

First aid and emergency response courses outside the hospital in remote communities and places of Chiapas.

First aid is understood as the immediate, adequate and provisional care provided to injured or ill people before being treated in a hospital center. These types of knowledge, which can be very useful in everyone's daily life, acquire greater relevance for people who live and work in the places furthest from emergency medical care centers and for whom it could be problematic to receive a quick response from an ambulance.

Many communities in Chiapas and Mexico lack sufficient financial resources and adequate training to deal with health problems and despite being exposed to incidents at home or at work in their surroundings (houses, cornfields, educational centers, roads and highways) they lack basic tools to attend to some of the most common urgent problems in the most efficient and conservative way.

The goals of first aid are:

- a) Preserve life.
- b) Avoid physical and psychological complications.
- c) Help recovery.
- d) Ensure the transfer of injured persons to a healthcare center

These first aid courses are mainly aimed at promoters and promoters of health, education, community technicians and techniques, community health houses, indigenous and peasant communities who want to improve their autonomous health project. They are taught by two members of Aguacero Tecnología y Salud Comunitaria AC who have been trained and certified as EMT and in other more specific courses such as vertical rescue, rescue in rapid waters and floods, triage, ecsi, phtls, amls.



The themes of the courses are based on the "Six actions to save a life" for first responders, that is: Emergency Medical Service Alert (or elaboration of a local community plan to attend and transfer patients); basic life support; containment of bleeding; wound and burn care; immobilization of fractures; transfer of patients.

The topics will be treated with the necessary adaptations to the needs of the participants and the context in which the course is taught and consist of theoretical parts and practical parts.

The course of six actions lasts approximately 8 hours and is designed for an attendance of between 4 and 12 participants.

It is preferable that participants know how to read, write and do basic math.

Materials: Aguacero tecnologia y salud comunitaria has for the mannequin courses for Cardio-Pulmonary Resuscitation (CPR) training, a complete emergency kit, collars, practice material and various didactic. It is necessary for the participants to have at least one bandage (5 cm, 10 cm or 15 cm), gauze, a pair of disposable gloves, a mouth cover, a notebook, a pencil each who, according to the specific situation, is asked to provide this material or a fund is sought to be able to get it and take it to the place.

Preferably, people, communities or schools are asked to provide a ventilated and shaded space, and to inform if they have a blackboard and electric light available for the class.

Aguacero assumes the costs of transportation, food and accommodation for the facilitating team (minimum two, maximum three people).



PS: In this season of epidemiological alert for the Covid 19 disease, the courses include hygiene standards and prevention of transmission of respiratory diseases, correct hand washing and CPR for patients with Covid 19 and the number of participants will have to be less than a total of 10 people including instructors.