



SAVING 9

YOU DON'T NEED TO BE A DOCTOR TO SAVE LIVES

MEDICAL FIRST RESPONDER COURSE

INTRODUCTION

Saving 9's mission is to equip citizens with first aid skills and to help set up emergency response systems in far flung areas so that no lives are lost as a consequence of delayed medical care.

PURPOSE

TO TRAIN MEDICAL FIRST RESPONDERS

This curriculum is part of Saving 9's program to prepare citizens to deal with emergency situations, as these can strike at any time. Saving 9 operates in both urban and far-flung areas in Pakistan. This curriculum document will cover the courses Saving 9 offers in urban areas.

The primary aim of the urban areas program is to prepare rigorously trained and certified citizens in first aid in order to increase safety and emergency response capacity in these cities. Saving 9 offers three separate courses in urban areas:

- 1) **Medical First Responder Course (MFR)**
- 2) **First Aid for the Workplace**
- 3) **First Aid for Schools**

S9's courses have been developed in collaboration with experts at Columbia University (USA), Comprehensive Disaster Response Services (CDRS) and Shifa International Hospital.



A candidate practicing how to assess a patient's vital signs

CONTEXT

PAKISTAN HAS INADEQUATE RESCUE SERVICE COVERAGE

Pakistan is a country with an over-stretched and under-resourced emergency response system. The country is beset by natural disasters, terrorist attacks, as well as everyday hazards such as poor safety standards in factories. There is a large body of research which indicates that many of the casualties that occur during these incidents could have been avoided, and lives saved, if bystanders had been aware of first aid procedures.

THE DATA



Only 4.1% of patients reach via ambulance to the emergency ward on time



Only about 10% survive if treated after 6 minutes



More than 1000 savable lives are lost each year because of emergency delays

THE S9 TEACHING APPROACH



Demonstration of the three-person-lift technique for transporting a patient

PHILOSOPHY

MINDSET MATTERS AS MUCH AS SKILLS

Saving 9's teaching philosophy is centered around the idea that effective dealing with an emergency requires building not only competence over medical theory and skills, but also the dispositions and mental resilience to keep calm and act quickly.

Building Knowledge & Skill

S9's courses integrate theory with practice, and emphasize learning through simulations and extensive work with first aid equipment. Teaching also takes into consideration the particular needs of the local community, and emphasis is put on how to

manage without proper equipment. Our trainers are also prepared to include candidates with disabilities, and to accommodate those with different paces of learning. Candidates will also have potential opportunities to volunteer and intern with S9's operations department, and with CDRS; developing on-field experience.

Fostering Mental Resilience

Candidates will go through activities such as role play and breathing exercises; and over time grow in their abilities to make quick decisions, as well as learn how to be empathetic, reassuring and professional when handling emergency situations.

THE S9 APPROACH



Local Context Consideration



Differentiation of Instruction



Role Play



Emphasis on Improvisation



Continuous Learning



Mindset Building



Volunteering & Internships



Special Needs Accommodation

THE S9 MFR COURSE

The Medical First Responder course prepares candidates comprehensively in providing basic pre-hospital care for both physical and medical emergencies.

OVERVIEW

DURATION: 12 WEEKS

MFR's are often first on scene in the case of an emergency and can play an essential role in providing lifesaving pre-hospital care and transport.

S9's 51 hour MFR course offers exceptional workplace safety training and an opportunity to interact with and learn from professionals with real emergency experience. Through hands-on training, candidates will learn to evaluate and treat various emergencies such as:

- ❖ Heart attack and stroke
- ❖ Fractured bones
- ❖ Obstructed airways
- ❖ Severe bleeding
- ❖ Poisoning
- ❖ Psychological and stress-induced emergencies
- ❖ Burns

After completing S9's MFR course, candidates will receive an S9 certificate of course completion.*



A candidate practicing opening the airway of an unconscious patient

S9's courses are aligned United States' National First Responder curriculum, and where pertinent, the United States' National EMT Curriculum. Our cardiac emergency protocols are aligned with American Heart Association's standards, and our psychological emergency training is aligned with the World Health Organization's standards.



"Very professional, engaging and supportive instructors!"

Sayyed Masud
Managing Director, Channel 7



"Led by a very impressive leadership team, S9's trainings are paradigm changing and transformative!"

Briggs Prash,
CEO, Educator Hack | Columnist,

*Completion of the S9 MFR course does not lead to licensure or guarantee of employment by rescue services.

