



**Training in first aid for teachers working in basic education**

*Capacitación en primeros auxilios para docentes que laboran en educación básica*

*Capacitação em primeiros socorros aos professores que atuam na educação básica*

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**Abstract**

The aim was to describe the importance of training in first aid for teachers who work in Basic Education. For this, a literature review was carried out, in the electronic databases, in addition to public education policies that address this context. The articles were first analyzed by title, those that did not compete with the theme were discarded and those that matched the theme were read the abstracts and then read in full. Based on the analysis of the selected materials, the discussion was divided into the following categories: First aid in schools; Health education at school; The importance of training in first aid in basic education; The nurse as a health educator. It is concluded that training in first aid should be disseminated to all teachers who work in Basic Education, providing knowledge and skill and assertive service, avoiding inappropriate attitudes in order to promote the victim's survival and reduction of sequelae. It is suggested that institutions should have a teaching plan to train teachers with theoretical and practical classes, mainly addressing topics such as falls, fractures, cuts, abrasions, syncope, seizures, nosebleeds, injuries, fractures, bites, choking, sprain, dislocation, burns, fainting and cardiac arrest.

**Descriptors:** Accidents; Schools; First Aid; Health Education; Nursing Assistants.

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## Resumén

El objetivo fue describir la importancia de la formación en primeros auxilios para los docentes que actúan en la Educación Básica. Para ello, se realizó una revisión bibliográfica, en las bases de datos electrónicas, además de las políticas públicas de educación que atienden este contexto. Los artículos primero fueron analizados por título, los que no competían con el tema fueron descartados y los que coincidían con el tema fueron leídos los resúmenes y luego leídos en su totalidad. Con base en el análisis de los materiales seleccionados, la discusión se dividió en las siguientes categorías: Primeros auxilios en las escuelas; Educación para la salud en la escuela; La importancia de la formación en primeros auxilios en la educación básica; La enfermera como educadora en salud. Se concluye que la formación en primeros auxilios debe ser difundida a todos los docentes que actúan en la Educación Básica, brindando conocimientos y habilidades y un servicio asertivo, evitando actitudes inadecuadas con el fin de promover la supervivencia de la víctima y la reducción de secuelas. Se sugiere que las instituciones cuenten con un plan didáctico para formar docentes con clases teóricas y prácticas, abordando principalmente temas como caídas, fracturas, cortes, abrasiones, síncope, convulsiones, hemorragias nasales, traumatismos, fracturas, mordeduras, atragantamientos, esguinces, dislocaciones, quemaduras, desmayos y paro cardíaco.

**Descriptor:** Accidentes; Instituciones Académicas; Primeros Auxilios; Educación en Salud; Asistentes de Enfermería.

## Resumo

O objetivou-se descrever a importância do treinamento em primeiros socorros para professores que atuam na Educação Básica. Para isso, realizou-se uma revisão de literatura, nas bases de dados eletrônicas, além de políticas públicas de educação que abordam esse contexto. Os artigos foram analisados primeiramente pelo título, os que não competiam com o tema foram descartados e aqueles que condiziam com a temática passou-se a leitura dos resumos e posteriormente, leitura na íntegra. A partir da análise dos materiais selecionados, dividiu-se a discussão nas seguintes categorias: Primeiros socorros nas escolas; Educação em saúde na escola; A importância da capacitação em primeiros socorros na educação básica; O enfermeiro como educador em saúde. Conclui-se que a capacitação em primeiros socorros deve ser difundida a todos os professores que atuam na Educação Básica, proporcionando o conhecimento e habilidade e um atendimento assertivo, evitando atitudes inadequadas a fim de promover sobrevivência da vítima e redução de sequelas. Sugere-se que as instituições devem dispor de plano de ensino para capacitação de professores com aulas teóricas e práticas abordando, principalmente, temas como quedas, fraturas, cortes, escoriações, síncope, crise convulsiva, sangramento nasal, ferimentos, fraturas, mordedura, engasgamento, entorse, luxação, queimaduras, desmaio e parada cardíaca.

