



# **INTEGRATING FIRST-AID EDUCATION IN NCF 2023**

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## **FICCI ARISE RECOMMENDATIONS**

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## CONTEXT

Change is inevitable and adaptability to change makes a society future ready. In the past decades, we have all been privy to the shift towards promoting school-based introduction of life skills for children, adolescents and young adults that will guide them in and outside the classroom to make informed choices about their lives and navigate through complexities of their future. Amongst these, a 'First Aid' qualification is an essential life skill. It helps young people remain safer by understanding risk and also empowers them with lifesaving skills.

The National Curriculum Framework 2023 underlines the principle of creating an enabling structure that helps in doing away with 'rote-learning' and facilitates acculturation of an inquiry-based, project-led ecosystem of education that not only enhances the learning outcomes but also helps in rendering a more rounded and holistic development of individuals. Given the global adaptation of outcome-based education frameworks and an enhanced focus on higher-order learning and professional skills, the NCF 2023 promises a paradigm shift in conventional practices of curriculum design, education delivery and assessment. In reference to the invite from Ministry of Education seeking views/suggestions from stakeholders on National Curriculum Framework 2023, FICCI ARISE has developed its viewpoints on including First Aid education and training as mandatory component for students across all grades.

The International Federation of Red Cross Red Crescent Societies recognizes children as important first aid providers and also recipients of first aid support in emergencies. Providing children with life-saving skills can help build a more resilient generation. Thus, an introduction of mandatory first aid training and education in schools, as part of our goal of ensuring universal access to first aid training at all phases of life is the need of the hour. Enabling children and young people to learn and give first aid is one strategy to achieving a safer environment and resilience for all citizens. The inclusion of first aid in the curriculum can also improve children's intellectual, social and behavioural abilities.

According to the Red Cross and Red Crescent Global Survey on First Aid (**Global First Aid Reference Centre, 2018**) about 66% of National Societies provide a specific first aid course for children. First aid is a compulsory part of the school curriculum in around 20% of countries where National Societies are established. Furthermore, first aid training is mandatory for teachers and school staff in approximately 27% of countries. Böttiger (2016) wrote that sudden out-of-hospital cardiac arrest (OHCA) with unsuccessful cardiopulmonary resuscitation (CPR) is the third leading cause of death in industrialised nations. Up to 70% of OHCA are witnessed by family members, friends, and other bystanders. Thus, the life-threatening gap in time before Emergency Services personnel reaches the person can be successfully bridged by laypeople. Bystander CPR increases the person's chances of survival two- to four-fold. However, bystander CPR rates are 60–80% in only a very few countries; in most countries the rate is far below 20%.

In support, the **World Health Organization (WHO) has endorsed the "Kids Save Lives" Statement in 2015**, a joint statement from the European Resuscitation Council (ERC) and many others organizations including European Patient Safety Foundation (EPSF), the International Liaison Committee on Resuscitation (ILCOR) and the World Federation of Societies of Anaesthesiologists (WFSA). The statement was published in Resuscitation: Training school children in cardiopulmonary resuscitation worldwide - Resuscitation, 94 (2015): A5-A7. This statement recommends two hours of CPR training annually from the age of 12 years in all schools worldwide.

It is therefore imperative that **we integrate first-aid education and trainings as part of the core curriculum**. It is an invaluable life-skill that not only equips students with lifesaving skills but also builds a culture of safety, responsibility and preparedness in schools.

## ADVANTAGES OF INTEGRATING FIRST-AID EDUCATION

1. Increased preparedness: Handle emergency situations effectively. This can increase their sense of preparedness and confidence in their ability to respond to emergencies.
2. Improved safety: Help prevent further injury or harm to individuals. This can be particularly important in cases of accidents, medical emergencies, and natural disasters.
3. Greater sense of responsibility: Develop a greater sense of social responsibility, by empowering them to help others in need.

### INDIVIDUAL LEVEL

### FAMILY LEVEL

1. Improved family's health emergency response safety: Create a safer environment for their loved ones by providing them with the skills to respond effectively in emergency situations.
2. Increased awareness: More aware of potential hazards and risks, and take steps to minimize them.
3. Greater sense of community engagement: Families feel more connected to their community by enabling them to assist others in times of need

1. Reduced mortality and morbidity rates: Can help reduce mortality and morbidity rates by enabling prompt and effective emergency response.
2. Improved public health: Help improve public health by reducing the risk of further harm or complications in emergency situations.
3. Improved societal engagement: Can help build stronger communities, by promoting social responsibility, solidarity, and a greater sense of connected well-being.

