

First Aid

Grand Prior's Award Scheme

First aid has always been a core purpose of St John and is a fundamental part of our programme. This badge will empower cadets with the skills to respond safely and assist others during situations that require first aid. Cadets will enhance their skills in patient care, communication and treatment through demonstrations and practical scenarios that place them in challenging situations to help them cope during a real life event. Leaders should also encourage cadets to be fully involved in Youth Competitions (as a patient or competitor) as this provides invaluable experience and development points via feedback.

The progression of this badge carries through to the training required to become an active member in an operational environment so that cadets are well prepared if they wish to pursue a career in ambulance or other medical related areas.

Specific Skills

- Effective communication
- Approaching a scene and assessing injuries
- Patient care, questioning and reassurance
- Treating and positioning a patient appropriately
- Demonstrating the Core Values of St John

Cross Curricular Links

- Due to the large scope and focus of this subject, this badge is also integrated with the other proficiency badges for cadets to practise the skills in being prepared for and helping others in a variety of settings (camping, fire safety, road safety..)

Safety Considerations

- First aid is a hands on activity and leaders should ensure 'patients' and 'treaters' are comfortable and feel safe in their role. It is recommended that leaders demonstrate on other leaders and follow all safety requirements of the St John Child and Youth Protection Policy

Gold Level Assessors

- Qualified First Aid Instructors

Reviewed by: Sue Gullery



First Aid Badge Objectives

Green Level		<i>cadets will be able to...</i>
Safety First Approaching a scene safely and learning how to call an ambulance	<ul style="list-style-type: none"> Demonstrate basic principles when approaching a scene (safety, gloves, introducing themselves, number of patients..) Demonstrate how to call an ambulance effectively from various types of phones (home, mobiles, getting a line out..) 	
Cuts and Scrapes Diagnosing and treating minor injuries (nose bleeds, small cuts..)	<ul style="list-style-type: none"> Visually explain the functions of the skeleton and blood (diagram, picture book, role play..) Effectively assess and treat minor injuries and complaints (cuts, burns, simple fractures, basic life support..) 	*
Basic Patient Care Looking after a patient and how to position an unconscious patient	<ul style="list-style-type: none"> Actively apply basic principles of patient care during mock scenarios (empathy, reassurance, patient comfort..) Explain when and demonstrate how to position an unconscious patient in the recovery position 	*

Blue Level		<i>cadets will be able to...</i>
Looking for Danger Potential hazards of different environments (electricity, fire, bystanders, weather..)	<ul style="list-style-type: none"> Identify the potential dangers in a variety of accidents and environments (car accidents, sports field, weather, fires..) Demonstrate effective communication between patients and other people on a scene (gathering information, leadership..) 	
Bleeding and Fractures The diagnosis and treatment of a variety of physical injuries, medical and environmental conditions	<ul style="list-style-type: none"> Visually explain the organs and function of the cardiovascular and respiratory system (diagram, picture book, role play..) Effectively assess and treat a variety of physical injuries and environmental conditions (bleeding, burns, fractures..) 	*
Positioning a Patient Appropriate positions for patients, patient care, reassurance and monitoring vitals.	<ul style="list-style-type: none"> Actively apply basic principles of patient care and monitor basic vital signs (pupils, skin colour, pulse, responsiveness..) Explain and demonstrate when to put patients in a variety of positions (shock, recovery, patient's choice, sitting, as found..) 	*

Gold Level		<i>cadets will attend the Gold Level First Aid Course and be able to...</i>
Guidelines and Procedures Guidelines when approaching a scene, communications and the St John Policy on events	<ul style="list-style-type: none"> Explain safety procedures and reasons for these when approaching a scene (infection control, safety on events..) Demonstrate effective patient handovers and communication procedures in St John (using radios, sharing information..) 	
Severe Injuries and Conditions Functions of organs in the body, diagnosis and treatment of complex and severe injuries and conditions	<ul style="list-style-type: none"> Discuss the organs in the body, their function and how they relate to various medical conditions Effectively assess and treat a variety of physical injuries and medical conditions (head and spinal injuries, diabetes, angina..) 	*
Transporting Patients Effective patient care, positioning and methods of transporting and handling patients with different complaints	<ul style="list-style-type: none"> Demonstrate effective patient management and care in a variety of situations (professionalism, informed consent..) Demonstrate effective patient positioning, moving and safe transport procedures (log roll, lifting, stretchers..) 	*

Note: The objectives marked with * require cadets to demonstrate the relevant skills in at least two mock scenarios over the course of the badge.

Suggested Delivery

This is simply an example of how this badge could be run in a Youth Division - not a prescribed method.

