Choking, Drowning, Suffocation, Angina Pectoris, Heart Attack and Asthma, to the participants. It helped them understand the sensitivity of a human body and ways to help the patient in the emergency. They learned First Aid procedures for such patients and memorized the points to be considered in such emergencies.

## **8.2 Day 2:**

### **8.2.1 Session 1: Bone, Joint and Muscle Injuries (Dr. Yasir and Mr. Ali/Mrs. Mathew)**

In this session Dr. Yasir carried the medical aspect of the Bone, Joint and Muscle Injuries and Mr. Mathew explained the First Aid treatment in details. The Bone, Joint and Muscle Injuries such as dislocation, Amputation and Fractures were described with the help of illustrations and transparencies. Mr. Ali / Mrs. Mathew explained that what can be done to the patient before taking to the hospital. Participants asked several questions about every situation and shared the treatments that were used by the local communities in such conditions.

### **8.2.2 Session 2: Bandages & Splinting (Mr. Ali/Mrs. Mathew)**

The session included practical of the first aid treatment for the above mentioned conditions. Mr. Ali / Mrs. Mathew described the whole procedure of different types of bandages and splinting using the material in the first aid box. They told the participants that how they can make bandages and splinting if there is no material available at the accident place. They explained that the best splint available in emergency is the patient's body and described the ways of making a body splinting. Participants were divided in groups for practice and better understanding.

### **8.2.3 Session 3: Burns and Electrical Injuries (Dr. Yasir)**

Dr. Yasir illustrated the types of Burns, and described the sort of burns that can be given first aid and which one needs to be taken to the hospitals. In human body, according to the medical science, if the body is burnt more than 9% then he should be shifted to the hospital rather than giving first aid. Similarly, electrical injuries were also discussed and described and the general treatment which is normally given at home was also discussed.

### **8.2.4 Session 4: Applications of Triangular Bandages (Mr. Ali/Mrs. Mathew)**

Mr. Ali / Mrs. Mathew carried this session and demonstrated the application of triangular bandages. The triangular bandages are the most useful type of the bandages. Unlike other bandages, the triangular bandage can be used in different situations such as burns, fractures, electrical injuries and others. Mr. Ali / Mrs. Mathew described all of the situations that included, head and chest bandages, upper and lower arm bandages, hand and finger bandages, upper and lower leg bandages, and foot bandage. In all these, the use of triangular bandages was demonstrated.

### **8.2.5 Session 5: Fever, Heat Stroke, and Heat Exhaustion (Dr. Yasir)**

Fever, is a symptom, associated to which are different misconceptions and treatments in our daily life. Dr. Yasir, in his discussion with the participants, revealed the true meanings of the medical term with its effects and cure. Putting the patient in the recovery position in such situations was explained. Participants shared their personal experiences for the treatment in such situations which they have been observing in their localities.

### **8.2.6 Session 6: Evacuation & Transportation Management of Spinal Injuries (Mr. Ali /Mrs. Mathew)**

This session included the practical exercise of how to transport a person using different ways. Mr. Ali / Mrs. Mathew explained different ways that includes: carrying the patient on a

chair, moving him by making a cross seating of hands, transporting through a hand made blanket stretcher that usually consists of a sheet or blanket stretched between two poles. Participants enjoyed this session and completed their assignments with great interest.



**Figure 3:** Transporting a patient using blanket Stretcher

### **8.3 Day 3:**

Revision and examination was scheduled on the third day. The exam included written questions and oral viva from the course taught. For practical test, participants were divided into groups and some conditions were assigned to them on which they had to treat the patient. On completion of the course, the participants were awarded with the participation certificates from Pakistan Wetlands Program.

## **9 Training Evaluation**

Training course was evaluated through the feedback received from participants. For this purpose, evaluation forms were circulated at the end of each day to assess the sessions on an individual level. The form was designed in such a format that it included detailed questions on every session throughout the day. It had total of 62 questions, in which the participants were asked to rank different components and aspects of the training on the scale of 1 – 5 (1 - Poor, 2 – Fair, 3 – Good, 4 – V. Good, 5 – Outstanding). After extracting the information from the feedback received, the overall rating of both the training courses is 80% and 75% respectively. The average rating of all the sessions in the first course ranged from 75 – 85 percent and the session “Dressing and Bandages” scored highest with 85% in it. Following the same evaluation format, the average over all rating of the second training is 75% and the highly appreciated session via feedback is “Fever, Heat Stroke, and Heat Exhaustion” with the rating of 80%. The Evaluation Summary can be seen at the end as Annexure IV and V respectively.