**Descritores:** Acidentes; Instituições Acadêmicas; Primeiros Socorros; Educação em Saúde; Assistentes de Enfermagem.

## Introduction

Immediate actions performed on a person regardless of the cause or nature of the accident are called first aid. These actions are carried out at the event site, with the aim of maintaining vital signs, minimizing injuries, as well as saving lives<sup>1</sup>.

In Brazil, almost 6,000 deaths were caused by external causes, and more than 140,000 hospital visits were carried out in the public health network involving children under 12 years of age and adolescents aged 12 to 18 years. Trauma accounts for 40% of deaths in children between five and nine years of age and 18% of one to four years old<sup>2</sup>.

External causes can be divided into accidental and intentional. Among the accidental external causes, we can mention traffic accidents, falls, drowning, among others. On the other hand, intentional external causes are related to urban violence, aggression, and self-harm. They represent a major problem in public health, impacting the morbidity and mortality of the population<sup>3,4</sup>.

Accident situations are common among children and adolescents, including falls, traumatic brain injury (TBI), trauma with dental avulsions, burns, electric shock and

airway obstruction by foreign bodies (OVACE), which require immediate care. In addition, children have narrower airways, lower body mass, and thinner, more prone to injury<sup>5,6</sup>.

The school environment is considered a favorable place for the occurrence of these accidents, since it gathers numerous active children, in the process of communication and development, in addition to the scenario to work various types of sports activities<sup>7</sup>.

In addition, other factors may contribute, such as the innocence of children and adolescents, their natural curiosities, as well as the long period they remain in schools. Studies indicate that these events can happen between class breaks, at mealtimes, during sports activities, during rest hours when students enjoy playing, as well as within the classroom itself<sup>8-10</sup>.

Immediate interventions performed in urgent and emergency cases, outside the hospital environment, as in the case of schools, are measures that contribute to reducing health problems. Therefore, training in immediate care provided in risk situations is essential<sup>11</sup>.

Learning in first aid is essential for the entire population, studies show that there are many deaths that



were related to the lack of immediate recognition, request for help and interventions still at the scene of the event, among them, choking, cardiorespiratory arrest (PCR), drowning, lowering of consciousness<sup>12</sup>.

However, what is evident is that such practices are little publicized for the lay population, being reserved for small groups, almost exclusively for health professionals. But, considering that the educational is a place where learners spend on average a third of the day throughout their lives, this requires care and attention with them, regardless of their age<sup>13</sup>.

Thus, it is essential that school professionals know how to proceed in situations that need immediate help and first aid, in order to avoid inappropriate attitudes, in addition to preventing future complications and ensuring better evolution and prognosis of the disease<sup>14</sup>.

In this context, the nurse has a fundamental role as a health educator, especially one who works in the Family Health Strategy (ESF). In conjunction with the School Health Program (PSE), it is responsible for promoting health in schools in an integral way, acting in the prevention, promotion and health care of the school population<sup>15</sup>.

According to Decree No. 6282/2007, in an intersectoral approach between the Ministry of Education (MEC) and the Ministry of Health (MS), the PSE, in addition to this responsibility, also assists in the training of students in the public education network. In collaboration with the Family Health Strategy (ESF), it allows health professionals to work on the issue of first aid for teachers, educational advisors and students present in the school environment<sup>1,16</sup>.

In this sense, in view of the above and considering that these complications can cause irreversible sequelae, if first aid is not performed immediately and correctly, this study becomes relevant as it will strengthen health education in this scenario in order to ensure the integrity of professionals and students during emergencies.

Thus, the objective of the study was to describe the importance of training in first aid for teachers who work in Basic Education, as well as to identify the main types of problems that occur within schools and to propose a teaching plan that addresses the needs required by the school population regarding the most frequent diseases.

## Methodology

The methodology used in the study was the literature review. This is a methodology, in which it seeks to explain the problem through an exhaustive analysis of the literature.