SYLLABUS AT A GLANCE



Section 1 Preparation

An introduction to the duties of an MFR, the use and importance of Personal Protective Equipment to ensure Body Substance Isolation and basic medical nomenclature.



Section 2 Patient Assessment

Candidates will learn how to assess a patient's vital signs, do an Initial Assessment and carry out a comprehensive physical exam for injuries.



Section 3 Airway Management

Candidates will learn how to assess, open and maintain a patient's airway, as well as how to provide emergency oxygen therapy.



Section 4 Shock & Resuscitation

Candidates will learn how to provide pre-hospital care for medical shock, and how to provide cardio-pulmonary resuscitation.



Section 5 Trauma Emergencies

Candidates will learn how to assess and provide care for physical injuries, including bleeding, fractures, neck, chest and spinal injuries, as well as burns (including electrical).



Section 6 Medical Emergencies

Candidates will learn how to assess and provide care for medical emergencies such as heart attacks, seizures, poisoning and brain strokes.



Section 7 Psychological Emergencies

Candidates will learn how to assess and provide care for critical behavioral situations such as panic attacks, affective symptom presentation and suicidal depression.



Section 8 Special Condition Patients

Candidates will learn how to assess and provide care for patients that require special considerations such as those with disabilities, the elderly and pregnant women.



Section 9 Operations & Transport

Candidates will learn how the larger EMS systems function, and how to transfer patients from the scene to the hospital.

COURSE COMPLETION REQUIREMENTS



A candidate practicing stabilizing an impaled object in the eye

STRUCTURE

BLEND OF THEORY & A LOT OF HANDS ON PRACTICE

The MFR course integrates rigorous teaching of pertinent medical theory complemented by sessions on practical skills.

Candidates will over the span of 4 months cover each of the 9 sections of the syllabus. In the beginning basic skills relating to assessing and managing the airway, breathing and circulation will be taught, and then more advanced study of specific kinds of injuries and illnesses will be covered. Each subsequent lesson will integrate and reinforce the concepts and skills learned earlier.

PASS CRITERIA

STANDARDIZED FINAL EXAMS

Candidates will be regularly assessed throughout the course for understanding through both written and practical assessments.

In order to pass the course, candidates must pass a final written theory exam, in addition to separate trauma and medical emergency scenario practical exams. Clear standardized criteria for passing these assessments will be shared with candidates from the beginning of the course, and there will be sufficient time for practice and preparation with S9's instructors.

ASSESSMENT OVERVIEW

EVALUATION PROCEDURES



Written Assessments



Practical Assessments

FINAL EXAMINATIONS



Final Theory Exam



Trauma Emergency Practical Exam



Medical Emergency Practical Exam

ACCELERATED MFR COURSE



S9 courses involve extensive demonstrations, hands-on practice and simulations of scenarios

STRUCTURE

DURATION: 6 WEEKS

Saving 9 offers an accelerated version of the MFR course, which doubles the number of teaching hours per week. The content covered is exactly the same, and this option is suitable for candidates with sufficient time to take on the increased study workload.

PASS CRITERIA

STANDARDIZED FINAL EXAMS

The accelerated course has the same criteria for passing as the standard MFR course. If a candidate is unable to perform reasonably well in the regular class assessments, he/she will be recommended to switch over to the 12-week duration program.

Week 1

Week 2 & 3

Week 4 & 5

Week 6



Section 1
Preparation



Section 2
Patient
Assessment



Section 3
Airway
Management



Section 4
Shock &
Resuscitation



Section 5
Trauma
Emergencies



Section 6
Medical
Emergencies



Section 7
Psychological
Emergencies



Section 8
Special Condition
Patients



Section 9
Operations &
Transport

HOW TO ENROLL



A candidate practicing bleeding management of a stabbing wound in the arm

SCHEDULING

OFFERED THROUGHOUT THE YEAR

Saving 9's courses are offered throughout the year, and the latest schedules are available on our website, and on our Facebook page.

Candidates can choose to enroll in the regular course that spans 12 weeks, or take the accelerated course that spans 6 weeks.

REGISTRATION

ONLINE AND OFFLINE OPTIONS

Online

Students can opt to register through Saving 9's website.

Offline

Students can register via their school by filling up a hard copy form.

Fee Deposit

Fees for the course may be deposited to Saving 9's bank account, or may be submitted in cash to our representatives during class.

FEE STRUCTURE

Monthly Fee

Rs. 5000
due on the 1st of each month

Total Fee

Rs. 20,000
for complete course