

FIRST AID FOR ALL

4 minutes that can save a life

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EDUHEAL FOUNDATION • LEARNING FOR LIFE •

Eduheal Foundation is a registered non government organization (NGO). It seeks to improve the well beings of the general public through the awareness of scientific and health issues. It wishes to achieve its goal by supporting and disseminating science and health-care based knowledge. Eduheal Foundation would like to offer its expertise for training teachers and students for various emergency situations as per latest medical protocol using state of art technology. It has conducted such a program at St.Pauls Church college, Agra and received favorable comments.

The training program will be conducted by Dr. Sandeep Ahlawat, (M.B.B.S) Director EduHeal Foundation, New Delhi. The training **programme is apt and essential for school students and teachers.**

This workshop will give your teachers and students an opportunity to learn the key practical skills required to deal with emergency situations and will equip them with practical medical knowledge essential for day to day living. The workshop fee of Rs. 150 per person and it also includes -

1. Study material in the form of multicoloured self-explanatory book titled **‘4 minutes that can save a life’**
2. Certificate to successful participants

There can be a maximum number of 100 participants per workshop per day. The course conduct will be based on standardized learning module with multimedia show and “hands on” teaching of the essential life saving skills on manikins to all the present participants. Lot of stress will be laid on the practical session wherein the students will get ample opportunity to learn and practise.

For training you are requested to provide ample space and infrastructure for conducting the workshop such as audio equipment, screen for projector, hard tables for carrying out CPR on manikin, chairs etc. Generator will be essential during multimedia show if the current fails. **Multimedia equipments such as projector, laptop and other items such as manikins, exam materials etc. will be supplied by the foundation.**



**Dr. Sandeep Ahlawat conducting First AID/ CPR Workshop “4 Minutes that can save a life” at St. Paul’s Church College, Agra.**

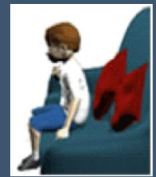
It is important that each of the enrolled participant should have thoroughly gone through the book **“4 minutes that can save a life...”** and have done the questions given at the end of the book before he/she attends the workshop. All this will help him gain maximum learning from the workshop and also to clarify doubts, acquire the necessary skills of first aid and CardioPulmonary Resuscitation[CPR] and learn to work as a trained rescuer in an emergency situation. At the end of the workshop, the participants will be assessed using Multiple Choice Questionnaire (MCQ’s) and

## 4 Minutes that can save a Life

### Interactive Multimedia Slides

#### Asthma

- A young child having an asthma attack will be frightened and need assistance. Unfortunately, there is no outright cure for asthma so the best advice is prevention. For children, this means avoiding allergens which may trigger an attack



Q1-3. What further action should the teacher take? (Choose one option)

- She should suggest to the boy he rejoins his friends in the game but call a doctor if it's his first attack.
- She should sit down quietly with the boy until he has fully recovered and call a doctor if it's his first attack.
- She should sit down quietly with the boy until he has fully recovered then suggest to the boy he rejoins his friends in the game.

#### Answer 1-3



The correct answer is- She should sit down quietly with the boy until he has fully recovered and call a doctor if it's his first attack.

- Yes. She should sit down quietly with the boy and keep offering reassurance. If it is his first attack, she ought to ring the doctor.

## 2. First aid – allergy in child

From this test you should have learned some of the most important things to do if a child is suffering from anaphylactic shock.

- First, it is important to know that anaphylactic shock is a severe allergic reaction to a specific drug, an insect or marine animal sting, or the ingestion of a particular food such as peanuts.
- Second, the likely symptoms are swelling of the face and neck and breathing difficulties.
- Third, the principle dangers come from obstructed breathing and extreme low blood pressure.
- Last, you should call an ambulance, reassure the child and put her into a supported position.

## Choking - child



Q 4-1 This exercise tests your knowledge on choking, for a small child

A small child is eating boiled sweets when she suddenly catches her throat and starts making gasping noises. She can't tell you what's wrong, but you guess she's choking. Your child has tried to cough the sweet out on her own, but has been unsuccessful. What should you do now?

- Give her rescue breaths.
- Turn her upside down.
- Give her up to five back slaps.

## Answer 4 - 1



Yes, this is the correct answer- Give her up to five back slaps. Make the child bend forwards and give her five sharp slaps between the shoulder blades. Then check her mouth to see if the obstruction has dislodged.



Q 4-2 The back slaps are ineffective, what will you try next?

- Chest thrusts.
- Abdominal thrusts.
- Clearing the child's throat with your finger

/or Ability to demonstrate the practical skills learnt in order to manage an emergency situation effectively. To be a successful participant it is mandatory to score a minimum of 50% in the assessment.

### WORKSHOP SCHEDULE\*

TIME		
8:00AM TO 10:00 AM	INTRODUCTION, MULTIMEDIA SHOW REVIEWING KEY POINTS OF FIRST AID/CPR AND DEMONSTRATION OF ESSENTIAL PROCEDURES ON MANIKIN	
10 :15 AM TO 12:00 PM	INTERACTIVE MULTIMEDIA SLIDESHOW INVOLVING COMMON EMERGENCY SITUATIONS	<b>Q &amp; A SESSION</b>
12:00 PM- 12:30 PM	<b>LUNCH</b>	
12:30 PM - 2:15 PM	CPR TRAINING ON ADULT / BABY MANIKIN	
2:30 PM ONWARDS	<b>ASSESSMENT ,FEEDBACK AND WINDING UP</b>	

\* Tentative.

