

“112: CAN I HELP YOU?” – an european first aid education project.



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ABSTRACT

INTRODUCTION: From terrorist attacks in 2015 the French Government has made laws to quickly increase the number of students leaving Junior High School with a proper first aid training. Beside these national measures, some local projects are being developed to promote first aid to a maximum of people.

MATERIAL AND METHODS: Implemented the European Erasmus+ project “112: Can I help You?”. A 3-year project has involved 5 countries (France, Poland, Czech Republic, Spain and Romania) to promote lifesaving lessons among European people. With several mobilities, students visited different places with professionals of medicine, lifesaving. They acted in short promoting pieces and created posters in relation to first aid techniques.

RESULTS: The project has been going on for 3 years. At that time, the authors of the program from France included a total of 300 people in the activities, who will be students and educators from five countries. The dissemination of the project is based on the high visibility of the videos and the posters created by the students themselves. Posters and videos can be found on different websites but also with temporary exhibitions in city halls, shopping malls.

CONCLUSIONS: Program has been effectively implemented in five Central European countries. Activities of pedagogues and persons without medical education may be an effective form of propagating first aid principles in accordance with the subject of PSC1. Further activity of the project contractors and analysis of the effectiveness of the forms of training activities undertaken by them is necessary.

KEY WORDS: 112, erasmus, first aid, lifesaving, education.

INTRODUCTION

Since 2004 the French government has been stressing the importance of giving to students the knowledge and behaviour necessary to prevent a situation of danger, to protect and to help in case of an emergency [1]. But this was not applied before January 2006 waiting to be more specific about the implementation of these legislative provisions.

Research conducted in 2010 showed low quality of first aid in France, mainly due to the passivity of witnesses to the accident [2]. Countries which have legislated in this direction, or are in the process of doing so e.g. the Scandinavian and Central European countries (Germany, Austria, Norway, etc.), have already delivered training e.g. up to 80% of these students in Austria and 95% in Norway.

The year 2015 was particularly deadly because of the large number of terrorist incidents perpetrated on French territory. Public opinion was strongly impacted by these attacks, the most significant being Charlie Hebdo, January 7, 2015 - 12 dead & 11 wounded; Hyper Casher January 9, 2015 - 5 dead; the Thalys August 21 2015 - 4 injured; the Bataclan November 13, 2015 - 138 dead and 413 wounded and Nice July 14, 2016 - 86 dead with many more injured.

In this context of increasing threat, and high out-of-hospital cardiac arrest (OHCA) [3], the state granted additional resources to the National Education Budget. They were concerned about terrorists targeting schools so they voted a new law. More financing, more trainers for more students being trained. Heads of school receive clear instructions from the government to set up training in their schools and to help volunteer teachers to become first aid instructors [4]. The objectives are as follows: by the end of the 2016/2017 academic year, 50% of students will have received PSC1; 60% in 2017/2018 and 70% in 2018/2019. Students who have not benefited from PSC1 training will receive awareness of savings actions. By 2019/2020, 100% of the students will have received either a PSC1 training or a GQS.

As a local response, a group of teachers in Oloron-Sainte-Marie, south west of France, started to think about what could be the best way to increase the number of people able to do first aid techniques; the idea “112 Can I help you” was born. Quickly, it appeared that we could extend this to European Partners, that was the beginning of finding other partner schools.

MATERIAL AND METHODS

First of all, in September 2015, project authors searched for partners on the European eTwinning platform. The main difficulties were to find the right persons to work with. People who shared the same goal, that is to say, the idea to increase the number of people knowing first aid. When was found 4 partners; Poland (Strozy), Spain (Valencia), Czech Republic (Hranice) and Romania (Baia de Fier), authors started to build the project together as asked by the European Commission following the guide and filled the form (march, 2016) for the selections (July, 2016).

Supported by ANIMS (Association Nationale des Instructeurs et des Moniteurs de Secourisme) the European School Project “112 : Can I help you ?” was initiated under the European Erasmus+ program for a period of 3 years (2016-2019). The common language was English. This project was based on number 112, the European emergency number. The aim was to promote the actions of first responders and to encourage as many people as possible to train in simple actions that can save lives while waiting for help to arrive. It is, in a way, the first link in a chain of rescue. Through these actions we want our students to become committed and responsible European citizens. With each of the sections/units proposed (one in each country), discovered a range of conditions, rescue at sea, in the mountain (summer / winter), avalanche, helicopter hoist and other rescues. Authors designed posters and videos related to various problems such as choking, bleeding, cardiac arrest, burns, and learned first aid techniques. After the results, in each country, was launched many balloons coloured in white, red, blue, yellow, the colours you can find on each flag of the 5 partners and the European one.

Chronological plan

Project planned 3 transnational meetings, without students:

- The first one, in France (October, 2016), called “*kick off meeting*” was to plan the next 3 years;
- The second one, in Spain (January, 2018), basically in the middle of the project, was to evaluate what had done and what was to be achieved. Team used a Gantt’s diagram and followed it as well as possible;
- The last one, the final meeting, was in Romania (June 2019), to complete the final evaluation and report for the European commission and to prepare the dissemination of the tools had built (posters, videos).

