Republic of the Philippines
Department of Education
Region VI – Western Visayas
**DIVISION OF AKLAN**
Arch. Gabriel M. Reyes Street, Kalibo, Aklan

15 May 2018

**To: The Public Schools District Supervisor/**
**Principal In-charge of the District**
**Districts of Balete and Madalag**
**Heads of Public Elementary, Secondary and**
**Integrated Schools concerned**
**Others Concerned**

Dear Sirs/Mesdames:

Greetings!

Please find attached letter from Louie John E. Legaspi, Chapter Project Coordinator, PRC-SRC-CBHDRR Project, and Mary Joe B. Galleon, OIC-Chapter Administrator, PRC-Aklan Chapter, re: Community-Based Health and Disaster Risk Reduction Project.

It is understood that accomplishment reports be furnished this Office, attn.: SEPS Mar Bien Gregory G. Parel, UAP, SGOD-Social Mobiization and Networking Section.

For your information, guidance and appropriate action.

Very truly yours,

For the Schools Division Superintendent:

**JOSE NIRO R. NILLASCA**
*Education Program Supervisor*
*OIC-Assistant Schools Division Superintendent*
*In-charge of the Division*

*Unnumbered Division Letter*
*MBGGP/mtr*

*"May katawhayan ag kalipayan sa among mga escuelahan."*

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Chapter Project Coordinator
PRC-SRC CBHDRR

**PHILIPPINE RED CROSS**
AKLAN CHAPTER
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Email Address: aklan@redcross.org.ph
Website: www.redcross.org.ph

Office of the Schools Division Superintendent
Division of Aklan
RECEIVED
Date: 10 MAY 2018
Time: 8:07 p.m
Signature:

May 10, 2018

**DR. SALVADOR O. OCHAVO JR., CESO VI**
Schools Division Superintendent
Department of Education
Province of Aklan

Dear Dr. Ochavo,

The PRC-SRC assigned in Aklan had been implementing a 3 year developmental project, the Community-Based Health and Disaster Risk Reduction Project entitled: "Building Healthier, Safer, and Resilient Communities in the Municipalities of Madalag and Balete in the Province of Aklan" in partnership with Spanish Red Cross.

Included in the implementation are the 10 covered schools identified and specified in the Memorandum of Agreement between PRC and DEPED Aklan. Of the 10 schools, 6 are from the district of Madalag and 4 from the district of Balete.

In relation to this, we will be conducting initially the Junior First Aid Training for the 5 schools this May (please see attached proposal). All expenses related to the training from instructors to meals to materials will be covered by the project. We hope to request in advance the usage of the school facility conducive for 43 student participants on the dates specified in the proposal.

We hope our humble request merits your permission.

Thank you for the support and assistance extended to Philippine Red Cross and the CBHDRR project in our project area.

Sincerely,

**Louie John E. Legaspi**
Chapter Project Coordinator
PRC-SRC CBHDRR Project

Noted by:

**MARY JOE B. GALEON**
OIC-Chapter Administrator
PRC-Aklan Chapter

HEALTH SERVICES

# JUNIOR FIRST AID TRAINING CONCEPT PROPOSAL

## *for the School-Based RCY Members covering 10 Schools*

**I CBHDRR AKLAN PROJECT**

Prepared by: Louie John E. Legaspi
Recommended by: Mary Joe B. Galeon

### Background and Rationale

Philippines ranked second as the most at risk country worldwide and third as the most exposed country in the world according to the 2014 World Risk Index by the United Nations University's Institute for Environment and Human Security (UNU-EHS), the German Alliance for Development Works. Situated along the two major tectonic plates, the Philippines have approximately 20 typhoons in a year (De Vera, 2013), and each typhoon are causing major floods, constituting to devastation on the shelter, livelihood and great impact on the general health situation of the people.

Without careful monitoring and awareness, disease outbreaks, such as leptospirosis and dengue, become more likely after natural disasters. And in this particular disaster, malnutrition could become a serious problem for children under five, as well as for pregnant women and new mothers. (WHO, 2015).

Aklan Province that is located in Region VII in Visayas is one of the provinces hit by the Super Typhoon Haiyan last November 2013. This devastation brought up major damages in shelter, livelihood, health care and water system. As the recovery intervention has ended in 2016, PRC is now implementing the developmental project which aims to reinforce and strengthen the affected populations in the province of Aklan and therefore the local chapter in the area. This development phase integrates health and disaster risk reduction components.