#### Answer 4 -2



You chose a - Chest thrusts.  
**Yes,** chest thrusts are the next thing to try. Stand or kneel behind your child. Make a fist and place it against the lower half of the child's breastbone. Grasp the fist with your other hand and pull sharply inwards and upwards. Perform five chest thrusts at a rate of one every three seconds. The aim is to dislodge the obstruction with each chest thrust, rather than necessarily doing all five. If the chest thrusts aren't successful, move on to abdominal thrusts. Usually a combination works.

#### 5. Convulsions



**Q 5-4.** Febrile convulsions occur in children under the age of four. They may develop convulsions when they have an infection and a high temperature.  
 This nine-month-old baby is experiencing a febrile convulsion. He is flushed with a very hot forehead and his body has stiffened. His back is arched and his fists clenched. What is the most important thing you should do for this baby?  
 ■ Call a doctor.  
 ■ Make sure there is plenty of fresh air in the room.  
 ■ Cool him down by sponging him from head to toe with tepid water

#### Answer 5-1



**Yes,** this is the correct answer - Cool him down by sponging him from head to toe with tepid water.  
**Yes,** this is very important. When the baby is cooled the convulsions will stop but don't let him get too cold.

#### Answer 6-1

You chose - Try to rescue her without going into the water yourself.  
**Yes,** reach for her with a stick or an oar, or throw a float or rope if there is one handy



#### 6.Essential Skills - Drowning

**Q 6-1.** A teenage girl has fallen into a river. How best can you help her?  
**Wade in and pull her out as soon as possible. Call 102.**  
**Try to rescue her without going into the water yourself.**



#### Answer 5-4



**Yes,** this is the correct answer - Place him in the recovery position and call a doctor.  
 but make sure you stay with the child. He may feel dazed and behave oddly or may sleep deeply. If the child has a second fit, if he has never had a fit before, or if he loses consciousness for more than 10 minutes, call an ambulance or see a doctor.

**Q 5-4.** The fit is over and the child has gone into a deep sleep. What should you do next for him?  
 ■ Put him to bed on his own.  
 ■ Try to wake him up.  
 ■ Place him in the recovery position and call a doctor.



## EDUHEAL FOUNDATIONS HEALTHCARE PROGRAMME FOR ALL



Questions?

Call - 09811300229 / 011 - 26197342

www. eduhealfoundation.org

## WHAT PARTICIPANTS SAY ABOUT HEALTHCARE PROGRAMME

**“Why did you enrol for the programme :** I enrolled for the programme because human life is very essential and so we must know all effective ways to save it.

**How was the Introductory session :** The introductory session was interesting and provided ample amount of information to us. We now understand how to treat patients with all kinds of injuries and how we can give life to someone in just four minutes.

**How was the Interactive multimedia slideshow showing various emergency scenarios :** They were well categorised and the questions were good and asked order wise, i.e. first how to make the patient feel comfortable, then how to give first aid etc.

**How was the FA/CPR practice session on manikin :** It was the best of all. We know now, how to save a life and that's the greatest job we can do.

The whole setup was excellent !”

**– Anisha Saluja**  
Student, St. Paul's Church College, Agra

The slideshow was very nice as it was very informative. Explanations were done very well.

Practical session was very well carried out. It was good that all students were given a chance to carry out the practicals on the manikin.

**– Toshi Rattan**  
Student

Everything was well managed and properly timed practical session was very meaningful and interesting and according to my opinion everything was almost perfect.

**– Monika Gupta**  
Student

Best part of the programme was that it showed how to do the practical application of CPR etc, which was very interesting.

**– Priyanka Singh**  
Student

✂ Cut and send

**Yes! My school is interested in conducting critical healthcare programme\* titled four minutes that can save a LIFE.**

• **SCHOOL NAME :**   
(CAPITAL LETTERS)

• **School Ph. No.**

STD CODE	Phone	Fax
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• **SCHOOL NAME :**

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Name of the school co-ordinator \_\_\_\_\_

• **Total No. of Students :**  contact no. : \_\_\_\_\_

• **FEES :** A participation fee of Rs 150/- per participant is to be collected by the school. The school shall retain Rs 10/- per participant towards its expenses. Workshop is free for the coordinating teacher / Principal.

• **MODE OF PAYMENT :** The concerned school should remit Rs 140/- per student to the EduHeal Foundation account vide Demand Draft in favour of EduHeal Foundation payable at New Delhi.

• **Payment Details :** DD No.  for Rs.

In words

Principal/School Incharge Signature with school seal.
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• **Likely time period for conduct of workshop :** .....

Fees for schools outside Delhi is Rs. 200/- per participant. The school retains Rs. 10 and remits Rs. 190 to EduHeal Foundation. Minimum 100 students should be registered for the workshop.

Send to EduHeal Foundation, 103, Ground floor, Taj Apartments, Ring Road, Near VMMC & Safdarjung Hospital,  
New Delhi - 110029, Ph. : 011 - 26197342.