



## Hands-on First Aid Training benefits Nepali Students during an overseas medical trip to Nepal

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### Introduction

First Aid is of vital importance in rural areas and low-resource settings due to the difficulty of accessing healthcare. In December 2018, our team, consisting of Medical Students from the Lee Kong Chian School of Medicine, Physiotherapy Students from the Singapore Institute of Technology, and Doctors from various institutions conducted first aid lessons at two schools in Nepal in the Solokhumbu region. The lessons targeted students at the local Secondary Schools from 13-19 years old.



### Methods

#### Dispelling Myths

- Education about sterility
- “Do no Harm” – Right and wrong ways to administer aid

#### Treating Injuries

- Burns
- Wounds
- Strains & Sprains
- Fractures
- Choking

#### Seeking Help

- Consequence of waiting to seek aid
- Injuries which require prompt medical care

The first aid lesson was conducted in a 3 hour long session consisting of a short didactic lecture followed by a hands-on training session where the participants had hands-on practice in each skill using task trainers and simulations. The lesson targeted multiple areas of knowledge, as shown above, in addition to the first aid procedures. The students also underwent a pre-test and post-test to assess the effect of the first aid lesson.



### Results

The students showed a marked improvement in their understanding of Basic First Aid based on the pre-test and post-test scores. The students were able to perform the Basic First Aid procedures without prompting, and they understood that first aid was vital in emergencies at home or at school.

### Conclusions

First Aid training with the use of simulations and task trainers can result in effective training even with a short lesson duration. This was illustrated through the effective learning achieved despite the short lesson time of 3 hours.



### Take-home Messages

Overseas community work should incorporate education of the community, as improvements in health literacy lead to improved health for the community. In addition, simulation and task trainers can be integrated into first aid education even in low-resource settings to improve the effectiveness of first aid training, as low fidelity simulations can be achieved with minimal cost.

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