The Community-based Health and Disaster Risk Reduction Project entitled "Building Healthier, Safer and Resilient Communities in the Municipalities of Madalag and Balete in the Province of Aklan" is a 3-year developmental project under the support of Spanish Red Cross. This developmental project integrates health and disaster risk reduction components.The target areas for implementation are the municipalities of Balete and Madalag in the province of Aklan and will cover 35 barangays or approximately 9,000 household beneficiaries. *(Background and Rationale is from the CBHDRR-Aklan Project)*

As the project aims to build the capacity of the community to address disaster threats and problems, one important partner stakeholder in the communities are the schools which molds our youth in preparation for their future. Hence, the project also covered 10 elementary schools with the same goal of having "a healthier, safer and resilient community" at the school-based level.

With this goal in mind, the conduct of the Junior First Aid training for the covered schools will ultimately be an essential training that will have a direct positive impact to the goals and objectives of the CBHDRR Project in Aklan. This will prepare the children and community members to take action themselves and directly provide immediate basic care for everyday common injuries. This will improved health outcomes by preventing injuries developing into severe physical damage or infections due to lack of knowledge or incorrect care practices.

### General Objective

The main purpose of the Junior First Aid Training is to teach First Aid basic skills to school children (elementary) so that they can be the capacity of their respective schools in having trained RCY members and be "Always First, Always Ready and Always There" junior volunteers of Philippine Red Cross.

**Specific Objectives**

- To enhance the knowledge of the student participants on the concept of First Aid and understand key concepts as well as key messages essential for an individual taking a First Aid Training.
- To have the student participants perform basic FA skills and improved it thru multiple practices during the course of the training and have the confidence in performing it.
- To be familiar with the basic equipment and materials inside an FA bag to be given in each of their school and know its individual content's purpose and correct usage.

**Expected Outcomes**

*By the end of the 2 day course, the participants will be able to:*

- Exhibit knowledge and skills relative to Basic First Aid for elementary students.
- Familiar with Basic First Aid concepts and essential messages in doing such skill.
- Confidence in performing Basic First Aid and well-versed in the FA bag contents and its correct usage.

**Course Duration:** Two (2) Days

**Proposed Date/s :** May 21-31, 2018

**Venue of Training:** Respective Schools covered by the Project

**Expected Participants:**

| School | Address | No. of Participants | Proposed Dates |
|---|---|---|---|
| **Oquendo Elementary School** | Oquendo, Balete, Aklan | 43 | May, 21-22, 2018 |
| **Guanko Elementary School** | Guanko, Balete, Aklan | 43 | May 23-24, 2018 |
| **Bangbang Elementary School** | Calizo, Balete, Aklan | 43 | May 23-24, 2018 |
| **Mamba Elementary School** | Mamba, Madalag, Aklan | 43 | May 28-29, 2018 |
| **Agtughangin Elementary School** | Panipiason, Madalag, Aklan | 43 | May 30-31, 2018 |
| **Morales Elementary School** | Morales, Balete, Aklan | 43 | TBC |
| **Alaminos Elementary School** | Alaminos, Madalag, Aklan | 43 | TBC |
| **Balactasan Elementary School** | Balactasan, Madalag, Aklan | 43 | TBC |
| **Pang-itan Elementary School** | Pang-itan, Madalag, Aklan | 43 | TBC |
| **Paningayan Elementary School** | Paningayan, Madalag, Aklan | 43 | TBC |

**Facilitators:**

| Chapter | NAME | DESIGNATION |
|---|---|---|
| 4 Pax | Michael Andrew Ruiz | Volunteer FA Instructor |
| | Renz Raphi Villanueva | Volunteer FA Instructor |
| | Rodgie Bansuelo | Volunteer FA Instructor |
| | Melissa delos Santos | Volunteer FA Instructor |
| | Elisa Garcia | CSR-SS/FA Instructor |

**Observers/Support Staff:**

| NAME | | |
|---|---|---|
| CBHDRR – 1 Staff Assisting per School | Johnrell Jead Prado | Mamba E.S. |
| | | Agtughangin E.S. |
| | Nouell Ann Inolino | Alaminos E.S. |
| | | Paningayan E.S. |
| | Xyza Fay Roble | Balactasan E.S. |
| | | Pang-itan E.S. |
| | Mellicent delos Santos | Oquendo E.S. |
| | | Guanko E.S. |
| | Gay Bordones | Morales E.S. |
| | Louie John Legaspi | Bangbang E.S. |
| | | |
| School – 2 RCY Advisers per School | | |

**Teaching and Learning Methodologies**

1. Establishing Ground Rules: Establish ground rules or class norms at the beginning of a training session. Ground rules are easier to enforce if the rules are suggested by the participants. Provides the participants with the rationale for ground rules, and examples, and then ask them to suggest their own. Record the agreed ground rules on flipchart paper. You may need to revisit the ground rules on occasion if participants are not following them or if they need to be revised.

