

# FIRST AID FOR SCHOOLS IN SUMBA

*GIVE CHILDREN WHO LIVE FAR FROM HOSPITALS THE  
OPPORTUNITY TO HAVE ACCESS TO FIRST AID.*





## BACKGROUND

Sumba East has a population of 252,704 people (in 2017), 123,315 men and 123,315 women spread over an area of 7,000 km<sup>2</sup>. The population density is therefore 36 people per km<sup>2</sup> (source: BPS Eastern Sumba 2017). The hilly terrain of the island makes it beautiful but is also an obstacle in several sectors; first, it makes access to care very difficult. Add to this the lack of trained medical personnel and adequate medical facilities.

One of the villages we visited includes a “Puskesmas” (public health center) open twice a month to provide basic care; the 8th day of the month for children, the 16th day for adults.

During our visit to collect the primary data, we encountered many injured children, especially on the feet because they walk barefoot most of the time whether it is to play or to go to school. These injuries go untreated, causing infections that lead to more serious medical problems later.

Children are not the only ones affected, teenagers and adults are also affected. For example, a young man from a neighboring village was injured in a motorcycle accident. He returned home with a swollen foot and open leg, his family could not do anything because they are not aware of first aid care such as cleaning or disinfecting wounds. So, we intervened and treated him to avoid infection.

We are "Kawan Baik Indonesia", with the support of the "Fair Future Foundation", partner of "Friends in Eastern Sumba" and we want to give access to first aid to the people of Sumba. Provide them with first aid equipment and improve their knowledge of the first actions to take when facing injuries.



# AIM

- Transmit skills and knowledge to the 40 teachers who will receive the first aid kits
- Highlight the importance of first aid before the patient is transferred to the hospital
- Provide access to first aid for children, in schools and in their villages

# OUTPUT

- The 40 teachers will be able to subsequently train other people in this care
- Understanding and change in the management of minor injuries
- Access to basic healthcare facilitated for children and the local population



# PROVIDING FIRST AID EQUIPMENT

We will therefore provide first aid kits for the treatment of minor injuries and follow-up. These kits will consist of disinfectant, solution for cleaning wounds, gauze, liniment and other essentials. Here is the detail:

- Plasters in different size
- Gauze dressings
- Sterile eye dressing
- Triangular bandage
- Crêpe rolled bandage
- Safety pins
- Disposable sterile
- Gloves
- Medical tweezers
- Scissors
- Alcohol free
- Cleansing wipes
- Sticky tape
- Thermometer
- Hydrocortisone / Calendula Cream
- Antiseptic Cream
- Paracetamol / Ibuprofen 125mg and 250mg
- Cough Syrup for the kids
- Distilled water for eye wash and eye bath
- Eye drop neutral PH (Visine)
- Eye drop
- Vitamins (Caviplex) for the kids
- Supplement (Imboost) for adult
- Flea medicine
- Shampoo for Fleas
- Diarrhea medication

## TRAINING AND PRACTICE

First, we will do a theoretical teaching module on the use of the kits. Then we will pass to a practical part in collaboration with the medical personnel of Sumba and other volunteers from different fields of activity.

In addition, we will also teach them how to deal with accidents during school activities, food poisoning, electrocution or minor burns.



## MONITORING AND EVALUATE

Before the training part, all the participant will pass a test to evaluate what they already know. After the training, they will pass another one to see the evolution of the capacities.

We will also list the kits and where they will be placed in order to collect the school's data and the kit verification photos to follow up.

We will collect, as additional data, the number of educator (proportion of women and men) who are involved in the project, their origin (which district, village). We will use the participation form which was completed before the training.

We will follow the evolution every 6 months by communicating with the teachers concerning changes in habits in the treatment of injuries and the availability of kits (what is missing, what is used ect.)



