

Module One

Introductory Module

Total hours needed – 04 hours

Total days needed - ½

Table of Content

1. Introduction to the Concept of First Medical Responders
2. Objective of the training program
3. Pre and Post test questionnaire; Why and How?
4. RCRC movement and relevance of FMR in the movement

Introduction to the Concept of First Medical Responders

Objective of this session

To have common understanding of first medical responder project and roles and responsibilities of a Certified First Medical responder

Session Plan

Time	Topic	Methodology
15 minutes	Who can be a Certified First Medical responder	Classroom training through PPT
15 minutes	What are the roles and responsibilities of a Certified First Medical responder	Classroom training through PPT

Tools and Resources required

Laptop, LCD projector

Key Messages

1. Certified First Medical Responders (CFMR) will agree to be available on a short notice for community services
2. Meet community-identified needs (community knows the best and provides best solutions for any problem for that particular community)
3. Anybody from the community with enthusiasm and acceptance in the same community can be called Certified First Medical Responders upon receiving the training the totality

Content:

1. Criterion for selecting Certified First Medical Responders

Community personnel who have desire to serve community at the time of any emergency and have some time to participate in training programmes on first aid, water and sanitation, public health, psycho-social support, tracing, managing dead bodies, etc. organised by the local Red Cross branch.

After receiving training these personnel will be certified and provided identity card by the local Red Cross branch.

2. Roles and responsibilities of the First Medical Responders

The FMRs will be the link between the local authorities and community primarily at the time of any disaster and emergency. They will support the local Red Cross in carrying out assessments, developing community level planning for delivering messages and ensure timely distribution of relief material in the community.

The FMRs will keep the record on distribution activity and report to the local Red Cross branch/local authorities.

List of resource Materials

- 1. Power point presentation titled 'First Medical Responder basics'**

Introduction of the participants

Objective of this session

To familiarise with each other

Session Plan

Time	Topic	Methodology
30 minutes	Get to know each other	Form a dyad and introduce each other

Tools and Resources required

White Board, white board marker

Key Message

1. Know the group you are working with
2. Helps to allocate work when you know interests, strengths and weaknesses of people working with you.

Contents

Each participant to select a partner and ask about him/her

Introduce his/her partner to the group

Group can ask one question to the person who is being introduced

Objective of the training program

Objective of this session

To develop understanding of training program objectives and identify expectations from the training program.

Session Plan

Time	Topic	Methodology
15 minutes	Participatory objective setting exercise	Q & A
15 minutes	Briefing the participants about the actual objective of the program	Classroom training through PPT
30 minutes	Ice breaking activity and setting the expectations from the workshop and ground rules in a participatory manner	Board game/ Polling booth

Tools and Resources required

Board, Chalks/ white board marker, Card pieces, Laptop, LCD projector

Key Messages

1. What are the objective of the training program
2. How expectations of participants will be addressed in the training program
3. What are the session in the training program and how they will address participants expectations

Content:

- Certified master trainers are available to roll out the programme (Master trainers will be selected from retired army personnel, national service scheme volunteers, scouts and guides, Red Cross volunteers, NGOs and other eminent volunteers from civil society)
- Master trainers are able to train and manage instructors
- Trained and Certified First Medical Responders are available each district who are equipped to respond to any emergency situation (Volunteers will have official Red Cross/ St. Johns First Aid training Certificate and Identity Cards)
- Overview of the training sessions, day wise

Pre and Post test questionnaire; Why and How?

Objective of this session

- To assess the knowledge of participants before the training program and identify change in the knowledge after the completion of this training.
- To develop ground rules to facilitate smooth completion of training program

Session Plan

Time	Topic	Methodology
05 minutes	Briefing the participants about relevance of Pre/ Post test exercise	Plenary
25 minutes	Actual Pre/ post test	Classroom training through PPT
30 minutes	Ice breaking activity and setting the expectations from the workshop and ground rules in a participatory manner	Participatory discussion in group and then in plenary

Tools and Resources required

Questionnaire, flip chart and pens

Key Messages

- Importance of pre-test
- Importance to follow rules to achieve any objective

Contents

- Each participant to complete a questionnaire. This will help to assess his/her current knowledge about training modules.
- At the end of the training program, same questionnaire will be provided to the participants. This will help to assess change in the knowledge gained during the training program.
- Each table will be asked to write down set of rules they would like to observe which will facilitate smooth implementation of training program
- Facilitator will write down agreed rules on flip chart and paste it on wall. If any one breaks the rule, training team will remind the group to observe the rule which they made.

