



SAVING 9

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

Youth Medical  
First Responder Curriculum  
for Schools

# 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) **Adult Medical First Responder (MFR) Course**
- 2) **Youth MFR Course**
- 3) **First Aid for the Workplace**
- 4) **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.



Students practicing patient assessment in an S9 class

## 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



Students practicing working as a team to transport 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, how to improvise in situations

emphasis is put on how to manage without proper equipment. Our teachers are also prepared to include students with disabilities, and to accommodate those with different paces of learning.

Students will also have the opportunity to volunteer and intern with S9's operations department, and with CDRS; developing on-field experience.

### Fostering Mental Resilience

Students 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 with patients.

## 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 YOUTH MFR COURSE

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

## OVERVIEW

Course takes 3 months

MFR's are the first ones from Rescue services on the scene in an emergency, and are essential for providing life saving pre-hospital care and transport.

S9's 36 hour Youth MFR course offers exceptional classroom training and potential opportunities for volunteering with S9's and CDRS's development sector operations. Through hands-on training and classroom work, students will learn to evaluate and treat various emergencies including:

- ❖ Heart attack and stroke
- ❖ Fractured bones
- ❖ Obstructed airway
- ❖ Severe bleeding
- ❖ Poisoning

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

S9's course is aligned



A student practicing opening the airway of an unconscious patient

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

S9's Youth MFR course is an easier, age-appropriate version of the Adult MFR course. It is custom-designed for students in Grades 6, 7 and 8.



**"It is a wonderful experience! I enjoyed every moment of vigorous training and extensive learning. It has given me valuable skills that I will carry with me for the rest of my life!"**

**- NATALYA AHSAN**

\*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

Students 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

Students 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

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



### Section 5 Trauma Emergencies

Students 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

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



### Section 7 Psychological Emergencies

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



### Section 8 Special Condition Patients

Students 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

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

## COURSE COMPLETION REQUIREMENTS



A student practicing stabilizing an impaled object in the eye

### STRUCTURE

Both theory & practical classes

The MFR course integrates rigorous teaching of pertinent medical theory with many sessions on practical skills.

Students who successfully complete the course will be presented their certificates in an award ceremony, and high achievers will be given accolades.

Mid-way through the course, students will also have potential opportunities to volunteer to gain development sector experience with Saving 9's operations wing – which focuses on communities in rural and far flung areas.

### PASS CRITERIA

Minimum 80% on final evaluations

In order to pass the course, students must regularly attend sessions – 3 absences at max are allowed – and demonstrate acceptable achievement in their monthly tests and final course exams.

Instructors will make every reasonable effort to ensure that the course is engaging, and that every student is provided the support they need to pass with flying colors.

Course assessments will be scheduled taking into account the general school academic calendar.

### ASSESSMENT OVERVIEW

#### Monthly Tests



Theory tests



Practical skill tests

#### Final Examinations



Final Theory Exam



Trauma  
Emergency  
Practical Exam



Medical  
Emergency  
Practical Exam

# HOW TO JOIN



S9 MFR course graduates wearing their hoodies after their award ceremony

## SCHEDULING

### Two routes are available

Saving 9 offers two different scheduling options. Venues and precise timings depend on agreements with your local school. Both routes involve 36 hours of in-class time, over a span of 2 months.

#### Primarily Weekdays Route

Students can opt to take 2 hour classes in the afternoon after their regular school hours during 2 weekdays.

#### Primarily Weekends Route

Students can opt to take 2 hour classes on both Saturdays and Sundays.

## REGISTRATION

### First two classes are free

Students can participate in the first two classes for free before deciding to commit to the course.

#### Offline Registration

Students can register via their school by filling up a hard copy form that will be made available to their administration.

#### Fee Deposit

The security deposit and course fee for the first month must be paid by the third session of class to S9's bank account. Details will be shared during the first class.

## FEE STRUCTURE

### Monthly Fee

**Rs. 6000**  
due on the 1<sup>st</sup> of each month

### Total Fee

**Rs. 12,000**  
for complete course