

## Collaborative Training in Detroit: First Aid First, Stop the Bleed & Hands On the Heart of Detroit

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### United States

90% of out of hospital cardiac arrests  
end in death

46% are bystander assisted

### Detroit

99.8% of out of hospital cardiac  
arrests end in death

3% are bystander assisted

**Bystander assistance doubles survival**

### Who We Are And What Do We Do?

- Medical student organization through the Wayne State University School of Medicine and Emergency Medicine faculty members/physicians
- Goal: Utilize medical students as community health educators to improve health outcomes



### First Aid First: Collaborative Training



P - Face  
A - Arms  
S - Speech  
T - Time to Call 911

### Detroit Specific Videos



### Hands-On Seminars



### First Aid First Curriculum: 4 Hours

<b>Medical: 2 hours</b> <ul style="list-style-type: none"> <li>• CPR</li> <li>• Stroke</li> <li>• Choking</li> <li>• Seizure</li> <li>• Anaphylaxis</li> <li>• Hypoglycemia</li> <li>• Hypothermia</li> <li>• Hyperthermia</li> </ul>	<b>Trauma: 2 hours</b> <ul style="list-style-type: none"> <li>• Head Trauma</li> <li>• Nosebleed</li> <li>• Burns</li> <li>• Bleeding</li> <li>• Splinting</li> </ul>
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## Our Partners

## Evaluating our Organization

- Pre-Test/Post-Test
- Self Evaluation
- Community Advisory Board

## Grants

- First Aid Kits
- Handouts
- Remake Videos

The Detroit Medical Center Foundation

The Emergency Medicine Residents' Association

## Results

- Over 2 months, we conducted 6 community training sessions.
- Total of 118 community participants.
- Median age of participants was 45 years.
- 51% reported having 4 year college education or more.
- 52% reported having prior first aid training.

## Results (n=118)

Variable	PRE Class Likert mean	POST Class Likert mean	p value
Confidence level in responding to a medical emergency	3.3	4.5	<0.001
Confidence level in helping someone who is injured	3.5	4.5	<0.001
Confidence level in performing CPR	3.1	4.6	<0.001
Confidence level in helping someone to stop a serious bleed	3.3	4.4	<0.001

## Results (n=118)

Pre and Post Test Topics	Pre test (% correct)	Post test (% correct)
Scene Safety and PPE	83	94
Management of Hypothermia	86	92
Use of EpiPen for Allergic Reactions/Anaphylaxis	91	95
Management of hypoglycemia	93	97
Recognition of signs and symptoms of Stroke	88	93
Management of Seizures	79	98
Hands only CPR	54	92
Management of Nosebleeds	37	83
Management of Extremity Injuries/Fractures	70	77
Tourniquet Application	80	92

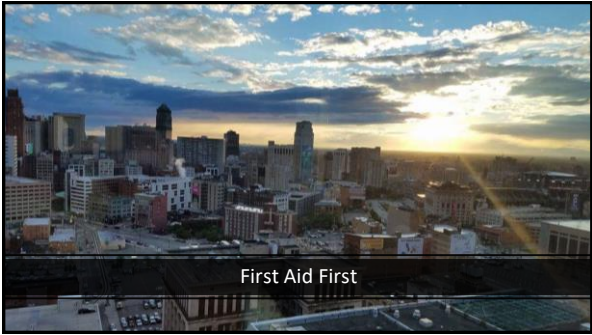


First Aid First



**BE A HERO.  
SAVE LIVES**

First aid is for everyone,  
everywhere



First Aid First