Content: (Draft for example)

Certified First Medical Responder Training Course

From Date:to.....

Pre/ Post Test Questionnaire

Time: 25 minutes

Name of the participant :

Address :

.....

State/ District :/

Contact Number :

Email :

Skype :

1. Red Cross / Red Crescent History: What happened in these years?

05

Year	Event	True	False
1859	The Battle of Salferino	X	
1863	The Red Cross was founded by a Swiss business man, Jean Henry Dunant	X	
1919	Founded in 1919,May 5 by Henry Davison President of American RC war committee in Paris (League of RC – First name)	X	
1949	Sir Claud Hill introduced the Bill in Indian Legislative council to constitute an independent Red Cross in India.		X
1977	Protocol II is a 1977 amendment protocol to the Geneva Conventions relating to the protection of victims of <i>non-international</i> armed conflicts	X	

2. Which are the fundamental principles of RCRC movement?**07**

Humanity		Voluntary service	
Impartiality		Unity	
Honesty		Non Violence	
Neutrality		Solidarity	
Independence		Universality	

3. Define the Following:**06**

Preparedness	
Prevention	
Mitigation	
Recovery	
Response	
Risk Reduction	

4. Expand the following Acronyms:**05**

NDRT	
WASH	
UN	
ICRC	
IFRC	
PHIE	
CBHFA	
CFMR	
RFL	
HIV	

5. What is the full form of ABC in First Aid to deal with causality? 02

6. Which are the essential steps in a Contingency Planning process? 03

7. What are the major communicable diseases? 02

8. Which are the factors affecting the psychosocial impact of crisis events? 02

9. What is the difference between Relief and Recovery? 02

10. What are the objectives of Emergency Health Assessment? 02

11. Write some of the vector control measures that you cover during the training? 02

12. What is STI and what are the commonest sexually transmitted pathogens? 01

13. What are the triage colours and what are meaning of any 02 of them? 02

14. What is SPHERE standard? 01

15. Write any 03 of the methods of Household water treatment? 02

16. What is a SanPlat box? 01

17. Which are the tools and essential materials to be kept in the Psychological First Aid box? 01

18. What are the steps in RFL? 02

19. What are the steps in managing dead bodies? 01

20. What is the difference between Monitoring and Evaluation? 01

_____ 50
Total marks Obtained Full Marks

_____ _____
Examined by Verified by

RCRC movement and relevance of FMR in the movement

Objective of this session

- To provide holistic understanding to the participants about the RCRC movement, movement components, fundamental principles and RC emblem.
- To inform essential package of services delivered by Indian Red Cross Society, its genesis, its important in the global mission, reach and activities undertaken by the organization.

Session Plan

Time	Topic	Methodology
30 minutes	RCRC movement history, components, fundamental principles and emblem	Classroom training through PPT, experience sharing
20 minutes	Genesis of National Society, Indian Red Cross Society and meaning of auxiliary status of national society	Classroom training through PPT, experience sharing and showing video
40 minutes	Genesis of IFRC and ICRC activities	Classroom training through PPT, experience sharing and showing video

Tools and Resources required

Flipchart, markers, LCD projector, Laptops and colour cards

Key Messages

1. Birth of RC movement
2. RCRC movement components the ICRC, NS (IRCS) and IFRC
3. RCRC movement follows seven fundamental principles
4. Use of RCRC emblem
5. RCRC movement is in 187 countries

Content:

History of the RCRC movement

The Red Cross idea was born in 1859, when Henry Dunant, a young Swiss man, came upon the scene of a bloody battle in Solferino, a village in Italy, between the armies of imperial Austria and the Franco-Sardinian alliance. Some 40,000 men lay dead or dying on the battlefield and the wounded were lacking medical attention.

Dunant organized local people to bind the soldiers' wounds and to feed and comfort them.