PSC1 program

The employees of the national education must have the PSC1 diploma and must have passed an exam after a 60-hour-training class to be a PSC1 instructor and have a 6-hour-continuing education yearly. Students learn how to recognize the signs of a distress, learn the possible causes and the risks of that. They learn how to react in each situation by doing the right things. The PSC1 program is taught by 2 official guides:

- a) **A guide on technics**, based on the European Resuscitation Council's recommendations (Cardio Pulmonary Resuscitation is the same, wherever you are in Europe; 30 compressions and 2 insufflations for example). This guide is edited by the Interior Ministry and has 11 procedures pages and 11 technical pages and 1 material page on the Automatic External Defibrillator.
- b) **A guide about pedagogy**, made by the national team of instructors and edited by the Education Ministry, which explains how to teach lifesaving, what to say, how to say it. This guide must be followed to have an official and valid formation. The students must at least be 10 years old. The program will be an average of 7 to 10 hours long depending on the public taught (adults or pupils):
 - How to react in case of an earthquake, a massive air pollution, a terrorist attack;
 - Protection of yourself and of the victim;
 - Emergency call;
 - Traumatism;
 - Suffocation (adults, pregnant women and obese persons, kids and babies);
 - External Hemorrhage (3 methods);
 - Wounds (e.g.: chest, abdomen);
 - Burns (simple and severe);
 - Sickness (e.g.: cardiac or asthmatic distresses, stroke);
 - Loss of consciousness (adults, babies);
 - CPR (adults, kids and babies);
 - AED (adults, kids and babies).

RESULTS

The project has been going on for 3 years. At that time, the authors of the program from France included a total of 300 people in the activities, who will be students and educators from five European countries (France, Poland, Romania, Czech Repoblikes and Spain). Authors must add the host families who were enrolled indirectly while hosting foreign students during the mobility and all the people visiting partner schools' websites or the "112 : Can I help you ?" YouTube channel or by seeing the posters during non-permanent exhibitions in townhalls, supermarkets, schools and tourism offices.

Developed materials

In the case of the 112 Erasmus+ project, students made different kinds of work, and the main products are a series of 9 posters in English and 9 in each language of the partner countries. They made videos in the same way, videos presenting the solutions about the distress showed on the posters. To access these videos, the QR Code on each poster is to be scanned. They also produced a logo and the slogan for the project, printed on tee shirt sand visible on each production.



Figure 1. Logo and slogan of the project



Figure 2. Themed posters as part of the project



Multimedia 1. Video report of a 3-year project.

Implemented program

- The first one was in Poland (March 2017). Authors did a wooden lifesaving box, elected the best drawing the student had done for the logo and voted for the best slogan too. Teachers also did a live anthem of the project with the music class of the school. The stanzas were in relation with first aid. Team went to a swimming pool to learn how to save a drowned person, and visited a fireman rescue station to see how to desincarcerate a victim from a vehicle.
- The second one, was in France (October, 2017). The week was opened by “La Patrouille de France”, French Acrobatic Aircraft to celebrate the project in France. They flew over the junior high school. Teachers went to the mountain, to see a rescue with a helicopter and went to the Atlantic Ocean to see how they rescue people in the open water. They had a 2-hour-surfing session too. Each people, passed the French National exam for the first aid lessons (PSC1).
- The third mobility was in Romania (March, 2018). It was started to film the movies about traumatism, loss of consciousness, burns and CPR. Students used iPads to film and the main rule was never 2 students of the same nationality in the movie. Authors really wanted the students to speak English while acting. The novelty was lesson in the ski station to learn more about rescue teams with avalanche dogs and how to rescue someone after a ski accident.
- The fourth mobility was in Czech Republic (October, 2018). It was continued the last movies and posters about sickness, wounds, hemorrhage and suffocation. Group visited a fireman rescue station and a 112-call center.
- The fifth and the last one was in Spain (march 2019), after finished the movies and the posters. All met together for the last meeting to present, in the streets, our work to the Spanish people. Teachers suggested they watched the posters and the videos, and the students explained the gesture about the first aid response.

DISCUSSION

The lack of money in the beginning and of qualified trainers was undoubtedly a break on the teaching of first aid in French schools and junior high schools. Society had to wait for the creation of a national training team of instructors of trainers as well as partnerships with other training organizations (ANIMS, Red Cross, Civil Protection, Firemen) before it was possible to constitute a national education team of 180 instructors and 6,100 trainers by 2013. Records show that 3% of fourth-year students were trained in 2007-2008, 20% in 2011-2012 and almost 30% in 2014-2015 [5]. Since we observe a real political will, the results are increasing consequently. In the Pyrénées-Atlantiques, in 2018/2019, 4872 junior high school students were trained in PSC1 and 155 at GQS giving a total of 5037 in this school year; so, 99,8% of junior high school students were trained in a general first aid program. In France, with this program, the number of students trained in GQS or PSC1 increase gradually.

Beside the risk of a terrorist attack, every year in France, tens of thousands of people are victims of accidents in their daily life or on the road, in fires or other major risks. The number of injuries and deaths could be significantly reduced if more people had at least a minimal knowledge of simple prevention and protection measures, if they knew how to alert the appropriate emergency services and provide the first essential actions while waiting for their arrival. As part of a comprehensive First Responder training plan, the government wants to train 80% of the country's population by the end of Emmanuel Macron's term. This ambitious and unprecedented objective of training in first aid will be carried out by the Minister of the Interior.

The government is particularly focusing on school first aid, on associations and training organizations to promote the European Emergency number 112, and to allow easier access to external automated defibrillators throughout the country.

With 293 Instructors and almost 8500 first aid trainers, the National Education is on the way to accomplishing its goal of 100% of junior high school students trained in first aid techniques. Programs like "Kids save lives" [6,7] and local initiatives especially those having a European reach like the Erasmus+ project of the College des Cordeliers in Oloron-Sainte-Marie, "112: Can I help you ?" should be encouraged.

CONCLUSIONS

Program "112: Can I help you?" has been effectively implemented in five Central European countries. Activities of teaching environments and people without medical education can be an effective form of promoting first aid principles in accordance with the subject of PSC1. Further activity of the project contractors and analysis of the effectiveness of the forms of training activities undertaken by them is necessary.

Disclosure statement

The authors did not report any potential conflict of interest.

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