

St John Training e-News

A quarterly e-Newsletter on international training matters



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News

As a result of Sophie Cornford going on maternity leave, her work in collecting information together for the International Training Newsletter is now the responsibility of Chris Sowton, chrissowton@orderofstjohn.org / +44 (0)20 72513292.

Please contact him for:

- Any queries or further information regarding this newsletter;
- Any contributions to further newsletters;
- Details of anybody you know who would be interested in receiving this newsletter.

The next issue of the newsletter is planned for October 2005. Please send any contributions for the newsletter to me by 30 September 2005.

Thank you to St John Australia for their continued support in preparing this newsletter.

Matching Funds

As you may be aware, the Order Secretariat in London runs a 'matching funds' programme for St John associations. For small-scale projects which associations may find it hard to raise the full funding for in their own countries, the Secretariat can contribute 50% of the necessary funds, up to a maximum of £1,000.

Historically, much of this funding has been given towards funding training equipment. In 2004, for example, St John Sri Lanka were

given funding towards equipment for public duty camps at a religious festival. Likewise St John Ghana were supported in their 'first aid on the road' programme.

More recently, St John Kenya was last month granted £800 for the purchase of training equipment in one of their regions. According to Eva Mwai, CEO of St John Kenya, the situation before they were awarded this grant was one where "although training was conducted for members, it was not done effectively due to a lack of adequate equipment. This new equipment will equip members with skills and knowledge in First Aid and Care, and will not only improve the quality of service offered, but will motivate members and help in promoting retention of them." The new equipment purchased included first aid boxes, dressings, thermometers, blankets as well as two Actar packs.

The Order Secretariat is very happy to work with association on developing applications. Please contact us for more information.

Books Available

Carer's Handbook: a practical guide to looking after ill, disabled and elderly people.

The Order Secretariat has several hundred copies of this book which we would very much like to distribute to any St John Association which has a need for them. The books, which are in excellent condition, focus on several key aspects of providing care and guidance for those unable to provide it for themselves. In particular the book focuses on areas such as:

- Home hygiene
- Bed comfort
- Maintaining and improving mobility
- Personal care
- Palliative care
- Emergency care

The Secretariat can consider providing funding to assist Associations in transporting a quantity of these books from the UK.

ILCOR Changes

ILCOR is the international body with membership drawn from resuscitation councils from across the world, including Australia. The international body has been undertaking a review of the science that supports resuscitation practice. ILCOR will release in November a statement called the International Consensus on Science of Resuscitation.

The ILCOR process has involved the development of hundreds of worksheets around the key questions in resuscitation e.g. "Are people trained in CPR willing to perform it?". These worksheets were produced by experts around the world, including over 40 produced by Australians. The production of the worksheets involved a comprehensive literature search, categorising relevant research and then producing some recommendations for practice. All chosen research questions were investigated by two researchers and, hence, two worksheets were published for each research question.

Whilst the draft ILCOR statement is confidential, the worksheets are readily available at www.c2005.org. By reading the statements, it is possible to learn about some of the possible directions being considered by ILCOR.

On June 22, 2005, the Australian training managers held a workshop to review the ILCOR worksheets, to coincide with the St John Ambulance Australia annual conference. It was a pleasure to welcome Judy Smith from St John Ambulance (New Zealand) to participate in the workshop.

Each manager was asked to read certain worksheets and provide a summary of each document and its implications for St John. Some of the key points discussed at the workshop are included in this newsletter.

The scientific evidence does not support compression only CPR. The general summary is that compression only CPR is better than no CPR but not as good as full CPR. There is some evidence to support that compression only CPR may be as good as full CPR if the ambulance arrives within 4 minutes.

However, Tucson (Arizona) has adopted Compression only CPR primarily because of the low rates of people prepared to perform EAR (risk of infection etc.). There would

appear to be argument that compressions should be emphasised more in CPR training and make it clear that compressions is much better than doing nothing at all.

With regard to compression to ventilation ratio, the data from animal and mathematical studies suggest advantages in moving to higher ratios (e.g. 30:2).