The research was carried out from February to October 2020, in online databases such as Scientific Electronic Library Online (SciELO), Latin American and Caribbean Literature on Health Sciences (LILACS), Pubmed. In addition, the Virtual Health Library (BVS) database platform and the Google Scholar database search site were used, including theses and dissertations, as well as public education policies that address this context.

The search was carried out through the Descriptors in Health Sciences (Decs) "first aid", "accidents", "academic institutions" and Medical Subject Headings (MeSH)

The articles were first analyzed by title, those that did not compete with the theme were discarded and those that matched the theme were read the abstracts. Of these, those who met the inclusion criteria were selected for full reading.

A full reading of the materials found was carried out in order to achieve the expected objectives through the proposed research.

## Results and Discussion

Based on the results found, the discussion was divided into four main categories, which were defined as follows: First aid in schools; Health education at school; The importance of training in first aid in basic education; The nurse as a health educator.

### First aid in schools

The school is a place that performs several activities, among them, teaching, leisure, fun and socialization, being a place susceptible to risks and accidents that can occur frequently<sup>16</sup>.

Studies point out that routine eventualities happen in school environments, which demand immediate care until the arrival of a qualified team. However, the lack of knowledge and unpreparedness for these occurrences can contribute to aggravating the situation in which the individual finds himself or even lead him to death<sup>11</sup>. According to Law No. 13,722, of October 4, 2018, it states that "It makes training in basic first aid skills mandatory for teachers and employees of public and private basic education establishments and children's recreation establishments"<sup>17</sup>.

This law was enacted after a 10-year-old boy died choking on a piece of hot dog on a school trip in September 2017, which became known as the Lucas Law.

Although the school seems to be a safe place and the responsibility of the students in their training, it is evident that sports activities, the time spent by students in the institution, as well as the physical structure itself can contribute to school accidents. Several factors and places that pose risks to students were found by the authors, among them: windows without bars or screens, stairs without handrails or guardrails, stage without guardrails, court, playground, desks, table corner, wet floors, educational toys, ramp without non-slip floor. These factors can contribute to the occurrences related to school accidents<sup>10,18</sup>.

A study carried out in France, totaling the participation of 2,396 students, among children and adolescents, shows that 52.8% of accidents in the school environment occur during sports activities and 12.7% during recreational breaks. Through this study, it was possible to verify that 26% happened due to personal carelessness, with 2.7% needing hospitalization and 11.4% needing to be away from school<sup>19</sup>.



As for the main occurrences experienced by teachers in the school environment, it was evidenced that falls, fractures, cuts, abrasions, syncope and convulsive crisis. Thus, these findings corroborate other studies, which, in addition to those mentioned above, also found the following conditions: nosebleeds, wounds, fractures, bites, choking, sprains, dislocations, burns, fainting and cardiac arrest<sup>10,16,20,21</sup>.

It is evident that knowledge in first aid and immediate care in the face of emergency complications is essential for reducing sequelae and maintaining life. In addition, the location becomes safer, as the lack of it can cause several problems, including unnecessary activation of the emergency service, as well as incorrect handling of the victim. However, it appears that teachers are not prepared to perform school emergency care, as there are few who receive constant training<sup>22,23</sup>.

The lack of care can aggravate the injuries that occur in accidents. Due to the circumstances, it is important to be able to make correct decisions and improvise the materials necessary for your action, from the resources available at the place of occurrence. This ability requires common sense, creativity and practical spirit, which are fundamental elements for training those who will help the victim<sup>24</sup>.

#### Health education at school

In accordance with Art. 4, included in Law No. 9,394, of December 20, 1996, amended by Law No. 12,796, of April 4, 2013, basic education is mandatory and free from 4 (four) to 17 (seventeen) years of age, organized as follows: preschool, elementary school and high school<sup>25</sup>.

Health education can be used as a method of great value to prevent complications resulting from accidents in the school environment, as it helps people to acquire autonomy and freedom to learn in the initial treatment of the victim<sup>23</sup>.