### SOCIETAL LEVEL

## BEST GLOBAL PRACTICES (CASE STUDIES)

- **USA:** the American Heart Association (AHA) developed the CPR in Schools Training Kit to provide schools with a comprehensive curriculum to teach students how to perform CPR
- **Australia:** The Australian Red Cross developed the First Aid in Schools Program to provide students with basic first aid skills.
- **Canada** - The Canadian Red Cross developed the RespectED Violence and Abuse Prevention Program, which includes first aid training for students in grades K-12.
- **Germany:** German Red Cross developed the Schulsanitätsdienst program, which provides students with first aid training and equips them with the necessary skills to act as first responders in the event of a medical emergency in their school.
- **France:** The French Red Cross provides first aid and CPR training in schools through their "Collège au secours" program. The program trains students in basic first aid skills and promotes a culture of safety and preparedness in schools.
- **Japan:** The Japanese Red Cross Society offers first aid and CPR training in schools, as well as in other settings such as workplaces and community organizations.
- **Norway:** First aid training is mandatory for all students as part of the national curriculum for primary and lower secondary education.
- **Denmark:** First aid training is mandatory in primary and lower secondary schools as part of the national curriculum.
- **Italy:** First aid training is mandatory in secondary schools as part of the national curriculum

## FICCI ARISE PROPOSAL

- ✓ Develop an evidence-based educational pathway to enable integration of first aid into the school curriculum by defining the goals to be achieved for knowledge, skills and attitudes, for grades 1-12.
- ✓ FICCI ARISE in partnership with GVK Green Health Services, the world's largest emergency management service which runs the 108 emergency services in 17 states across India can support Ministry of Education to build age appropriate training modules for schools and children. It has training partnerships with eminent institutions like Stanford University, American Heart Association and American Academy of Family Physicians.
- ✓ Snapshot of Training Modules enclosed in Annexure 1 & 2

## Annexure-1

Recommended topics for first aid and emergency management in school education. The key skills and learnings that need to be included in the middle school (Grade 6-8) curriculum.

S.No.	Theory	Skills
1	Scene safety	How to check for scene Safety (role play)
2	Good Samaritan Law	
3	Therapeutic Communication	Role play on communication
4	PERSONAL HYGIENE ANDHYGIENE STANDARDS	Hand wash and Hand Rub
		How to call an Ambulance in an emergency (RolePlay)?
		Donning and doffing of hand gloves
5	Importance of First Aid Kit	First Aid Kit demonstration
6	Ambulance equipment	Ambulance Demonstration
7	Respiratory Problems	How to use a Nebulizer and Inhalers?
8	Choking	Relieve Choking in responsive victims (Adult,child & infant)
9	Allergic Reaction andAnaphylaxis	How use EPIPEN
10	Heart Attack	Positioning the patient

11	Cardiac Arrest	Cardiopulmonary Resuscitation (CPR in Adults,Child & Infants) and AED usage
12	Diarrhoea and Dehydration	Administration of ORS
13	Fainting or Syncope	How to raise the feet in fainting case
14	Stroke	
15	Seizures	How to put a victim in the recovery position?
16	Hypoglycaemia	
17	Heat Illness	
18	Cold Injuries (Frostbite)	
19	Drowning	
20	Snake Bite	How to Immobilise the bitten limb
21	Insect and Ticks Bite	
22	Drug overdose and poisoning	
23	Bleeding and shock	Bleeding Control and applying a Tourniquet
24	Fractures and Dislocations	Immobilize a fracture bone (Splinting)
25	Soft Tissue Injuries	Dressing and Bandages (Roller Bandages & Triangular bandages)
26	Head and Spinal Trauma	Stabilizing a Suspected Head and spinal injury patient
27	Impaled objects	Immobilize an Impaled object
28	Amputation	Care of an Amputated body part
29	Burns	
30	Electrocution and lightening	How to use an AED
31	Sprain and Strain	How to apply crepe bandage (figure of 8)