

# **In-house Training on Basic First Aid for GIDM staff**

**Monday, 13-March-2023**

**Venue: Seminar Hall, GIDM**

## **1. Background**

GIDM strives to assess the training needs of different Government Departments, Officials, local bodies and NGOs to make available to all stakeholders the knowledge and skills required to develop their individual competencies, gain appropriate understanding on risk management and strengthening overall DRM institutional capacities at the State, District and local levels.

While this is being done, the institute needs to continually upgrade its resources in terms of capacity development of its staff at all levels. It is the endeavor of the institute that every staff including service providers should be aware of the Basic Principles of Disaster Risk Management and have a coping capacity beginning with reasonable and functional expertise with BASICS OF FIRST AID.

GIDM endeavors to make DRM a part of the eco-system and get engrained in the ethos of the society so as to save precious lives. To inculcate the sense of saving lives during disasters, there is a requirement of certain common skill sets, which need to be drilled in time and again at all levels and strata of the society.

GIDM recognizes the need for identifying these target groups within the institute in order to make them proficient in the Basics of First Aid.

## **2. Why Basics of First Aid**

First aid is the provision of initial care for an illness or injury. It is usually performed by a non-expert person to a sick or injured person until appropriate medical treatment can be accessed in a hospital or by going to a doctor. It generally consists of a series of simple and in some cases, potentially life-saving techniques that an individual can be trained to perform with minimal equipment. First aid training is a low cost, but highly effective strategy to reduce morbidity and mortality. Therefore, it is of value in both preventing and treating sudden illness or accidental injury and in caring for large number of persons caught in a disaster. It is a measure both for self-help as well as for the help of others.

GIDM is situated around 12 kms away from Civil Hospital, Gandhinagar. During the residential classroom-based training programs, participants stay at GIDM campus for capacity building including service providers like caterers, security guards, sweepers and many more. We provide trainings to almost all age people ranges from 18 to 65 years. Office bearers and staff working in GIDM are also between 24 to 65 years of age, frequently travelling. Hence, all the staff and office bearers may be considered as targeted audience for the training.

## **3. Literature and AS-IS Analysis**

Literature from following institutions have been contemplated and studied to design the training.

- NDMA Guidelines on Management of Biological Disasters, 2008;
- NDMA Guidelines on Incident Response System, 2010;
- Chapter 4, Public Health Preparedness and Response, WHO Guide Book;
- Indian First-Aid Manual, 7<sup>th</sup> Edition, Indian Red Cross Society and St. John Ambulance, 2016;
- Compilation of video lecture from Ted Talks.

Best practices from institutes like NDMA, NDRF/SDRF, Health and Family Welfare Dept., 108 GVK EMRI, Indian Red Cross Society, St. John Ambulance etc. may be studied, documented and similar Knowledge Product on the subject may be developed. The literature developed by Indian Red Cross Society, Gujarat are available on following link (Gujarati versions):

<https://drive.google.com/drive/folders/1zXRcFNU081PQ1qBIPPYPqmtB1JGdCfPV>

The certified course on Basic First Aid being offered by 108 GVK EMRI is the ideal opportunity in achieving a clear insight in the techniques and allows to exercise the theory into practice via simulation and on dummies. The training has several new and updated features. The chapter on CPR has been completely revised. More emphasis has been put on chest compression to ensure improvement in the blood supply to heart and brain, and use of direct pressure to the site of bleeding to control further bleeding. First aid certifications issued by 108 GVK EMRI will be awarded to participants who have attended a course of theoretical and practical work and who have passed a professionally supervised examination.

#### 4. Target Stakeholders

GIDM staff and selected senior representatives from Service Providers via. House Keeping, Security, Garden Staff etc.

#### 5. Objective of the Programme

The main objective of first aid is not to cure but to ensure safety until the patient or affected person accesses specialized treatment. It is the initial assistance or care of a suddenly sick or injured person and should be administered as soon as possible after an illness or accident.

Participants learn what is first aid and why is it performed. They will learn in this session the aim of first aid and will be introduced to its basic concepts. After the session participants are expected to know well the 'golden rules' in first aid.