On his return, he called for the creation of national relief societies to assist those wounded in war, and pointed the way to the future Geneva Conventions.

"Would there not be some means, during a period of peace and calm, of forming relief societies whose object would be to have the wounded cared for in time of war by enthusiastic, devoted volunteers, fully qualified for the task?" he wrote.

The Red Cross was born in 1863 when five Geneva men, including Dunant, set up the International Committee for Relief to the Wounded, later to become the International Committee of the Red Cross. Its emblem was a red cross on a white background: the reverse of the Swiss flag. The following year, twelve governments adopted the first Geneva Convention; a milestone in the history of humanity, offering care for the wounded, and defining medical services as "neutral" on the battlefield.

RCRC movement has three components, viz., International Committee of Red Cross (ICRC), National Societies and International Federation of Red Cross and Red Crescent (IFRC).

The International Committee of Red Cross (ICRC)

What was to become the International Committee of the Red Cross met for the first time in February 1863 in Geneva, Switzerland? Among its five members was a local man named Henry Dunant who, the year before, had published a crusading book (A Memory of Solferino) calling for improved care for wounded soldiers in wartime.

By the end of the year the committee had brought together government representatives to agree on Dunant's proposal for national relief societies, to help military medical services. In August 1864, the committee persuaded governments to adopt the **first Geneva Convention**. This treaty obliged armies to care for wounded soldiers, whatever side they were on, and introduced a unified emblem for the medical services: a red cross on a white background.

The ICRC's primary role was a coordinating one. But it gradually became more involved in field operations, as the need for a neutral intermediary between belligerents became apparent. Over the following 50 years, the ICRC expanded its work while national societies were established (the first in the German State of Württemberg in November 1863) and the Geneva Convention was adapted to include warfare at sea.

FIRST WORLD WAR (1914-18)

At the outbreak of the First World War, based on experience in other conflicts, the ICRC opened a Central Prisoners of War Agency in Geneva, to restore links between captured soldiers and their families.

It continued to innovate: its visits to prisoners of war grew during this period and it intervened over the use of arms that caused extreme suffering. In 1918, it visited political prisoners for the first time, in Hungary.

The national societies themselves undertook an unprecedented mobilization that saw volunteers running ambulance services on the battlefield and caring for the wounded in hospitals. For the Red Cross in many countries, it was their finest hour.

PERIOD BETWEEN TWO WORLD WARS (1918-1939)

After the First World War, many national societies felt that, with the coming of peace and hopes for a new world order, the role of the Red Cross had to change. In 1919, they founded the League of Red Cross Societies, intended as the future coordinating and support body for the Movement. But conflicts during the 1920s and 1930s emphasized the need for a neutral intermediary, and the ICRC remained active – increasingly outside Europe (Ethiopia, South America and the Far East) and in civil wars (notably in Spain).

The International Federation of Red Cross and Red Crescent Societies (IFRC)

The International Federation of Red Cross and Red Crescent Societies (IFRC) was founded in 1919 in Paris in the aftermath of World War I. The war had shown a need for close cooperation between Red Cross Societies, which, through their humanitarian activities on behalf of prisoners of war and combatants, had attracted millions of volunteers and built a large body of expertise. A devastated Europe could not afford to lose such a resource.

Henry Davison, the president of the American Red Cross War Committee proposed forming a federation of these National Societies. An international medical conference initiated by Davison resulted in the birth of the League of Red Cross Societies, which was renamed in October 1933 to the League of Red Cross and Red Crescent Societies, and then in November 1935 to become the International Federation of Red Cross and Red Crescent Societies.

There were five founding member Societies: Britain, France, Italy, Japan and the United States. This number has grown over the years and there are now 187 recognized National Societies - one in almost every country in the world.

The ICRC persuaded governments to adopt a new Geneva Convention in 1929 to provide greater protection for prisoners of war. But despite the obvious broader threats posed by modern warfare, it was unable to have them agree on new laws to protect civilians in time to prevent the atrocities of World War II.