## **10 Participants’ Comments on Training:**

The training course received several interesting and useful comments and the participants shared their views about the usefulness of training. These comments in terms of suggestions, appreciations and criticisms will prove to be very helpful in future while designing other courses of similar nature. After the evaluation and gathering the feedback, comments depicted that the entire training course was highly appreciated by the participants.

## 11 Way Forward:

Training course on First Aid with cardio-pulmonary resuscitation proved to be a door opener for such courses on every level. As the course was designed initially for the field staff but after great appreciation, the same will be launched for professional staff. It was meant to impart the basic knowledge on First Aid using CPR and to build the capacity of the staff that can help them in their daily lives when needed. Pakistan Wetlands Programme will keep on designing similar courses for building the capacity of people in every field.

## 12 Annexure I

**Table 1 Training Participants**

#	Name	Designation	Organization
1	Kanwal William	Driver	Pakistan Wetlands Programme
2	Raja Maqsood Hussain	Driver	Pakistan Wetlands Programme
3	Shahid Ali	Driver	Pakistan Wetlands Programme
4	Fayyaz Ahmed Khan	Driver	UN Habitat, Bagh
5	Sardar Zurab	Driver	UN Habitat, Bagh
6	Abdul Rahim	Driver	UN Habitat, Dhirkot
7	Mohammad Najeeb Khan	Driver	UN Habitat, Rawalakot
8	Muhammad Saeed	Driver	UN Habitat, Muzaffarbad
9	Khalid Ghauri	Driver	UNDP
10	Muhammad Rafi Raza	Driver	UNDP, CPRU
11	Sikandar Khan	Driver	UNDP, SRC Muzaffarabad
12	Abdul Jabbar	Boatman	WWF Sukkur Barrage Office
13	Liaqat Hussain	Boatman	AFP Taunsa Barrage
14	Javaid Iqbal	Boatman	AFP Taunsa Barrage
15	Suhail Altaf		Weather ford.

## 13 Annexure II

#	Name	Designation	Organization
1	Richard Garstang.	National Programme Manager	Pakistan Wetlands Programme
2	Masood Arshad.	Programme Manager, National Programmes	Pakistan Wetlands Programme
3	Tahir Mehmood.	Coordinator, Capacity Building and Training Component	Pakistan Wetlands Programme
4	Doctor Riaz-ul-Haq	Deputy Director Training	Pakistan Red Crescent Society
5	Dr. Yasir Mehmood	Senior Trainer	Pakistan Red Crescent Society
6	Mohammad Ali.	First Aid Trainer	Pakistan Red Crescent Society
7	Mrs. Mathew	First Aid Trainer	Pakistan Red Crescent Society
8	Ms. Saadia Khalid.	Programme Associate	Pakistan Wetlands Programme
9	Ms. Isma Sana.	Coordinator, Sustainability and Fundraising Component	Pakistan Wetlands Programme
10	Ms. Shafaq Masud.	Research Associate	Pakistan Wetlands Programme
11	Mr. Tahir Ehsan.	Operations Officer	Pakistan Wetlands Programme

## 14 Annexure III

### Training Programme (Session Plan)

Time	Day 1	Day 2	Day 3
09:00 – 10:00	Introduction to PRCS, PWP, First Aid.	Bone, Joint and Muscle Injuries	General Health Education and Communicable Diseases
10:00 – 10:45	Circulatory Emergencies	Bandages and Splinting	Revision
10:45 – 11:45	Emergency Resuscitation	Burns and Electrical Injuries	Examination
11:45 – 12:30	Wounds, Bleeding and Specific Injuries	Application of Triangular Bandages	Examination
12:30 – 1:15	Dressing and Bandages	Fever, Heat Stroke and Heat Exhaustion	Examination
1:15 – 2:00	Respiratory Emergencies	Evacuation and Transportation Management of Spinal Injuries	Examination