There is an argument to teach, consistent with making CPR easy to understand: "To find the correct positioning on the lower half of the sternum, the rescuer is instructed to place the heel of one hand in the center (middle) of the chest between the nipples. In single rescuer CPR this method appears to result in a significant reduction in the length of the pause between ventilation and resumption of chest compression." The only study that supports this is a study based on using a manikin.

Cough CPR does work for very short periods (1-2 minutes) and is useful in hospitals. It is not recommended as an approach in out of hospital situations.

With respect to the question of the most effective instructional technique, there is no evidence to conclude that interactive computer programs or video self-instruction are better than lecture / demonstration / practice. Also, there is no evidence to suggest it is worse. It is clear that any instruction is better than no instruction. In AED training, short, simple courses are as effective as 4 hour courses. Use of audio prompting devices is recommended.

If you would like a copy of the summary of the workshop, please contact Peter LeCornu at training@stjohn.org.au.

Training in Kenya

*Despite only having one full-time member of staff, St John Kenya have been able to develop a highly impressive training portfolio which provides excellent training for Kenyan individuals, businesses and organisations. Supported by a number of volunteer trainers, these courses have also proved very successful in raising much needed income to fund public service duties throughout the country. **Fred Otieno**, training manager, identifies some of the key areas which have enabled this success...*

- **Workplace Inspection and Tour**

When dealing with a new client, it is our policy to view the working area and familiarise ourselves with the specific hazards which workers have to face while at work. Our observation is that such viewings add a lot of value to the training package offered to the specific client. A week ago, for example, one such tour was made at the largest Beer manufacturing plant in East and Central Africa and this has now resulted into a compulsory 2-day "Emergency Aid at Work" Modular Course for 200 employees in the two largest Departments (Brewing and packaging), to be followed by a Comprehensive 5-day "First Aid at Work Course" which will be offered to 50 selected employees. The modular course has been designed with the specific needs of the client taken into account. The tours also helped in determining the number of First Aid boxes required by the client.

- **Courses for Everybody**

St. John Kenya realises the need for all people, irrespective of how busy they are, to get trained in First Aid. This was only found to be possible by offering short courses. The response has been tremendous, with St. John now being forced to run the course even on Sundays. Cashing in on the "volume of sales", we have deliberately kept the fee chargeable at an affordable rate.

Our flexibility has enabled even Banks and other Financial Institutions to book slots for training. This is against a long-time held belief that they (banks) were too busy with no time to spare for training.

- **Product Differentiation**

We have been able to develop courses targeting particular segments of the market. One such course is the increasingly popular "Lifesaver Course for Babies and Children". This course is aimed at new parents, child minders, as well as kindergarten and nursery school teachers. The course has found an easy market, especially among the Western expatriates living in Nairobi.

Another similar course is the First Aid on the Road course. This course was at first designed specifically for PSV (Public Service Vehicle) Drivers, but lately, it has attracted many other road users, with St. John Kenya proposing to have it incorporated into the National Driving Curriculum or be made a mandatory course for all those taking a driving course. We hope the Ministry of Transport will support it.

- **Recognition by Government Agencies**

People who are willing to join the Government-sponsored Medical Training College stand better chances if they are in possession of First Aid Certificate issued by St. John Ambulance. The same applies to the Police Recruits. Every year, the Police Department recruits approximately 2000 police recruits who have to undergo a mandatory First Aid training and assessment conducted by St. John Ambulance Kenya.

- **Quality of Training**

Even though we still don't have the latest state-of-the-art training and presentation equipment, our courses are delivered in a very professional manner, using experienced trainers and assessors.

The training program uniquely blends both theory and practicals, giving the participants an opportunity to build their knowledge and master the life-saving skills. This also helps boost their confidence, especially when tackling trauma-related emergencies. The increase in reported cases of Heart Attacks have also stirred more interest in this area, and participants usually get adequate time to handle Heart Conditions.

For practice, the use of *casualty simulation* helps bring out an almost real picture, adding to the excitement and interest of the course participants.