Educating for health in the area of first aid is essential to form a healthier population and capable of intervening in first aid and in the correct use of the emergency number. Studies show a reduction in morbidity and mortality, by up to 7.5%, in pre-hospital emergency, if the first help is provided by lay people with training in this area<sup>26</sup>.

The educator can be the main element during an accident, as he is the one who is with the students, in addition to creating a bond of friendship, companionship and trust. This feeling is also perceptible to parents when they enroll their children in educational institutions<sup>21</sup>.

It is essential that employees who work in the school environment have the knowledge about first aid, to conduct it correctly if they are surprised by a situation that requires immediate assistance<sup>1</sup>.

#### The importance of training in first aid in basic education

Studies have shown that teachers are unaware of the initial care of school accidents, demonstrating feelings of insecurity, fear and anguish. In this sense, the importance of

**Training in first aid for teachers working in basic education**  
Rodrigues KP, Oliveira E, Rodrigues G, Duarte AGG, Cyrino CMS disseminating knowledge about the practice of first aid to the class of children's teachers is evident<sup>10,27</sup>.

Still from this perspective, an experience report evidenced the insecurity on the part of the teachers and the feeling that they were intervening in the wrong way, which can worsen the situation or even the unnecessary exposure of the child<sup>18</sup>.

From the results, it is possible to identify the lack of preparation and knowledge deficit regarding first aid, a fact that is evidenced by the teachers themselves, who report that they did not have adequate preparation for an emergency<sup>16</sup>.

A study carried out in the city of Kashan, Iran, also corroborates the findings of Brazilian studies. The research points to the lack of knowledge on the part of teachers about first aid. In addition, they report the lack of training on the subject<sup>28</sup>.

Studies emphasize that teachers themselves know the need for training in first aid. According to the study, totaling 35 participants, 22 of them reported having already witnessed complications in the school environment that required basic knowledge in first aid. In addition, it was possible to observe inappropriate attitudes based on popular knowledge, such as applying ice to burns, opening the mouth to put a cloth in order to avoid biting the tongue during a seizure, and raising the arms in situations of choking, among others<sup>20</sup>.

Another inappropriate behavior was evidenced, referring to a child victim of CRA, which, given the responses of the participants of this research, the child would be waiting for the arrival of the Mobile Emergency Care Service SAMU and would not initiate the recommended first aid maneuvers<sup>20</sup>.

Still regarding the approach in case of cardiac arrest, it can be observed that some teachers would choose to ask for help, others would try to perform cardiac massage even not knowing if it was correct, they would take the victim to a local health care, would press the chest taking breaks and mouth-to-mouth resuscitation or would put pressure on the pectoral plexus for a long time<sup>13</sup>.

It is evident that hypoxia can cause irreversible damage to cells, thus, the chance of survival of a victim of an unexpected arrhythmic event without immediate interventions, reduces from 7 to 10% with each passing minute. However, for victims who receive CPR maneuvers immediately, this reduction can be up to 3-4%, and their chance of survival increases up to three times<sup>8,20</sup>.

Given this outcome, countries like Norway, the discipline in first aid has been part of the curriculum of students since 1961, already being taught by teachers from institutions in primary and secondary schools. However, these professionals must be adequately prepared as instructors in first aid<sup>29</sup>.

The theme in first aid is considered essential to avoid harm to the health and well-being of the population, this knowledge is essential for good care outside the hospital environment, in such a way it needs to be safe, adequate and efficient<sup>12</sup>. A study carried out in a school that works with early childhood education, elementary and high school,



showed that educational activities showed significant improvement in first aid knowledge, after theoretical and practical training. The performance of professionals was above 90.0% in the evaluations. It is recommended that these trainings be scheduled annually in the school calendar, thus enabling teachers to participate in formal courses and specific practical training in first aid in the school environment<sup>6</sup>.

It is important that first aid training been given theoretically and practically. The simulations make it possible for the individual to memorize the content taught, as well as the opportunity to perform the techniques. In addition, it develops skills and activates the psychomotor learning of the participants. Training should be continuous and designed based on real situations<sup>6,30</sup>.

