



**Educational
Support to
Children of
Underserved
Populations
(ESCUP)**



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First Aid



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First Aid

I. Introduction

- Small accidents can easily happen at school and if injuries are not properly treated, students can become sick. Therefore, using a First Aid kit is very important. This module seeks to give support to school management and teachers in the provision of First Aid in their school.

II. Objective

- Schools provide first aid treatment to children who become sick or who meet with an accident.

III. Duration

- The meeting with all teachers in the school will take half a day. After this training, an one-day training on using the First Aid kit should be provided.

IV. Materials

- A4 paper
- Pens
- First Aid kit
- Black board

IV. Procedure

1. The school director calls a meeting with all teachers from the school and explains that the school has purchased a First Aid kit in order to provide first aid treatment to children who become sick or who meet with an accident. The school director asks the following question and the teachers discuss in small groups:

Why is it important that there is First Aid kit in our school?

Possible answers:

- Students can be treated at school so that wounds do not fester and injuries not become worse.
- The First Aid kit can be used for educational purposes.
- Etc.

If teachers do not mention some of the ideas above, the school director should elicit these ideas by asking suitable questions.

2. The school director holds up the First Aid kit and explains to the teachers what materials are in the box:
 - First Aid manual
 - Plasters assorted pack
 - Sterile dressing
 - Sterile gauze
 - Disinfectant liquid
 - Triangular bandage
 - Tape
 - Safety pins
 - Scissors
 - Pincer
 - Sterile eye irrigation water
 - Vinyl gloves
 - Oral Rehydration Salt
 - Caladryl cream for skin irritation or insect bites

Note: This list comprises the minimum number of materials needed. If the teachers make suggestions to add more materials, the school director should facilitate a discussion on the necessity of each suggested item.

3. The school director asks the teachers to discuss in small groups the use of different materials in the First Aid kit. Each group is asked to write a case study of 4/5 lines related to 2 or 3 different materials in the First Aid kit. An example is provided below.

Sterile eye irrigation

Dara was climbing a tree and a small seed entered his eye. After ten minutes his eye was still very itchy, so he went to the school office for treatment. The teacher on duty asked him to open his eyes wide and flushed his eye with the sterile eye irrigation water. After several flushes, Dara's eye was clean again and he went out to play with his friends

Oral Rehydration Salt

The grade 3 teacher is worried about Sambath, because he is suffering from diarrhea and is vomiting. As one of Sambath's friends goes to his house to inform his parents, the teacher prepares one liter of drinking water and puts the ORS in the water. The teacher lets Dara drink the mixture, because she is afraid Dara will dehydrate. After half an hour, Dara's mother arrived and brought him to the local health centre. He received proper treatment and was healthy again after a few days.

A discussion should follow after presentation of each case study, so that proper use of materials in the First Aid kit can be clarified.

- The school director asks the participants to discuss the following question in small groups:

How can we organize ourselves to ensure good use of the First Aid kit in our school?

Possible answers:

- School staff members have to be educated in the basic principles of First Aid.
- Inform students that in case of an injury, they can get First Aid support.
- Make one school office staff member responsible for keeping and maintaining the First Aid kit.

If teachers do not mention some of the ideas above, the school director should elicit these ideas by asking suitable questions.

- The school director will organize training on using the First Aid kit. First Aid training may be provided by a nurse from the local health centre or district hospital. The nurse should educate teachers on the technical aspects of using materials from the First Aid kit. Furthermore teachers should learn to recognize symptoms of common diseases, and so be able to alert medical services in time.
- The school director explains that the school office staff member who is responsible for the First Aid kit should prepare the following forms. The school director explains the contents of each form to the participants. Some completed samples are provided below.

Form A: Recording the use of First Aid materials

Date	Person treated	Symptoms	Medical treatment	Materials used	Quantity used	Further action	Signature
10/6/2003	Sok Dara	Itchy eye	Flushed the eye	Sterile eye irrigation water	1 liter	-	
11/6/2003	Pich Sambath	Diarrhoea and vomiting	Drink water and Oral Rehydration Salt	Oral Rehydration Salt	1 sachet	Send him with mother to the health centre	

Form B: First Aid kit inventory

Date received	First Aid Materials		Expiry date	Date of usage	Quantity used	Quantity remaining	Particular remarks	Signature
	Item	Quantity						
10/3/2003	Sterile eye irrigation water	2 liters	31/12/2003	12/4/2003	1 liter	1 liter		
	Sterile eye irrigation water	1 liter	31/12/2003	16/5/2003	1 liter	0 liter	Please purchase new	
10/3/2003	Oral Rehydration Salt	20 sachets	31/12/2005	11/6/2003	1 sachet	19 sachets		
	Oral Rehydration Salt	19 sachets	31/12/2005	19/6/2003	1 sachet	16 sachets	Two sachets were taken without permission	
	Oral Rehydration Salt	16 sachets	31/12/2005	2/7/2003	2 sachets	14 sachets		
18/5/2003	Sterile eye irrigation water	3 liters	31/12/2004	20/6/2003	1 liter	2 liter		

The office staff member in charge should purchase new materials in order to keep the First Aid kit complete. The school director asks who of the school office staff want to take responsibility for the First Aid kit. If nobody volunteers, the school director will appoint somebody. The school director will monitor the First Aid kit and the activities of teacher who is responsible for the First Aid kit. S/he explains that all teachers should inform all students about the First Aid kit in school. When students have an injury, they should go to the school office for treatment.

7. The school director explains that all students should be encouraged to inform their teacher immediately in case of injury to another student. Teachers should then take action to bring the injured student to the school office where s/he can be treated. The school director closes the meeting and asks: Are there any questions or suggestions?