SECOND WORLD WAR (1939-45) The Second World War saw a huge expansion of activities as the organisation tried to work to assist and protect victims on all sides. The ICRC and the League worked together to ship relief supplies across the globe, reaching both prisoners of war and civilians. ICRC delegates visited Prisoners of war (POWs) around the world and helped exchange millions of Red Cross Messages between family members. For years after the war, the ICRC dealt with requests for news about missing loved ones.

SINCE 1945

Since 1945 the ICRC has continued to urge governments to strengthen international humanitarian law – and to respect it. It has sought to deal with the humanitarian consequences of the conflicts that have marked the second half of the 20th century – starting with Israel and Palestine in 1948.

In 1949, at the ICRC's initiative, states agreed on the revision of the existing three Geneva Conventions (covering wounded and sick on the battlefield, victims of war at sea, prisoners of war) and the addition of a fourth: to protect civilians living under enemy control. The Conventions provide the ICRC's main mandate in situations of armed conflict.

And in 1977, two Protocols to the Conventions were adopted, the first applicable to international armed conflicts, the second to internal ones – a major breakthrough. The Protocols also laid down rules concerning the conduct of hostilities.

Principles

Actions of the Red Cross and Red Crescent Movement should at all times be guided by these Fundamental Principles:

Humanity: The International Red Cross and Red Crescent Movement, born out of a desire to bring assistance without discrimination to the wounded on the battlefield; strives in its international and national capacity, to prevent and alleviate human suffering wherever it may be found. Its purpose is to protect life and health and to ensure respect for the human

The International Committee of the Red Cross is an organisation whose humanitarian mission is to protect the lives and dignity of victims of war and internal violence and to provide them with assistance. It directs and coordinates international relief activities conducted by the Movement in situations of conflict.

National Societies provide a range of services in the humanitarian field including disaster relief, health and social programmes and psychosocial support. During wartime, National Societies also assist affected civilian populations and support army medical services, where appropriate.

The International Federation of Red Cross and Red Crescent Societies is the membership organization for national societies. The International Federation of Red Cross and Red Crescent Societies (IFRC) is the world's largest humanitarian and

being, and to promote mutual understanding, friendship, cooperation and lasting peace amongst all peoples.

Impartiality: The Movement makes no discrimination as to nationality, race, religious beliefs, class or political opinions. It strives to relieve the suffering of individuals, being guided solely by their needs, and to give priority to the most urgent cases of distress.

Neutrality: In order to enjoy the confidence of all, the Movement may not take sides in hostilities or engage in controversies of a political, racial, religious or ideological nature.

Independence: The Movement is independent. The National Societies, while auxiliaries in the humanitarian services of their governments and subject to the laws of their respective countries, must always maintain their autonomy so that they may be able at all times to act in accordance with the principles of the Movement.

Voluntary service: It is a voluntary relief movement not driven in any manner by desire for economic gain.

Unity: There can be only one Red Cross or Red Crescent Society in any one country. The Society must be open to all. It must carry on its humanitarian work throughout its territory.

Universality: The International Red Cross and Red Crescent Movement, in which all Societies have equal status and share equal responsibilities and duties in helping each other, is worldwide.

Emblems

The International Federation uses as its symbol two globally recognized emblems – the Red Cross and the Red Crescent, set on a white background within a red rectangle. The emblems have a long history.



The Red Cross was formally adopted in the first Geneva Convention of 1864. The Red Crescent was adopted by the Ottoman Empire in 1876 and recognized in the 1929 Geneva Convention. The Red Crescent symbol is used

today in place of the Red Cross in many Islamic countries.

With the adoption of the Third Additional Protocol in 2005, a third emblem – the Red Crystal – is now also a recognized distinctive sign under international law, with the same status as the Red Cross and Red Crescent. By offering new possibilities for protection and identification to National Societies and States that wish to use the red crystal, the Third Protocol exemplifies the Movement's commitment to neutral and independent humanitarian action.



List of resource Materials

1. Power point titled 'The history of Red Cross'
2. Movie clip titled 'Henry Dunant – the story of an idea'
3. Power point titled 'ICRC NS IFRC'
4. Power point titled 'Fundamental Principles'
5. Movie clip titled 'Principles of RC helpman'
6. Power point titled 'The Emblem'
7. Movie clip titled 'where the streets have no name'