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Session: Posters 1

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Abstract Number: 222

Title: A Novel First Aid Curriculum Improves First Aid Knowledge in Laypersons in Rural Nicaragua

Authors: Breena R. Taira¹, Aislinn D. Black², Michael Cipoletti³, Edward Stapleton⁴, Alexander Ortiz⁵, Juana Julia Salmeron⁶, Luis Blanco⁶. ¹Olive View UCLA Medical Center, Sylmar, CA; ²George Washington University, Washington, DC; ³Friends NE, Boston, MA; ⁴Stony Brook University Medical Center, Stony Brook, NY; ⁵Wentworth-Douglass Hospital, Dover, NH; ⁶Universidad Nacional Autonoma de Nicaragua, Leon, Nicaragua

Abstract: **Background:** Most First Aid curricula are based on assumptions appropriate to the developed world such as calling 911 for an ambulance. Where resources like an emergency response system do not exist, the tenets of these curricula do not hold.

Objectives: The objective of this study was to develop and evaluate a curriculum in first aid appropriate for rural Nicaragua.

Methods: Curriculum development: We systematically reviewed the literature for first aid curricula appropriate to the developing world. We found few publications and thus based our curricula on the WHO essential techniques for basic providers. Each technique was reviewed for applicability. Modules were developed with visual aids demonstrating the techniques. Hands-on activities were used for reinforcement. Study Design: Anonymous survey questionnaire administered before and after a first aid seminar using the novel curriculum in May 2012. Setting: Nuevo Amanecer, a rural community outside León, Nicaragua. Subjects:

Volunteers from Nuevo Amanecer over 15 years old who agreed to participate. The study was IRB approved by US and Nicaraguan institutions. Measures and Outcomes: Measures were age, previous exposure first aid, and experience providing first aid. The primary outcome was percent correct on the post course evaluation. Participants were also asked for comments. Data Analysis: Means and percents were used to report demographics. A two sample Wilcoxon rank sum test was used to compare pre and post scores.

Results: 19 subjects returned the pre-assessment and 23 returned the post-assessment. Mean age was 25.2 years, none had previous first aid instruction. 3/19 (15.8%) had provided first aid. The median percent correct on the pre test assessment was 30 (IQR 20-40). The median on the post-test was 50 (IQR 40-60) a statistically significant improvement ($p < 0.01$). 21/22 (95.5%) thought the program was useful. 21/21 (100%) felt more comfortable providing first aid after the class. 20/21 (95.2%) were interested in further classes. Participants felt the class was important and beneficial.

Conclusion: Few first aid curricula are applicable to the developing world. In rural Nicaragua, laypersons had no prior exposure to first aid. After the course, knowledge of and comfort level with basic first aid improved.