

Assessment of the Quality and Effective Implementation of First Aid Services in Selected Secondary School in Abuja Municipal Area Council (AMAC), FCT, Abuja

AGNES ANIKE KOLAWOLE
National Open University of Nigeria

Abstract. This study assessed the quality and effective implementation of First Aid Services in selected Secondary schools in the Abuja Municipal Area Council (AMAC) of the Federal Capital Territory, Abuja. The study aimed at finding out the quality of the First Aid services, effective implementation of First Aid services and students benefits there from. The descriptive research design was used in this study with a sample size of 322 respondents. Questionnaires were used to gather the necessary data for the study at the end of which the findings revealed that first aid services are available and effectively carried out by trained personnel in secondary schools in Abuja Municipal Area Council. It is therefore recommended that school authorities should put more effort to provide the best first aid services in their schools.

Keywords: AMAC, Assessment, effective implementation, First Aid services, Quality and Secondary Schools

1. Introduction

First Aid and Cardiopulmonary Resuscitation (CPR) are types of emergency care that are rendered to an injured individual. First Aid is the immediate help given to a victim of injury or sudden illness until appropriate medical help arrives, or the victim is seen by a healthcare provider (National Safety Council, 2007). The first recorded history of first aid dated back to 1099, when a religious order of knights was trained to administer medical treatment to the wounded during the crusades (Sovrin, 2007). It was not until 1878 when two military officers, Shepherd and Duncan, established the concept of teaching first aid skills to civilians. Health and Safety at the workplace and learning institutions has become an area of great concern and the government is taking great steps through the Directorate of Occupational

Health and Safety Administration (OSHA) to address the issue and establish mechanism related to the field. At enterprise level, a bipartite approach is facilitated by the safety and health committee rules made under OSHA, 2007 (Steve, 2015). The number of athletic injuries reported for youths between the ages of 5 and 17 has increased proportional to the rate of participation, and has become a concern of pediatric and sports medicine professions (Radelet, Lephart, Rubinstein & Myers, 2002). Children are at risk of injury due to some factors related to their developmental and behavioral characteristics such as lack of awareness of danger and having a vigorous nature as well as physical features such as narrowed airways, smaller body mass, and thinner and more sensitive skin (Peden et al. 2009). Particularly involuntary injuries in childhood resulting from accidents are a global public health problem; and they are among the first causes of death and disabled life (Altundag & Ozturk 2007; Inanc et al. 2008; Bhatia et al. 2010). Every year, involuntary injuries cause the death of at least 875,000 children under the age of 18 worldwide, and more than 95% of these deaths occur in low and middle income countries (World Health Organization 2006).

According to the National First Aid Science Advisory Board, first aid should be learned by every person hence first aid training and education should be provided to everyone. It is therefore a MUST for the teachers and students to get a proper first aid training so that they can contribute to preserving lives. Without an initial medical assistance, a mild injury might turn into a serious one. Moreover, serious injuries when not treated on time can be fatal. In childhood school life, PLAY takes the major role. It has a great or direct impact on children's physical and mental development. As the children come under this vulnerable group, they are more pruned to

injuries and accidents especially when they are in school (Kaur et al 2017).

Accidents can happen anywhere and at any time. The consequence of unintentional accident can be life threatening. Unintentional accidents need immediate and appropriate life-saving care before the affected person gets major treatment. This life-saving care or first aid is an assessment and intervention that can be carried out by a person nearby immediately with minimal or without medical equipment. Therefore, this makes it important for everyone to have basic knowledge of first aid. The ultimate goal of first aid is to stop or to reverse the possible harm at a given time before reaching the appropriate health care centre.

1.1 Statement of the Problem

Children are vulnerable to injuries and accidents, which may vary from minor injuries to severe accidents resulting in bleeding and fractures, thus the first-aid service becomes as important as taking a child to medical facility. Children spend most of their daytime in schools and are at greater risk of accidents and injuries due to involvement in sports and other extracurricular activities, and hence require first aid more often than adults. This study therefore accesses the quality and effective implementation of First Aid services in selected secondary schools in Abuja Municipal Area Council, Federal Capital Territory, Abuja.