15 Annexure IV

Evaluation Summary

October 8<sup>th</sup>-10<sup>th</sup> 2007, UN-Habitat, Islamabad

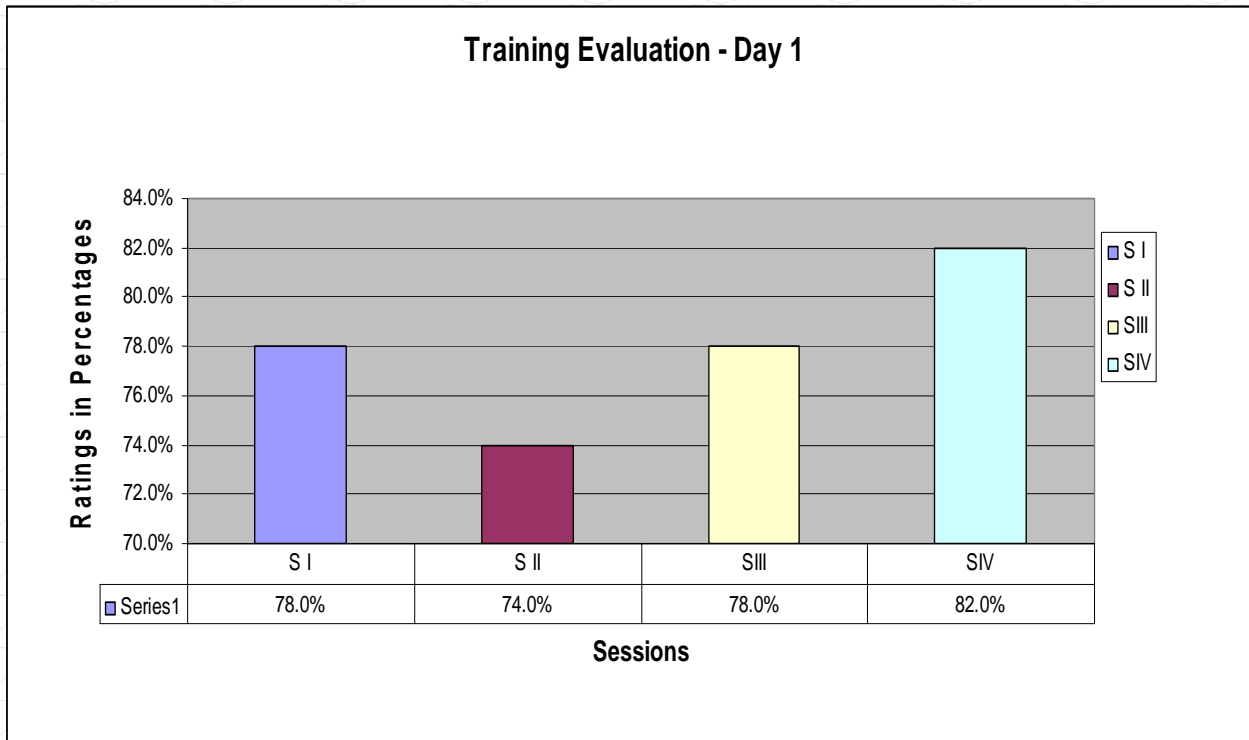
Rating Criteria: (Poor - 1, Fair - 2, Good - 3, Very Good - 4, and Outstanding - 5)

