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Pilot pediatric educational project in Kaliningrad region (Russia)

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In the preschool level additional program "First Aid" was developed. Target audience - children of the preparatory group, 6-7 y.o. Training is conducted on a voluntary basis, consent of parents and children is obtained.

Objectives: study of the anatomy and physiology of the human body at the basic level, first aid and BLS. It is assumed that children will be able to provide mutual assistance to each other. An important point is the formation of children's feelings of compassion and desire to help people. This program is designed for 48 lessons, the mode of classes: once a week in the afternoon (15.55 - 16.25) for 30 minutes. This part of the lesson tunes children to the perception of information, helps to include the maximum number of senses. As a result of classes in the first half of the year, children learned their body, taking care of health. Children continue to develop a cognitive interest in the structure of the human body, consolidate knowledge about the correct and wrong behavior that affects health. Since the second half of the year all subsequent sessions were devoted to basic cardiopulmonary resuscitation (CPR). Particular attention will be paid to practicing BLS skills. First, in the classroom, children master the basic CPR algorithm. Each step is individually explained to them, then the child, who has theoretically mastered the section, applies it in practice.

Conclusion. This program allows to teach preschool children simple methods of providing mutual assistance and, possibly, assistance to adults in cardiac arrest.