2. Icebreakers and Energizers: Icebreakers are intended to help participants to socialize, relax and get them talking to each other. As the facilitator, his/her role is to facilitate the process, not to participate. Energizers are designed to boost energy in a group of participants who have been sitting and listening for a long period of time. Energizers are short, a few minutes in length, and should include physical activity, laughter and diversion. Participants should stand up and move around during an energizer. As a general rule, energizers should be chosen with sensitivity to the cultural, gender and religious norms of the group.

3. Presentations: A presentation or lecture can convey information, theories or principles quickly and easily. Presentations can range from a lecture to some participant involvement through questions and discussion. Use didactic presentations to present technical content such as from the topic summary. As a general rule presentations should not be longer than 20 minutes.

4. Demonstration: A demonstration shows the skills needed for the successful performance of a particular task or technique. The trainer or volunteer demonstrates the task, describing each step and explaining the skills needed and the reasons for performing it in a specific way. It is often followed by a practice session where participants can perform the activity under the supervision of the facilitator.

5. Visual Aids: Visual aids are important for communicating concepts. Visual aids such as pictures, drawings or diagrams are helpful for audiences with limited literacy. They provide color and help with memory retention, especially for those who learn best visually. There are many kinds of visual aids that can be used in a training setting. Generally it is better to have visual aids that are simple to use, require minimal preparation, do not require electricity and do not cost very much money.

# Junior First Aid 2 Day Agenda

| | Lesson | Sub-Lessons | Methodology | Competency | Time |
|---|---|---|---|---|---|
| | Course Orientation | • Course Requirements | Lecture-discussion | | 30 minutes |
| DAY 1 | I Introduction to First Aid | • Definition of first aid<br>• First aid objectives<br>• Concept and principles<br>• Health risks and hazards | Lecture-discussion | Glove Wearing and Removing Using of Face Mask and Google | 1 hour |
| | | • Proper removal of used protective gloves | Demonstration Practice | | |
| | II Emergency Action Principles | • Scene size-up<br>• Primary assessment<br>• Activating medical help<br>• Secondary assessment | Lecture-discussion | Checking of airway, breathing and circulation Hotline Numbers | 1 hour |
| | | • Log-roll technique<br>• Opening of the airway and performing L.L.F (look listen and feel)<br>• H.A.I.N.E.S recovery position<br>• Head-to-toe examination | Demonstration Practice | SAMPLE HX Opening of Airway, Recovery Position | |
| | III Common Emergencies | • Heart attack & Cardiac Arrest<br>• Choking<br>• Bleeding and Wounds<br>• Fracture and Dislocation<br>• Fainting<br>• Poisoning<br>• Heat and Cold related emergencies | Lecture-discussion | Compression Only CPR. | 2 hours |
| | | • Compression-Only CPR<br>• Methods to control bleeding<br>• Basics of bandaging | Demonstration Practice | | 2 hours |
| DAY 1 | IV Lifting and Moving | • Emergency move<br>• Non-emergency move<br>• Lifting and carrying guidelines | Lecture-discussion | Transfer Technique applicable on the target situations | 1 hour |
| | | • Emergency move techniques<br>• Non-emergency move techniques | Demonstration Practice | | |
| | Evaluation | • Bandaging technique<br>• Immobilization technique<br>• Transfer technique | Skill Test | Bandaging Technique applicable on the target situations | 2 hours |
| | | | Knowledge Test | | |
| | | | Scenario Exercises | | |
| | AM and PM snacks *(30 minutes per day)* | | | | 30 minutes |
| | Total Number of Hours | | | | 8 hours |

**DAY 2**

| | | | | |
|---|---|---|---|---|
| A. | **Halfday Session in the Morning** | | | |
| Return Demonstration | • Compression-only CPR<br>• Bandaging<br>• Lifting and Moving | Demonstration/Practice | | 3 hours |
| B. | **Halfday Session in the Afternoon** | | | |
| Simulation Demonstration | • Scenario 1<br>• Scenario 2 | Drill | | 3 hours |
| Evaluation | • Processing and Analysis | Discussion | | 1 hour |
| AM and PM Snacks *(30 minutes per day)* | | | | 30 minutes |
| Total Number of Hours | | | | 8 hours |

Prepared by:

**LOUIE JOHN E. LEGASPI**
Chapter Project Coordinator
CBHDRR Project, PRC-SRC

Noted by:

**MARY JOE B. GALEON**
OIC-Chapter Administrator
PRC-Aklan Chapter