

ABC Practical sessions

We hope you will be willing to participate in practical sessions with the hospital staff and nurses in training.

The idea is to practice together in a safe environment the essential basic skills of assessing patients using ABCDE approach. Please find a brief outline of the plan with supporting documents.

Aim

To improve and practice ABCDE assessment on a regular basis as mandatory training, which will improve impulse to act and save life

Learning outcomes

- **Be able to carry out a quick assessment of ABCDE**
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- Be able to act and take simple corrective action (position patient, open airway etc
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- Carry out basic observations and recognise abnormalities
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- Recognise the need to call for help stating the urgency using the SBAR principles
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- Identify and use the correct equipment if available.
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- Work as a team.
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- **Delivery**
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- **Keep it simple**
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- Sessions are delivered in a multidisciplinary group maximum of 6 demonstrating the assessment using resuss mannequins are available..
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- Refresh knowledge of ABCDE, group to participate. Demonstrate how to assess using this approach.
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- Each letter refers to an emergency sign if there is a problem with one of these it requires action.(see attached ETAT Course.)
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- Demonstrate how to keep the patient safe and prevent deterioration by maintaining the airway. Applying oxygen if needed) continue working through the other signs.
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- Demonstrate how to call for help stating patient's condition, and urgency of response needed. SBAR principle.
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- Students will practice in pairs, and in turn call on others group members to assist get involved and perform different roles
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- Explain equipment i.e. correct bag and mask size and use of oxygen.(discuss where emergency equipment is on each ward and what's available
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- **Training Equipment available**
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- 1 Resuss baby
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- 1 Airway training aid
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- Range of appropriate size ambu bags and masks
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- Guedel airways, oxygen tubing (**please note in reality this equipment is in short supply on the wards**)
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- **There are no step up beds or HDU facilities in Kilimatinde Focus on assessment and prevention of deterioration**
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- One emergency bag kept in children's ward with appropriate paediatric equipment. This contains the only blood glucose monitoring machine in the hospital.
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- **Venue and time**
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- Training takes place at 8.30am in the meeting room in the grounds of the hospital after the morning handover meeting for hospital staff.
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- The session will last about 30 mins
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- You will need to liaise with Dr Uggie and senior nurse Earnest Matonya, they will decide which staff will attend and which day of the week is best as this will change according to clinical commitments
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- Student nurse training takes place in the nursing school just next to the hospital. You will need to liaise with Wilhelmina Mafuru about this she is head of the nursing school. The nurse tutors will be delighted and will translate and work with you.
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- These practical sessions support the Emergency triage system which has recently been introduced in the OPD it would also be of benefit to do some sessions for OPD staff. Discuss with Dr Uggi to arrange.
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- **Supporting Document**
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- [Http://www.who.int/child,adolescent-health](http://www.who.int/child,adolescent-health) ETAT course (there is an abridged version available in the bungalow.
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- <http://www.resus.org.uk/pages/alsabcde.htm#airw>
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- info@firstafrica.com
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- **Books**
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- Swahili Medical Dictionary and phrase book. MJF Cooper .2007 ISBN 1-84753-590-0
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- First Aid Manual 9th Edition. St John's ambulance British Red Cross.
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- **Evaluation**
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- In order to ensure sessions are useful
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- Please ask for feedback from the group, and from Dr Uggi and Nurse Matonya
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- Please feedback your own experience of delivering the sessions to.
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- Ktrust97@aol.com
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- Dr.s.puritz@googlemail.com
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- jill8757@gmail.com
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- **First aid training**
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- If you are interested and qualified in first aid training this will be of huge benefit. There are often casualties coming in.
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- The nursing school has a supply of up to date first aid manuals, and the first aid Africa syllabus, which has some really useful and useable lesson plans.
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- Topics which would be particularly helpful
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- First aid for burns
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- First aid for shock
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- Dehydration
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- Asthma.
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- **Check out**
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- info@firstafrica.com They also run first aid courses particularly for people travelling abroad. While there is a cost to this it's very rewarding and useful.
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- There is a hard copy of the lesson plans in the Kilimatinde bungalow and in the nursing school

CREATE A FREE