Total Participants = 15, Responses Received = 14

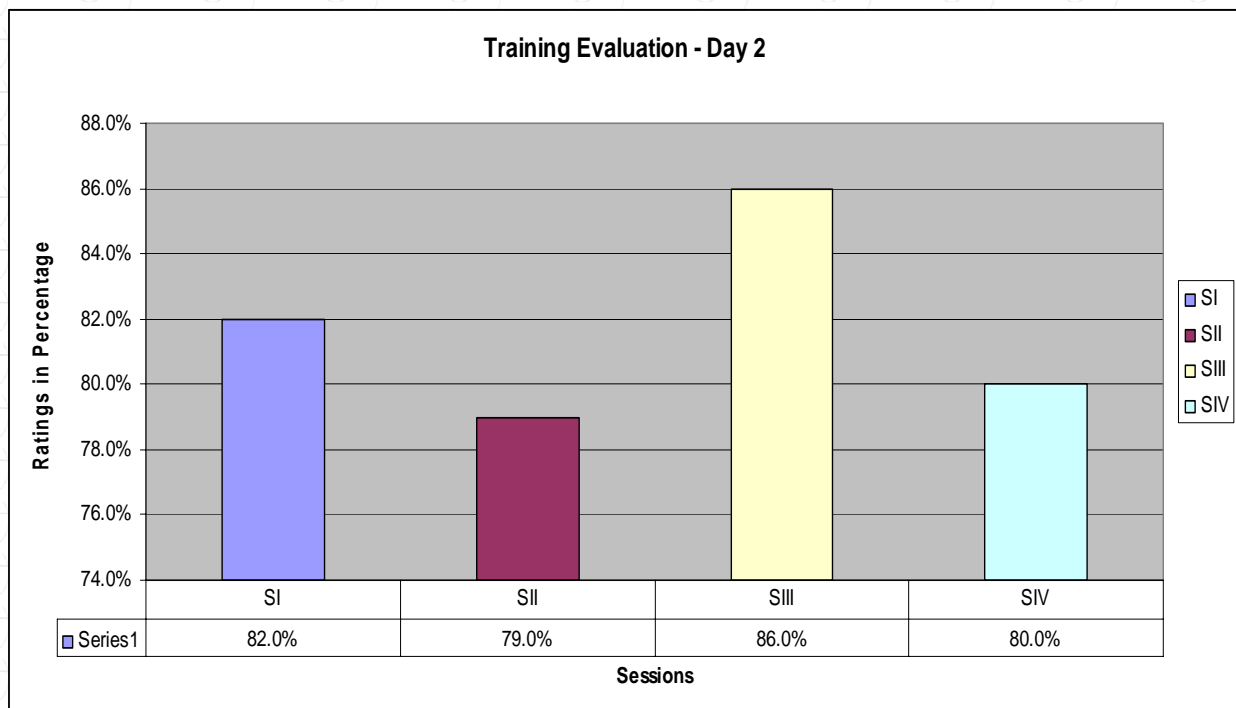
Table 5: Evaluation summary					
	Sr. #	Questions	Score	Rating	
Day 1	<b>S I</b>	<b>Introduction to Red Crescent Society (PRCS) - (Dr.Yasir)</b>			
	Q 1	How extensive was the trainer's knowledge of the subject matter?	60	80.0%	
	Q 2	How effective was the trainer's style?	56	74.7%	
	Q 3	Did the content meet the training objectives?	61	81.3%	
	Q 4	How well was the content organised?	57	76.0%	78.0%
	<b>S II</b>	<b>Introduction to Pakistan Wetlands Programme (PWP) - (Tahir Mehmood)</b>			
	Q 5	How extensive was the trainer's knowledge of the subject matter?	58	77.3%	
	Q 6	How effective was the trainer's style?	59	78.7%	
	Q 7	Did the content meet the training objectives?	60	80.0%	
	Q 8	How well was the content organised?	45	60.0%	74.0%
	<b>S III</b>	<b>Introduction to First Aid - ( Dr. Yasir)</b>			
	Q 9	How extensive was the trainer's knowledge of the subject matter?	61	81.3%	
	Q 10	How effective was the trainer's style?	56	74.7%	
	Q 11	Did the content meet the training objectives?	58	77.3%	
	Q 12	How well was the content organised?	58	77.3%	77.7%
	<b>S IV</b>	<b>Circulatory Emergencies - (Mr. Ali)</b>			
Q 13	How extensive was the trainer's knowledge of the subject matter?	61	81.3%		
Q 14	How effective was the trainer's style?	63	84.0%		
Q 15	Did the content meet the training objectives?	63	84.0%		
Q 16	How well was the content organised?	60	80.0%	82.3%	
<b>S V</b>	<b>Emergency Resuscitation - (Mr. Ali)</b>				
Q 17	How extensive was the trainer's knowledge of the subject matter?	66	88.0%		
Q 18	How effective was the trainer's style?	63	84.0%		
Q 19	Did the content meet the training objectives?	59	78.7%		
Q 20	How well was the content organised?	57	76.0%	81.7%	
<b>S VI</b>	<b>Wounds, Bleeding and Specific Injuries - (Mr. Ali)</b>				
Q 21	How extensive was the trainer's knowledge of the subject matter?	59	78.7%		
Q 22	How effective was the trainer's style?	61	81.3%		
Q 23	Did the content meet the training objectives?	58	77.3%		
Q 24	How well was the content organised?	60	80.0%	79.3%	
<b>S VII</b>	<b>Dressing and Bandages - (Mr. Ali)</b>				
Q 25	How extensive was the trainer's knowledge of the subject matter?	71	94.7%		
Q 26	How effective was the trainer's style?	66	88.0%		
Q 27	Did the content meet the training objectives?	61	81.3%		
Q 28	How well was the content organised?	59	78.7%	85.7%	
<b>S VIII</b>	<b>Respiratory Emergencies - (Dr. Yasir)</b>				
Q 29	Was the group work relevant to the training objectives?	61	81.3%		
Q 30	How effective was the trainer's style?	61	81.3%		
Q 31	Did learning take place?	61	81.3%		
Q 32	How well was the group work organised and managed?	58	77.3%	80.3%	
Day 2	<b>S I</b>	<b>Bone, Joint and Muscle Injuries - (Dr. Yasir)</b>			

