

Training on CPR/First Aid & Menstrual health hygiene Education
Venue: Salvation Army Grammar school, Alekuwodo, Osogbo, Osun state.
Coordinator: Samuel C. Okorie

The program which is meant for parent-teachers and female students is aimed at promoting precautionary health measures in school, home, and social environment and as well advancing the knowledge of young adolescent girls on menstrual hygiene and safety. Most people have lost their loved ones as a result of lacking basic knowledge on how to administer CPR when the need arises. Also, keeping Young Adolescent girls more informed about menstrual hygiene is a good way of promoting sexual health and hygiene and as well encourage young adolescent girl child on the need to know their sexual right, menstrual cycle, and approach to adopt, end all forms of gender-based violence, promote gender equality and reduce discrimination and stereotype against the female gender. Menstrual Hygiene is vital to the empowerment, growth, development, and well-being of every girl child globally. It is more than just having access to sanitary pads and appropriate toilets, even though these are important. Holistically, it is all about ensuring women and girls live in an environment that values and supports their ability to manage their menstruation and sexual health with respect and dignity.

Benefits of CPR

- It's a Lifesaving Skill. On any given day, people experience sudden cardiac arrest which has led
- to the death of many.
- Fewer Workplace Accidents.
- CPR Skills Can Be Used Anywhere.
- Creates a More Positive Working Environment.
- Patients Recover Faster.
- Employees Feel Valued

Justification

The CPR/First AID exercise commenced with a brief lecture from the Lead facilitator, Dr. Adelekan Adesoji Adebayo, (Consultant at anesthesia department, University of Osun Teaching Hospital) and his assistant Dr. Johnson Eniola Rebecca, (Consultant at anesthesia department, University of Osun Teaching Hospital) on the importance of CPR/first AID as an emergency lifesaving approach. Dr. Adelekan explained that Cardiopulmonary resuscitation (CPR) is a lifesaving technique, which aims to keep blood and oxygen flowing through the body when a person's heart and breathing have stopped. CPR administered within the first six minutes after the heart stop beating can keep someone alive until medical help arrives. He further went on to give instances where CPR might be needed. Performing CPR on a heart attack victim who isn't breathing or responsive can significantly increase their chance of survival. The practical aspect of the CPR/First AID training started as assisted by Dr. Rebecca for 22 mothers, 5 NYSC Corps members, and 100 secondary school teenage girls.

Procedures: Put the heel of your dominant hand at the center of the person's chest. Start chest compressions. Open the person's mouth once you have done 30 chest compressions, stop, then add a rescue breath. Continue the 30 compressions, 2 breaths cycle, switch with another trained person to continue compressions every two minutes to avoid easily getting tired. Do this until help arrives. The program also featured the education of 50 female students of the school on menstrual health hygiene, child rights, and sex education. Sanitary pads were distributed to the students, likewise refreshments to the participants. The training ended by 4 pm with a total.

Impact: Distribution of 200 sanitary towel to over 50 female students, Training of teachers, students and Corps member by two consultants from UNIOSUN Teaching hospital on CPR, AED and First AID, improved approach to saving lives, knowledge transfer on CPR and First AID administration, increased awareness on CPR life saving techniques, Certification of all Participants by Noble American Institute USA, as CPR/First AID professionals, menstrual hygiene approach and guidelines, and Licensing of three participants by American health and Safety Institute, a professional Health safety Institute and member of HIS.

Sponsors: Prezents for Charity, Christ Like Cathedral Church, OSEDI, Moisi Naturals Herbs, Anasthaesia Department, Salvation Army Grammar School, UNIOSUN and Noble American Institute.

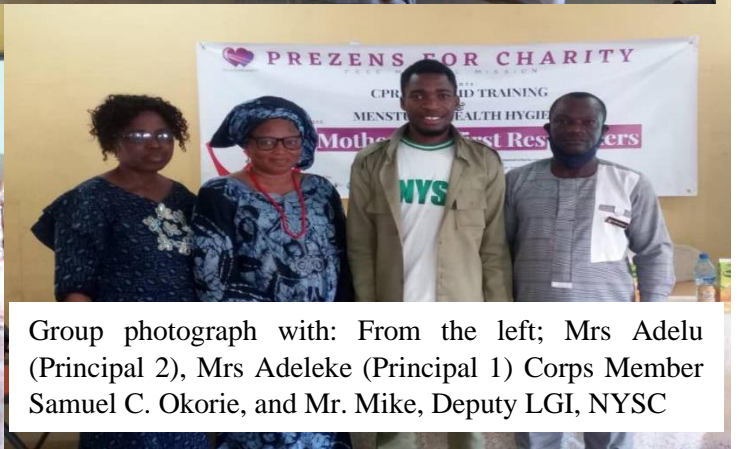
CPR/FIRST AID TRAINING AND MENSTRUAL HYGIENE EDUCATION



Opening Address by Mr Mike, Deputy LGI, Osogbo LGA, NYSC-Osun State



Group photograph with: From the left; Dr. Benjamine, VP, Salvation Army, Mrs Adelu (Principal 2), Mrs Adeleke (Principal 1) Dr. Adesoji (Consultant UNIOSUN), Corps Member Samuel C. Okorie, VP Academics, and Dr. Mrs Rebecca (Consultant UNIOSUN)



Group photograph with: From the left; Mrs Adelu (Principal 2), Mrs Adeleke (Principal 1) Corps Member Samuel C. Okorie, and Mr. Mike, Deputy LGI, NYSC

CPR Demonstration by Corps Member



CPR Demonstration guideline by Dr Adesoji (Consultant, UNIOSUN) and his team



CPR Demonstration by Students



SAMUEL CHUIOKE OKORIE OS/21B/1269

CPR Demonstration by Teachers



CPR Demonstration by Teachers



Distribution of Sanitary Pads to students

