



Reducing Barriers to Bystander Intervention: Piloting a Wintersession Program

Truelian Lee, EMT-B


Harvard University CrimsonEMS, Development Chief



Introduction

Occurring during the last week of winter recess, Harvard University's Wintersession offers enrichment programming. Similar programs exist in various other colleges, including Brown University,¹ Wellesley College,² and Ithaca College.³ Harvard CrimsonEMS saw Wintersession as an opportunity to reach students who are too busy during the school year to learn bystander intervention skills. Consequently, the organization piloted a series of Wintersession workshops for the first time this year.

Development and Implementation



Wintersession Schedule
January 22-25, 2019

Through this program, Harvard College students will earn nationally recognized certifications for cardiac resuscitation, bleeding control, and first aid. They will also learn how to recognize and respond to common health-related conditions seen on campus.

Tuesday, January 22: Cardiopulmonary Resuscitation (CPR)

10:00 - 11:15 AM: Introduction and Icebreakers
What is the role of emergency medical services?
What is CrimsonEMS? What role do we play on campus?

11:15 AM - 12:15 PM: CPR Certification Course (Part One)
12:15 - 1:00 PM: Lunch
1:00 - 2:30 PM: CPR Certification Course (Part Two)
2:30 - 3:00 PM: Closing Remarks

Wednesday, January 23: First Aid

10:00 AM - 12:30 PM: Extended First-Aid Training
12:30 - 1:15 PM: Lunch
1:15 - 2:30 PM: First-Aid Training (Continued)
2:30 - 3:00 PM: Applications of First-Aid Techniques

Jan 24, Thursday: Stop the Bleed Campaign

10:00 - 10:45 AM: Introduction to Stop the Bleed
10:45 AM - 1:00 PM: Stop the Bleed Training
1:00 - 1:45 PM: Lunch Break
1:45 - 2:30 PM: Stop the Bleed Instructor Training
2:30 - 3:00 PM: Spreading the Word About Stop the Bleed

Friday, January 25: Campus Health-Related Issues

10:00 - 11:00 AM: Polypharm Awareness and Narcans
11:00 AM - 12:00 PM: Crimson Sports Injuries and Concussion Testing
12:00 - 12:30 PM: Skills Practice
12:30 - 1:30 PM: Lunch
1:30 - 3:00 PM: Reflections and Next Steps

CrimsonEMS is Harvard's independent, student-run, volunteer emergency medical service comprised entirely of Harvard student-EMTs. Visit www.crimsonems.org to learn more.

Figure 1. Syllabus of Wintersession Programming. A timeline with an outline of the curriculum was sent to all the participants within 48 hours of their registration. Instructors had the freedom to decide how to best use the reflections and next steps times.

Item	Quantity per Person	Cost per Person	# of People	Total Cost
CPR / First Aid Cards	1	\$ 17.00	14	\$ 238.00
Lunch	4	\$ 3.00	16	\$ 192.00
Coffee	4	\$ 0.25	10	\$ 10.00
Baked Pastries	4	\$ 1.00	10	\$ 40.00
Total				\$ 480.00

Table 1. Revised Budget for Wintersession. The budget was reduced 48% from the initial budget proposed to the Harvard Undergraduate Council. The cost of lunch, coffee, and baked pastries for breakfasts were cut, while the costs for CPR/First Aid Cards was kept constant due to AHA costs.

CURRICULUM

- Planned workshops from 10 AM-3 PM from January 22-25 (Figure 1)
- Students earned national certifications in AHA CPR Heartsaver/First Aid and American College of Surgeons Stop the Bleed
- Curriculum was based on those used in prior outreach efforts
 - Lectures were accompanied by PowerPoint presentations
 - Skills practice were with manikins or with partners and instructors

INSTRUCTORS

- 11 CrimsonEMS members volunteered
- Each day's workshops had 2-4 instructors, depending on the subject

BUDGET

- Awarded \$450 for project from Harvard Undergraduate Council
- Reduced initial budget of \$900 to \$480 through creative cost-saving measures such as baking instead of purchasing goods (Table 1)
- Reduced actual costs to \$450.93 after re-evaluating amount participants ate during meals

OUTREACH

- CrimsonEMS primarily publicized the program through Facebook and email lists
- Registration was capped at 15 students based on the number of available instructors

Evaluation

PARTICIPANT DEMOGRAPHICS

- 14 students (6 male, 8 female)
- Participants majored in:
 - Government and Women, Gender & Sexuality
 - Computer Science
 - History of Science
 - Biological Sciences

43%
of participants said they had no prior experience in the skills taught

71%
said they are very likely to share the knowledge they learned with those around them

POST-TRAINING SURVEY RESULTS

CrimsonEMS solicited Likert scale ratings with 1 representing "poor" and 5 "excellent" to evaluate the workshops, and Likert scale ratings with 1 representing "unconfident" and 5 "very confident" to evaluate confidence in skills learned.

Participants rated the overall program a 4.2 (SD=0.8), with the lectures garnering a 3.9 (SD=1.1) and the skills practice sections a 5.0 (SD=0.0). They rated each workshop highly and left the Wintersession confident in their skills (Table 2).

Workshop	Workshop Rating	Standard Deviation	Confidence in Skill	Standard Deviation
CPR	4.9	0.3	4.4	0.5
First Aid	4.4	1	4	0.8
Stop the Bleed	4.7	0.7	4.2	0.8
Collegiate EMS Cases	3.9	1.4	4.1	0.7

Table 2. Likert Scale Ratings Feedback. Participants were asked to rate each workshop and their confidence in the skills taught after finishing the program. The cardiopulmonary resuscitation workshop earned the highest consistent ratings, and the instructors for the workshop remarked that they focused heavily on skills practice. Other workshops, such as First Aid, featured more lectures than hands-on training.

FREE RESPONSE FEEDBACK

CrimsonEMS solicited additional free response feedback about the teaching style of the Wintersession.

- "Practicing multiple times was definitely the best help in learning the skills."
- "I would do something, as opposed to nothing in the past."
- "I definitely feel like I learned a lot. I don't know how prepared I am but that's just because I don't know how I would respond if a situation arises and that is up to me, not the teaching team."
- "I feel well prepared for the skills we practiced but I am less comfortable with the ones we didn't practice."

Discussion

Based on participant responses, we plan to include additional skills training in future workshops and publicize the program through more platforms and for a longer period of time before the registration deadline.

This Wintersession represents a new avenue for CrimsonEMS to promote collegiate EMS and educate community members about important, life-saving skills to reduce the barrier to bystander intervention. We hope to make our Wintersession programming a regular part of our outreach offerings.

References

- "Brown University." *Decameron Web*, Brown University, www.brown.edu/academics/college/special-programs/wintersession/brown-wintersession
- "Wintersession Programs." *Wellesley College*, www.wellesley.edu/ois/wintersession_abroad.
- "Winter Session." *Ithaca College*, Ithaca College, www.ithaca.edu/winter/.

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Contact

Truelian Lee may be reached at truelianlee@college.harvard.edu.