1.2 Research Questions

- What is the quality of first aid services available in secondary schools in Abuja Municipal Area Council?
- Are first aid services implemented effectively in secondary schools in the Abuja Municipal Area Council?
- Do secondary school students in Abuja Municipal Area Council benefit from first aid services?

3. Data Analysis and Discussion of Results

Research Question One: What is the quality of first aid services available in secondary schools in Abuja Municipal Area Council?

Table 1: The Quality of First Aid Services available in Secondary Schools in Abuja Municipal Area Council

Questions	NO	%	YES	%
Does your school have a First Aid box?	14	4.3	308	95.7
Does your school have a clinic where students receive first aid services?	126	39.1	196	60.9
Can first aid services in your school take care of minor injuries and accidents?	28	8.7	294	91.3
Does your school have trained personnel that is in charge of first aid?	154	48.8	165	52.2

Source: Field Data, 2020

2. Methodology

2.1 Research Design

The researcher employed the descriptive survey research design to collect information from the sampled schools.

2.2 Research Population

The population of this study comprises over seventy thousand (70,000) students in all secondary schools across the Abuja Municipal Area Council of the Federal Capital Territory, Abuja.

2.3 Sample and Sampling Technique

A sample size of 322 students was used for the study out of the accessible population. Simple random sampling technique (Non replacement system) was used to select five schools from the study area. This was done to ensure adequate representation of schools for the study.

2.4 Instrumentation

A questionnaire was developed by the researcher with the title ‘Quality and Effective Implementation of First Aid Services in Secondary Schools’ (QEIFASSS). The instrument was made up of two sections. Section ‘A’ required information on respondents’ biodata, while section ‘B’ required information based on the research questions. The instrument was mainly polar questions which expected answer in either “Yes” or “No”. Students were to tick as was applicable to their situation.

2.5 Procedure for Data Collection

After obtaining permission from the management of the schools involved, the questionnaire was self-administered to the respondents by the researcher. Completed copies of the questionnaire were retrieved immediately for analysis.

Table 1 above shows that 95.7% and 60.9% of the respondents confirm the availability of first aid box and a school clinic respectively. 91.3% of respondents agreed that first aid services in their schools could take care of minor injuries and accidents while 8.7% responded in the negative; 52.2% of respondents also agreed that trained personnel are in charge of first aid services in their schools while 48.8% responded in the negative.

Research Question Two: Are first aid services implemented effectively in secondary schools in AMAC?

Table 2: The implementation of First Aid Services in Secondary Schools in AMAC

Questions	NO	%	YES	%
Is your school first aid box/clinic well equipped?	140	43.5	182	56.5
Have you ever witnessed where first aid is administered to an injured person in your school?	56	17.4	266	82.6
Is your school clinic/first aid attendant always available when needed?	98	30.4	224	69.6
Is your school first aid box always there when you are having extra-curricular activities like sports?	56	17.4	266	82.6

Source: Field Data, 2020

From Table 2 above, 56.5% of respondents agreed that first aid box/clinic is available in their schools; 82.6% indicated that they have seen where they first aid is administered to an injured or sick person in their school; 69.6% of said their school first aid/clinic attendant is always available when needed; while 82.6% of the respondents agreed that their school first aid box is always available and equipped when they are having extra-curricular activities like sports.

Research Question Three: Do students benefit from first aid services in secondary schools in AMAC?

Table 3: Benefits of First Aid Services to Students in AMAC

Questions	NO	%	YES	%
Do you have any knowledge of administering first aid?	84	26.1	238	73.9
Have you or any of your classmates ever benefitted from first aid services in your school?	28	8.7	294	91.3

Source: Field Data, 2020

As shown on Table 6 above, 73.9 % of respondents admitted that they had little knowledge of how to administer first aid services while 91.3% confirmed that they have benefited from first aid services.

4. Discussion of the Findings

The response to Research Question One has shown that first aid boxes are not only physically available in secondary schools in AMAC, there are also trained personnel who are in charge of first aid services. This finding is in agreement with Steve (2015) who emphasized the importance of the health and safety of staff and students in any institutional policies. The fact that these personnel take care of minor injuries and accidents also supports Lina et al (2017), who stated that first aid should be aimed to preserve life, promote recovery, and prevent worsening of the victim's condition.