	Q 33	How extensive was the trainer's knowledge of the subject matter?	64	85.3%	
	Q 34	How effective was the trainer's style?	64	85.3%	
	Q 35	Did the content meet the training objectives?	58	77.3%	
	Q 36	How well was the content organised?	59	78.7%	81.7%
	<b>S II</b>	<b>Bandages and Splinting - (Mr. Ali)</b>			
	Q 37	How extensive was the trainer's knowledge of the subject matter?	62	82.7%	
	Q 38	How effective was the trainer's style?	62	82.7%	
	Q 39	Did the content meet the training objectives?	57	76.0%	
	Q 40	How well was the content organised?	58	77.3%	79.7%
	<b>S III</b>	<b>Burns and Electrical Injuries - (Dr. Yasir)</b>			
	Q 41	How well was the field visit organized?	60	80.0%	
	Q 42	Was the field visit relevant to the training?	57	76.0%	
	Q 43	Did learning take place during the visit?	59	78.7%	
	Q 44	Would you recommend this visit for other groups/trainees?	57	76.0%	77.7%
	<b>S IV</b>	<b>Application of Triangular Bandages - (Mr. Ali)</b>			
	Q 45	How extensive was the trainer's knowledge of the subject matter?	70	93.3%	
	Q 46	How effective was the trainer's style?	63	84.0%	
	Q 47	Did the content meet the training objectives?	58	77.3%	
	Q 48	How well was the content organised?	54	72.0%	81.7%
	<b>S V</b>	<b>Fever, Heat Stroke and Heat Exhaustion - (Dr. Yasir)</b>			
	Q 49	How well was the field visit organized?	57	76.0%	
	Q 50	Was the field visit relevant to the training?	59	78.7%	
	Q 51	Did learning take place during the visit?	53	70.7%	
	Q 52	Would you recommend this visit for other groups/trainees?	54	72.0%	74.3%
	<b>S VI</b>	<b>Evacuation and Transportation Management of Spinal Injuries - (Mr. Ali)</b>			
	Q 53	How extensive was the trainer's knowledge of the subject matter?	62	82.7%	
	Q 54	How effective was the trainer's style?	63	84.0%	
	Q 55	Did the content meet the training objectives?	57	76.0%	
	Q 56	How well was the content organised?	54	72.0%	78.7%
<b>Day 3</b>		<b>Evaluation of the Overall Training Event</b>			
	Q 57	How will you rate the overall structure of the training module?	58	82.9%	
	Q 58	Did the training contribute towards the enhancement of your knowledge?	60	85.7%	
	Q 59	Did the core faculty manage the training effectively?	55	78.6%	
	Q 60	How well the folder was content organised?	51	72.9%	
	Q 61	Do you think you will be able to use training content in your work place?	58	82.9%	
	Q 62	How would you rate the lunch and tea arrangements at the training venue?	56	80.0%	78.4%
		<b>Total Score and Rating of the Training Event</b>	<b>3,675</b>	<b>79.0%</b>	

## Evaluation Charts



**Figure 1: Graphical Presentation of sessions details of Day 1**



**Figure 2: Graphical presentation of sessions details of Day 2**

Glimpses:



Figure 3: Overall Training Events