

GOALS

To increase **the response** of a layman in the event of an emergency.

To increase the **level of CPR knowledge** and the most urgent first aid actions among the lay population.

To raise the general **public awareness** of first aid (knowing the importance of understanding CPR and recognition of emergency situations, knowing the newest first aid guidelines, knowing how and where to acquire first aid skills).

To increase the **chances of survival** of the injured after professional medical treatment due to quick and proper layman first aid skills.

TARGET POPULATION

Our target population is **aged between 15 and 80** and is interested in first aid. According to our experiences, age is not a limitation with running the course, the only potential problem with the elderly is their physical capability (e.g. resuscitation).

According to psychologists, first aid should be taught at a relatively early age, primary school students are supposedly very comprehensive. Still, the course was well accepted with participants of all ages, this is also proven by the results of our various polls regarding quality. The reason hides in the relaxed, interesting and innovative approach towards the participants.

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LIFE



KNOWLEDGE SAVES LIVES!

ABOUT

Project **For Life (4 Life)** includes goal oriented education for the lay population in the area of first aid and promotion of first aid as an ethical, moral and legal responsibility of every individual.

The project encourages the lay population to **approach and properly handle** urgent situations which is why we frequently organize courses in various locations where the limited number of interested participants can theoretically and practically review and restore their knowledge of the basic procedures of reanimation and proper action in other urgent situations.

First aid skills and knowledge must be firm, regularly reviewed and regularly updated. This is the only way to effectively **lower the level of fear in people**, prevent possible errors and ease the work of the professional team which ultimately increases the chances of survival and successful rehabilitation of the injured.

The core of the problem is the mentality of your average layman who doesn't act according to guidelines in an emergency situation or he doesn't act at all. Sociologists labeled this phenomena as the **bystander effect** - in case of an emergency the bystanders become passive spectators in hope of someone else taking responsibility.

WHY?

According to researches, about **75%** of cardiac arrests are witnessed.

Only **20%** of those people are being resuscitated.

In other words, only **16%** of people who suffered cardiac arrest were given CPR (with questionable quality).

ACTIVITIES

Promotions:

The instructors promote the project and present the activities of the project, future locations and how to apply for free lectures. They also provide information about first aid and answer any questions people might have. There is also a demonstration that shows CPR with the help of reanimation mannequins and other accessories.

Lectures:

Approximately 15 lectures are expected to be held in one year. The lectures are divided into a **theoretical and practical part**, together lasting 4 hours. The theoretical part is executed by a qualified doctor of pre-hospital medical care. The lecture program is standardized to ensure quality and comparison of different lectures. The instructors (medical students) take action in the practical part of lectures.

The participants are divided into 4 basic groups that exchange the following lectures: CPR, automated external defibrillator (AED) usage, a variety of different positions of the injured, immobilization and caretaking of larger wounds.

After a demonstration instructors encourages participants to try the techniques for themselves under the guidance of the instructors who also point out possible mistakes. The instructors also answer any question the participants might have, that is why a doctor is also present at the practical part of lectures.



Internal courses:

At least 2 lectures are held per year in the form of a seminar where new discoveries in first aid medicine are presented. Internal evaluation of the participant's response is made and different techniques of approach to the participants are being discussed by the instructors.

Motivation weekend:

Is held once per year. An organization team and a group of instructors gathers in order to exchange experiences and evaluate the projects' execution. Courses are also being held that include first aid lectures for instructors, new guidelines in the first aid area, sociological lectures regarding approach techniques for different target groups, organizational meetings are being held (fundraising, PR, logistic support, general management of the project) and meetings between instructors and their leader (feedback, improvement suggestions, courses, suggestions regarding new resources, quality improvement). Lectures are being held by different experts (doctors, sociologists, psychologists).