5 main Principles of First Aid:

- Preserve life
- Prevent the escalation of illness or injury
- Promote recovery
- Provide pain relief
- Protect the unconscious

Basic First Aid skills everyone should learn:

- Cardio Pulmonary Resuscitation (CPR)  
(*Perhaps the most well-known, and most important first aid skill*)
- Heimlich Maneuver

- Set a Splint
- Stop the Bleeding
- Treat a Burn
- Spot a Concussion
- Support a Sprain

The training is divided into two sections. The first section specifies in detail what “first aid” is about and how to deal with an emergency. It further includes basic first aid techniques the first aider should master, i.e. observing vital signs (breathing only) and consciousness; Cardio Pulmonary Resuscitation (CPR); recovery position and the first/initial assessment of a casualty. The subsequent section describes a more in-depth hands-on experience on the subject, approaches and techniques.

## 6. Proposed Capacity Development Plan

- Training Module/Knowledge Product on the subject may be prepared;
- Module/Course on Self-Paced e-Course on GUIDE LMS may be developed on the subject;
- A session on ‘Introduction to First Aid’ may be added along with ‘Introductory session in Basics of Fire Safety’ in every training program at GIDM;
- GIDM may roll-out capacity development activity on the subject with all its MoU partners and YYPs;
- All PM at GIDM may incorporate the subject at their respective sectoral activities;
- A directory of trained Resource Persons/Master Trainers on the subject may be prepared.

## 7. Session Plan

SN.	Time	Topic/Session	Resource Person(s)
[1]	[2]	[3]	[4]
1.	09:00 to 09:15	Course registration process	--
2.	09:15 to 09:30	Introduction	--
3.	09:30 to 11:00	<b>Medical Emergencies</b> <ul style="list-style-type: none"> <li>• Breathing Problems</li> <li>• Choking</li> <li>• Allergic Reactions</li> <li>• Heart Attack</li> </ul>	Dr. Dipesh Makhijani, MBBS, Dy. Manager and Senior Instructor
4.	11:00 to 11:15	Refreshment Break	--
5.	11:15 to 13:00	<b>Medical Emergencies</b> <ul style="list-style-type: none"> <li>• Fainting</li> <li>• Diabetes and Low blood sugar</li> <li>• Stroke</li> <li>• Seizure</li> </ul> <b>Trauma Emergencies</b> <ul style="list-style-type: none"> <li>• External Bleeding</li> <li>• Shock - Internal Bleeding</li> <li>• Bleeding from the nose</li> <li>• Tooth Injuries</li> </ul>	Dr. Dipesh Makhijani, MBBS, Dy. Manager and Senior Instructor
6.	13:00 to 13:30	Lunch Break	--

7.	13:30 to 15:00	<b>Trauma Emergencies</b> <ul style="list-style-type: none"> <li>• Eye Injuries</li> <li>• Penetrating and Puncturing Injuries</li> <li>• Amputation</li> <li>• Head, Neck and Spine Injuries</li> <li>• Broken Bones and Sprains</li> <li>• Burns and Electrical Injuries</li> </ul>	Mr. Jayvant Makwana, Instructor
8.	15:00 to 16:45	<b>Environmental Emergencies, BLS Theory</b> <ul style="list-style-type: none"> <li>• Animal Bites</li> <li>• Snakebites</li> <li>• Bee Stings and Insect and Spider Bites</li> <li>• Poisonous Spider and Scorpion</li> <li>• Tick Bites</li> <li>• Marine Bites and Sting</li> <li>• Heat Related Emergencies</li> <li>• Frostbite</li> <li>• Low body temperature</li> <li>• Poison Emergencies</li> </ul>	Mr. Sanjay Pipaliya, Instructor
9.	16:45 to 17:00	Refreshment Break	--
10.	17:00 to 17:30	<b>BLS hands on Practice</b>	Mr. Jayvant Makwana, Instructor
11.	17:30 to 18:00	Theory Examination & Certification	