Studies corroborate these findings and states that the training shows satisfactory results. On the other hand, this study reports that there were difficulties regarding the release of employees from their work activities<sup>8</sup>.

It is noteworthy that, in addition to the implementation of training in the school environment, having materials and equipment to carry out training and the possibility of access to all, are essential to encourage the practice of participants. It also takes into account that, for a good effectiveness of the knowledge and skills of these professionals, it establishes a minimum time of three hours<sup>27</sup>.

### **The nurse as a health educator**

Health professionals, especially nurses, have a fundamental role in the school environment, as they work on promotion, prevention, education and health care activities in schools. In addition, it performs the duty of care provider, health educator, consultant and counselor, as well as providing information on health practices and classes and participating in the improvement of the health education curriculum<sup>10</sup>.

In this context, in order to empower teachers on the subject of first aid in the school space, it is up to nurses to investigate the experience of teachers regarding first aid knowledge to develop, plan methods, training and continuing education to be carried out with a view to improve the work of the entire team<sup>16,31</sup>.

It is noticed that the training of teachers in the current scenario, presents a deficit in its curriculum. However, the degree courses do not prepare teachers to deal with urgent and emergency situations since there is no discipline that addresses the issue of knowledge in first aid. In this way, it becomes worrying for teachers when faced with situations that require urgent and emergency care in their workplace, they do not feel empowered. It emphasizes that the lack of this knowledge can generate insecurity for the employee, as well as failing to perform the first service because they do not know how to deal with these situations<sup>27</sup>.

In addition, it denotes that, in specialized education, they do not have training that involves the theme in first aid and mentions that only teachers trained in

Learning in first aid contributes to adequate care for victims in an emergency situation, as well as to decision-making and the ability to face unusual situations<sup>8,12,18</sup>.

According to the study, the value of a layperson in providing the first care to a victim who needs immediate assistance, the recognition of the situation, the request for help, and the appropriate conduct in each case, makes a difference in the quality of care and patient outcome. For this reason, it is essential to educate and disseminate knowledge about emergencies in school environments<sup>30</sup>.

It is worth noting that Art. 11, Item II, Item j, which provides in Law No. 7,498, of June 25, 1986, on the professional practice of nursing. The article determines that education aimed at improving the health condition of the population is the exclusive function of nurses.

Given the context, it is necessary to work on the issue of first aid for teachers in the school environment. Training is a method that contributes to the security and empowerment of students. In this way, they become active subjects in the teaching-learning process. For these educational interventions and training to occur successfully, the participation of professionals who work mainly in Primary Health Care is important<sup>16</sup>.

The Family Health Strategy (ESF) is the current model aimed at health promotion. One of its purposes is to work on health together with education, based on the School Health Program (PSE). In this scenario, they work on monitoring and evaluating the health of schoolchildren, prevention activities, as well as enabling the training of teachers on the subject of first aid<sup>16</sup>.

### **Conclusion**

From the above, it is concluded that training in first aid is essential and should be disseminated to all teachers who work in Basic Education. Such knowledge provides the ability, as well as contributes to an assertive and agile service in the face of emergency situations, in this sense, it avoids inappropriate attitudes and allows a greater chance of survival.

Several situations were highlighted as the main emergency complications that occur in the school environment, including: falls, fractures, cuts, abrasions, syncope, seizures, nosebleeds, injuries, bites, choking, sprains, dislocations, burns, fainting and cardiac arrest.

However, it was noticed that teachers are not prepared to provide adequate care to students; in addition, the discipline of first aid is not part of the undergraduate curriculum.

It is noteworthy that the lack of knowledge and early care of situations that require immediate actions in first aid can cause several complications to the victim, such as worsening the situation, irreversible sequelae and even lead to death.

It is suggested that institutions should have a teaching plan for training teachers who work in Basic Education. In this way, they avoid inappropriate attitudes and without scientific knowledge. It is believed that the





Nurse has a lot to contribute to the Health Education of these professionals, including those who work in Primary Health Care.

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