



First Aid Initiative Rwanda  
FAIR Project

Pilot project activity

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## About Healthy People Rwanda (HPR)

Healthy People Rwanda (HPR) is a registered Rwandan NGO that originated from the Rwandan Youth Empowerment Organization (RYEO) founded in 2009 and was renamed in 2013. Founded by students from the National University of Rwanda, RYEO worked with a range of disadvantaged youth, from street children to young mothers to empower them to take control of their future and improve the community around them. HPR aims at contributing to the development of health and healthcare providers in Rwanda.

## About First Aid Initiative Rwanda (FAIR) project

- The goal is to reduce the mortality and morbidity related to road traffic accident through raising awareness on road safety and first aid in youth.
- Over 3 400 people die on the world's roads every day and tens of millions of people are injured or disabled every year.
- Children, pedestrians, cyclists and older people are among the most vulnerable of road users.
- In Rwanda the Road Traffic Accident related deaths 3.16 % of total deaths.

## What have we done?

In this pilot project, we have trained teachers from different secondary schools on road safety and first Aid who later helped us to teach health club students from their respective schools. We empowered students from respective schools through their health clubs. The trained health club students conducted the campaigns to disseminate the knowledge among their peers. Pre and post teaching test have been used to evaluate the impact of the project among the students.

Eight teachers from 4 different secondary schools have been trained, about 180 health club students (90 males and 90 females) have been taught first aid and road safety and around 1300 other students attended the campaigns in respective schools. The aim of the teachings carried out by students was to raise awareness about road safety and first aid among other students not part of the health clubs but also give the opportunity to students to exercise training their peers.

The average age among the students taught was 16.5 years. At the end of the teachings 87% health club students were able, confident and equipped to teach their colleagues compared to 18% before the teachings

#### Workshops of HPR volunteers and Health club

Theory and practice were used during these workshops. Twenty HPR volunteers and 8 high school teachers were expected to attend the two workshops. 92.8% attended both workshops which is above the minimum success criteria of 80% that was set before the project. The gender ratio was 1:1, men to women and HPR volunteers were aged 24-30. The curriculum used has been developed by HPR and its partner organization the International Medical Cooperation committee (IMMCC-FAIR).

#### Teaching Sessions of HC students by HPR volunteers

Health clubs in all 4 schools were made of students ranging between 50-60. However, they were grouped into small groups during teaching sessions. Teaching sessions have been conducted from September to December 2016. At each school teaching sessions and 1 campaign were conducted. Before the first Session a pre test was given to all participants HC students. At the end of third session post test was given to monitor the improvement in knowledge. In total, we were expecting to teach 220 students on average in each of the eight schools. The students we taught were 180 at 81.8% of expected number which is above the minimum target of 60%. The age of health clubs students was between 11-23 years. The mean age was 16.5 years. The gender distribution was male 52.2% and female 47.8%. Each session lasted 1h30-2hrs. At the end of the teachings 87% health club students were able, confident and equipped to teach their colleagues compared to 18% before the teachings.

#### Campaigns by Trained health club students and teachers

We conducted students-led campaigns in four schools. Pull ups indicating the message regarding the goal of project were used, posters were installed in different areas in schools and remained there throughout the campaigns. Flyers were distributed to all students. In total we reached around 2000-2200 students in these four schools, about 1300 students (59%) have attended the campaigns, which is above the success criteria of 50%. About 50 students at each school have actively participated in the first Aid course. 440 students accepted to respond our

questionnaire designed to evaluate the impact of the campaign among other students.

### Advocacy meeting

In Advocacy meeting, we have invited different governmental and non governmental institutions, which deal with youth and/or road safety and first Aid. We have explained to them who we are and then we presented our usual activities mainly this current project. All invitees were fascinated by our project and suggested to expand it and teach more people about road safety and first aid.

### Conclusion

This project was successful. Not only we raised the awareness among students but we initiated discussions and learning in the field of road safety and first aid. We have built the capacity of students to teach their peers and these skills will apply to other different health topics as well. Further, from our advocacy meeting that brought together different institutions and bodies such the Rwanda National Police, we have been encouraged to expend the project to more schools, driving schools and transportation agencies.