# ACTIVITY FLOW

## SURVEY

- Visit to regions, schools and medical centres
- Contacting partners to gather the information necessary for the implementation of the project
- Communicate with local government officials in health and education

## PREPARING

- Internal meetings, implementation of the program
- Preparation and validation of the kits
- Sending invitations to participate in training

## TRAINING

- Theoretical training
- Practical training

## MONITORING EVALUATION

- Periodic school reports
- Collect data on behavior changes and the evolution of children and adults
- Regular renewal of the medical stock

# BUDGET

Coordinator Project : Elisa Wettstein  
 Budget Post : Kawan Sehat  
 Date Activity : June 2019

CODE	DESCRIPTION	DETAIL					PRICE	SUB TOTAL			
A	ACCOMODATION						IDR	CHF	USD		
A.1	Local Transport to Airport	3	Person	2	Pax	2	Times	230 000 IDR	2 760 000 IDR	199 CHF	203 USD
A.2	Flight Ticket	3	Person	2	Pax	2	Times	1 725 000 IDR	20 700 000 IDR	1 489 CHF	1 519 USD
A.3	Local Transport from Airport	1	Unit	2	Pax	5	Day	977 500 IDR	9 775 000 IDR	703 CHF	717 USD
A.4	Hotel	1	Unit	2	Pax	4	Day	690 000 IDR	5 520 000 IDR	397 CHF	405 USD
A.5	Consumption	4	Person	2	Pax	5	Day	172 500 IDR	6 900 000 IDR	496 CHF	506 USD
								<b>45 655 000 IDR</b>	<b>3 285 CHF</b>	<b>3 350 USD</b>	
<b>B</b>	<b>TRAINING</b>										
B.1	Renting Meeting Rooms	1	Unit	2	Pax	2	Day	5 750 000 IDR	23 000 000 IDR	1 655 CHF	1 688 USD
B.2	Consumption	#	Person	2	Pax	2	Day	80 500 IDR	12 880 000 IDR	927 CHF	945 USD
B.3	Office Stationary	1	Pax	2	Pax	1	Times	1 150 000 IDR	2 300 000 IDR	165 CHF	169 USD
B.4	Tools and Kits	#	Person	2	Pax	1	Times	40 250 IDR	3 220 000 IDR	232 CHF	236 USD
								<b>41 400 000 IDR</b>	<b>2 978 CHF</b>	<b>3 038 USD</b>	
<b>C</b>	<b>SPEAKER</b>										
C.1	Mitra Kawan Baik 1 & 2	2	Person	2	Pax	2	Day	625 000 IDR	5 000 000 IDR	360 CHF	367 USD
C.2	Asisten lapangan	1	Person	2	Pax	5	Day	250 000 IDR	2 500 000 IDR	180 CHF	183 USD
								<b>7 500 000 IDR</b>	<b>540 CHF</b>	<b>550 USD</b>	
<b>D</b>	<b>TOOLS</b>										
D.1	First Aid Kit Set	#	Pax	2	Pax	1	Times	937 500 IDR	56 250 000 IDR	4 047 CHF	4 128 USD
D.2	Training Tools	1	Pax	2	Pax	1	Times	1 250 000 IDR	2 500 000 IDR	180 CHF	183 USD
								<b>58 750 000 IDR</b>	<b>4 227 CHF</b>	<b>4 311 USD</b>	
<b>E</b>	<b>MANAGEMENT &amp; ADMIN</b>										
E.1	Project Coordinator	1	Person	1	Pax	3	Month	6 250 000 IDR	18 750 000 IDR	1 349 CHF	1 376 USD
E.2	Project Operational	1	Pax	1	Pax	3	Month	1 875 000 IDR	5 625 000 IDR	405 CHF	413 USD
E.3	Invitation and distribution	1	Pax	2	Pax	1	Times	250 000 IDR	500 000 IDR	36 CHF	37 USD
E.4	Permission to Local department	1	Pax	2	Pax	1	Times	250 000 IDR	500 000 IDR	36 CHF	37 USD
								<b>25 375 000 IDR</b>	<b>1 826 CHF</b>	<b>1 862 USD</b>	
<b>TOTAL</b>								<b>178 680 000 IDR</b>	<b>12 855 CHF</b>	<b>13 112 USD</b>	

DENPASAR, 30 JANUARY 2020

AYU SETIA