GREEN

		TERM ONE			TERM TWO			
At division	The Body The skeleton and how our body can be injured	Getting Help Approaching a scene and calling an ambulance	Unconsciousness Causes of and caring for people who are unconscious	Breathing Diagnosing and rescue breathing on a patient	Cuts Basic concepts in controlling bleeding and treating shock	Burns First aid treatment and how to put out clothes on fire	Broken Bones Diagnosing and treating open and closed fractures	Treating Patients Realistic accident scenes organised (final assessment)
	Setting Goals "What I hope to learn and achieve."	1-1-1 Fact Sheet Create a fact sheet on how to call an ambulance				Bandaging Task Take home competition kits to practise various types of bandages (observed by parents)		Self Evaluation "What I have learnt and where to next."

BLUE

		TERM ONE			TERM TWO			
At division	Scene Assessment Approaching a scene (safety, hazards, using bystanders)	Managing a Patient Questioning, patient management plan and reassurance	Life Support Choking and rescue breathing on an adult, child and infant	Blood Causes of shock and effective control of bleeding	Burns Types of burns and managing a patient suffering from burns	Fractures 4 types of fractures, and treating different types / locations	Conditions Environmental, heart attack and medical (3 weeks)	Treating Patients Realistic accident scenes organised (final assessment)
	Setting Goals "What I hope to learn and achieve."	Scene Safety Cadets given pictures which they have to identify hazards	Diagnosis Task Draw a body and label things to check on an unconscious patient		Bandaging Task Take home competition kits to practise various types of bandages (observed by parents)		Revision Recap on the skills and knowledge covered so far	Self Evaluation "What I have learnt and where to next."

GOLD

		MODULE ONE: FIRST AID			MODULE TWO: ADVANCED FIRST AID		
Module		First Aid Module Successfully complete a St John First Aid Course (16 hours)			Advanced First Aid Module Successfully complete a St John Advanced First Aid Course (8 hours)		
	Setting Goals "What I hope to learn and achieve."	Applying Knowledge and Skills Complete a minimum of 10 hours supervised clinical operational Events duty			Case Study "Complete a short case study based on a patient you have seen".		

Set Tasks

Ideas Bank

Possible Activities

Note: These activities can be used for any level so long as difficulty is modified to ensure it is both achievable and challenging.

First Aid Challenges

Activities to practise patient assessment and management in 'high pressure' situations:

- Finding an injury on a patient using all signs and questioning (timed)
- Relay where leader calls out a type of injury and group members run up and apply the appropriate bandage correctly.

Divisional First Aid Manual

Cadets are each assigned a topic that will form a simple First Aid Manual. A discussion on how they could design their page will help cadets in their layout (finding information easily, diagrams to include, essential points...). Compile and print for cadets as a quick guide.

Robot Medic

A creative task where cadets create a robot that could treat an injury or condition provided by leaders (shock, bleeding arm, burnt leg, hypothermia...). Encourage them to be as imaginative as possible and share their diagrams with the whole group. This helps cadets understand concepts and remember treatment of various injuries and conditions.

Anatomy and Physiology Activities

Understanding the body and the various organ functions are useful in assessing and treating injuries. There are many activities that can be used to reinforce concepts:

- On a large sheet of paper outline the body of a cadet. Groups then label parts, create layers of bone, muscle, organs...
- Groups create a puzzle for another team
- A gameshow where teams answer clues to find the body part or a 'dating game' where cadets have to connect bones or organ systems to make the perfect match.

St John Resources Available

- St John Youth Website
- Badge information cards and book inserts
- Resource packs and assessment sheets
- Regional and District Assessors Lists
- St John First Aid Manual

Outside Sources

Venues

Ambulance stations, hospital emergency departments, surf clubs, First Response HQ...

People / Organisations

- Ambulance Officers and Clinical Trainers
- Experts related to treatment (outdoor first aid, sports medicine, midwives..)

Potential Resources

Websites

- www.kidshealth.org/kid/closet
- www.bbc.co.uk/health/first_aid_action
- www.brainpop.com/health
- <http://asthma.starlightprograms.org>
- www.bbc.co.uk/science/humanbody/body
- www.gamequarium.com/humanbody.html
- www.thinkquest.org/library/cat_show.html?cat_id=129

Audio-Visual

Footage and photos of first aid treatment and emergency situations (medical dramas, first aid competitions, documentaries..)

Additional Tools

Resources available from St John Education:

- Instructional DVDs and videos
- Models (skeletons, organs, systems..)
- Scenarios for assessing cadets
- Posters and workbooks

Note: all 'Idea Banks' are updated regularly on the St John Youth Website. Please assist other leaders by sharing your great ideas!