- **Exhibitions and Media Campaigns**

The local media has been very supportive and they are lining up to host us on some of their shows. This has been the case particularly with the electronic media. The good response has been occasioned by a passionate appeal sent out to the media by the Chief Executive Officer, asking them to spare some time to enable St. John Kenya educate the Public on First Aid and Public Health.

The Training Department has also been staging exhibitions in the major shopping malls in the city. Here, we are always able to reach large crowds, taking advantage of the large number of people who frequent the malls. These exhibitions are usually held over the weekends.

If you would like more information about Kenya's training programme, please feel free to contact Fred Otieno at foadongo@yahoo.com.

Flexible Learning

Following the successful development of a CD-ROM and workbook for its popular Senior First Aid course, St John Ambulance Australia is developing other flexible learning options.

Approval has been given for the development of a flexible learning program for new first aid volunteers. The aim of this program is to ensure that all new volunteers gain the skills required to be an effective first aid volunteer. The course covers advanced first aid skills as well as a range of communication and patient service skills. A website is under development and resources will be developed during 2005.

St John Ambulance Australia is also developing flexible learning programs for training its trainers. All trainers in Australia are required to hold the national qualification – Certificate IV in Training and Assessment. The implementation of the flexible learning program will enable trainers to gain this qualification through self-directed learning and practical experience.

For further information on either of these programs, contact Peter LeCornu at training@stjohn.org.au

Icebreakers

Icebreakers can be very valuable in training situations for a number of different reasons. Spending just five minutes doing an icebreaker at the beginning of an hour-long session can make the remaining 55 minutes much more productive. Icebreakers are important training tools for a number of reasons, including:

- To introduce or enable people to get to know each other better;
- To overcome any nervousness which participants may be experiencing;
- To introduce the theme of the training in a non-intimidating way;
- To develop teamwork and trust amongst participants;

Details of three effective icebreakers are included here, which you may find useful in your training courses.

1. Balloon Burst

What for?

An icebreaker for people who already know each other reasonably well.

How?

1. Give each participant a balloon.
2. Have participants write a fact about themselves on a small piece of paper and insert it into their balloon. The fact can be work related, offbeat/funny, or personal (e.g. hobby). Whatever best suits your audience and subject.
3. Have participants blow up their balloon and throw it in the middle of the room.
4. Pop the balloons one by one and have participants guess who wrote the fact.

Resources needed?

Balloons.

2. String Them Along

What for?

A good all-purpose icebreaker.

How?

1. Get all the participants in a circle.
2. Take a ball of string. Hold onto the end of the ball and throw it to a participant.
3. Have that person state their name / job title / age / favourite colour / whatever (modify to audience / training needs).
4. The next person does the same thing, and the next, and the next until everybody is 'connected'.

Resources needed?

String

3. Circle of Friends

What for?

Introducing large numbers of people.

How?

1. Form two circles, one inside the other. The people in the inner circle should face the people in the outer circle.
2. The people opposite each other introduce themselves for one minute.
3. After two minutes, the people in the inner circle should move one place to the left. They will now be facing a new person with whom to talk.

Resources needed?

None

If you have an icebreaker you would like to include in the next issue of ITN, please send it to us.

Teaching Aids at Low Cost

The Order Secretariat has a large number of CD Roms, provided to us by the charity Teaching Aids at Low Cost. The CD-ROMs provide free access to up-to-date and appropriate health information and training materials for health workers in developing countries. The contents of the CDs are very informative, and would be an excellent resource for trainers all over the world. Examples of the kind of information to be found on the CDs include:

CD1

- "How to write medical information in plain English."
- "How to make maternal health services more women-friendly."
- "A new atlas of leprosy."

CD2

- "Animal diseases can affect people."
- "Epilepsy - A Manual for Medical and Clinical Officers in Africa."
- "Assessing community health programmes."

CD3

- "Management of tuberculosis – a guide for low income countries."
- "Management of wounds in developing countries."
- "Simple devices to assist the physically disabled."

CD4

- "AIDS orphans need care, protection and education."
- "Helping Children Who Are Deaf."
- "Principles and Practice of Primary Health Care."

If you would like copies of these CD Roms sent to you, please contact the Secretariat. Alternatively, it is possible to send through PDF versions of articles you may be interested in.