On the implementation of first aid services, respondents confirm that their first aid box is well equipped and is always kept handy whenever they are out for sporting activities. They also confirm that the attendant is always available when needed. This is in line with Kaur et al (2017) who posited that having a

first aid box and a health attendant is not enough if the attendant would not be available in times of emergency.

The respondents have also proven that apart from benefitting directly from first aid services themselves, they as well have knowledge of first aid and can administer it when a health worker is not available. This agrees with Deepak et al (2012), who insisted that in emergency situations, even a limited understanding of first aid would be an important service, therefore it is important for everyone to have knowledge of first aid and CPR.

5. Conclusion

The findings of this study have shown that first aid services are very much available in schools in the Abuja Municipal Area Council as most schools have clinics where students can be administered first aid before a proper medical attention. Secondly, first aid services have been implemented effectively in these schools hence they have the necessary equipment to carry out first aid and these are also made available in vulnerable situations. Lastly, the study have shown that students are really benefiting from first aid

services in the Abuja Municipal Area Council of the Federal Capital Territory, Abuja.

6. Recommendations

From the discussion and conclusion drawn, the following recommendations are made:

- The importance of first aid services in schools cannot be overemphasized hence all schools should endeavor to provide these services so as to take care of emergency situations before proper medical attention.
- The effective implementation of first aid services in schools require the services of a health worker or trained personnel who is always available to administer first aid and also takes care of the equipment by ensuring that expired drugs are not used for treatment.
- It is important that everyone in the school should have knowledge of administering first aid as this would really help in situations where the trained personnel is unavoidably absent.

References

- Altundag, S., & Ozturk, M. C. (2007) The Effects of Home Safety Education on Taking Precautions and Reducing the Frequency of Home Accidents. *Turkish Journal of Trauma & Emergency Surgery*, 13(3),180-185.
- Deepak N, Sabitha N. A Study on Assessment of Knowledge on Practice Regarding First Aid Measures among the Self-Help Groups in Selected Areas of Mangalore with a view to Develop Information Module. *Nitte Univ J Health Sci*. 2012;2:68–71. [[Google Scholar](#)]
- Kaur N, Savitri, Kaur M (2017) A Descriptive Study to Assess the Level of Knowledge Regarding the First Aid Management among School Teachers in Selected Schools of District Mohali, Punjab. *J Health Med Informat* 8: 288. doi: [10.4172/2157-7420.1000288](https://doi.org/10.4172/2157-7420.1000288)
- Lina B, M. Manjula, Bobby P, and Aparajita D (2017) Effectiveness of First Aid Training on School Students in Singur Block of Hooghly District, West Bengal; *Journal Family Medical Primary Care*. 2017 Jan-Mar; 6(1): 39–42. doi: [10.4103/2249-4863.214960](https://doi.org/10.4103/2249-4863.214960)
- Kaur N, Savitri and Kaur M (2017) A Descriptive Study to Assess the Level of Knowledge Regarding the First Aid Management among School Teachers in Selected Schools of District Mohali, Punjab; *Journal of Health & Medical Informatics*; DOI: 10.4172/2157-7420.1000288
- National Safety Council. (2007). *First Aid: Taking action*. New York: McGraw-Hill.
- Peden, M., Oyegbite, K., Ozanne-Smith, J., Hyder, A. A., Branche, C., Rahman, F. A., Rivara, F., & Bartolomeos, K. (2009) *World Report on Child Injury Prevention*. World Health Organization & United Nations Children’s Fund. Geneva; 2008. http://whqlibdoc.who.int/publications/2008/9789241563574_eng.pdf.
- Radalet, M.A., Lephart, S.M., Rubinstein, E.N. & Myers, J.B. (2002). Survey of the Injury Rate for Children in Community Sports. *Journal of the American Academy of Pediatrics*, 110(3), 1-11.
- Sovrin First Aid and Health & Safety Training (n.d). *First Aid through the ages*. Retrieved November 29, 2007 from <http://www.sovrintraining.co.uk/first%20aid%20through%20the%20ages.htm>
- Steve Mbugua Kamau (2015) A Research Project Submitted to The National Disaster Management Unit (Ndmu), Un Global Education First Initiative and UNESCO in Response to the Health and Safety Question
- World Health Organization Child and adolescent injury prevention: A WHO Plan of Action 2006–2015. http://whqlibdoc.who.int/publications/2006/9241593385_eng.pdf.