

# Promoting Youth Emergency Preparedness through Lifesaving Emergency Skill Workshops

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## POSTER PRESENTATION ABSTRACT | PROGRAM DEVELOPMENT & EVALUATION CATEGORY

**Introduction:** Recognizing the growing emphasis on youth emergency preparedness, as seen through the increasingly common graduation requirement of CPR training and through skill training camps, members of Harvard CrimsonEMS expanded outreach to Greater Boston high-school students through the formation of the CrimsonEMS Youth Education Task Force. This novel task force seeks to create a more medically-literate youth community through fostering preparedness in basic lifesaving skills and placing an emphasis on bystander intervention.

**Program Development & Implementation:** The task force, comprising of collegiate EMTs, designed a 90-minute workshop instructing students about taking proper action during common medical emergencies. This hands-on, rotating, station-based workshop covers CPR/ AED, Choking Management, EpiPen administration, and Bleeding Control. Stations have an average student-to-teacher ratio of 4:1, allowing for personalized instruction and feedback.

**Program Evaluation:** To date, the task force has reached over 170 high-school students from 9 workshops across Boston. Anonymous surveys were administered after workshop completion to assess the overall effectiveness of workshops based on confidence levels with basic medical skills on a five-point scale, with confidence defined as likelihood to utilize these skills during medical emergencies. With a 98% response rate from 170 students, 32% had previous firsthand exposure to at least one of the medical emergencies covered in the workshop. Prior to the workshop, students had an average skill confidence level of 2.96 out of 5; after workshop completion, skill confidence rose to 4.48 out of 5, with a notable 60% increase in bleeding control.

**Discussion/Conclusions:** Due to the developing nature of the program, this research is a quality improvement initiative, and substantial conclusions cannot yet be drawn from limited data. Moving forward, the task force hopes to incorporate asthma, overdose, and first-aid education, as well as to implement after-school programs or camps. This initiative demonstrates the ability for collegiate EMS organizations to engage with local youth to promote safer, more knowledgeable communities.

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