



THE INTERNATIONAL FIRST AID AND RESUSCITATION GUIDELINES 2016 AT A GLANCE

What you need to know about International First Aid and Resuscitation Guidelines 2016

- ➔ Prepared by the Global First Aid Reference Centre of the International Federation of Red Cross and Red Crescent Societies (IFRC), April 2016.
- ➔ International First Aid and Resuscitation Guidelines (Guidelines) 2016 provide National Society first aid programme managers, scientific advisory groups, first aid instructors and first responders with the latest evidence-based international standards to update their first aid materials, education and skills.

BACKGROUND

First aid is the cornerstone of the National Red Cross and Red Crescent Societies for more than 100 years. For more than 20 years, the National Red Cross and Red Crescent Societies have been involved in evidence-based processes and published various documents including manuals, recommendations and regional guidelines. In 2011, the IFRC published its first evidence-based guidelines based on National Red Cross and Red Crescent Societies experiences.

In line with *Strategy 2020*, National Red Cross and Red Crescent Societies commit to do more, do better and reach further. These guidelines provide National Societies a solid base to do better in first aid.

GUIDELINES 2016: HOW WERE THESE DEVELOPED?

IFRC Evidence-Based Network initiated the process of developing these guidelines in 2013. The initial steps in this process included identifying subject area coordinators and evidence reviewers, determine a list of topics to address and catalogue existing evidence-based processes.

After developing the list of topics and questions to be addressed, the first step in the development of evidence-based guidelines was to collect the best available scientific evidence. These efforts were linked with strategic collaboration of IFRC with different partners specialized in resuscitation, first aid and basic life support as the International Liaison Committee on Resuscitation (ILCOR) and the European Resuscitation Council (ERC).¹ In addition to the primary evidence review of topics, summaries from the Belgian Red Cross Centre for Evidence Based Practice (CEBaP) and the American Red Cross Scientific Advisory Council were also included as a basis for the recommendations in these guidelines. Twenty-two different research questions related to first aid studied by the ILCOR first aid taskforce have also been added to the guidelines.

At the Red Cross and Red Crescent level, different subject area coordinators formulated draft recommendations after two initial meetings in March and October 2014. Together with the representatives of each IFRC region (i.e. Africa, Americas, Asia and the Pacific, Europe, Middle East and North Africa), final good practice points and implementation considerations were formulated to include a field perspective and ensure that these guidelines are appropriate and relevant for the end user.

NEXT STEPS

The review of the existing literature is an ongoing process and the Evidence-Based Network will rapidly engage in the 2021 process: new evidence will be sought; the Network will expand to include more National Societies that are willing to collaborate.

The IFRC will also work with partners on first aid techniques and on factors that influence a layperson's willingness to provide first aid. IFRC will encourage National Societies to improve the effectiveness of first aid education, ensure that a growing number of lay persons are eager to learn first aid and to feel confident to act, as well as use the best methodologies to influence behavioural change in preventing injury and adopting healthy lifestyles.

¹ The International Liaison Committee on Resuscitation (ILCOR) was formed in 1992 to provide a forum for liaison between principal resuscitation organizations worldwide. ERC is one of ILCOR members; its mission is to preserve human life by making high quality resuscitation available to all.

TEASER QUESTIONS

Cardiac Arrest

The survival after cardiac arrest relies on prompt recognition, early activation of the emergency response system, early cardiopulmonary resuscitation (CPR) with an emphasis on chest compressions and rapid defibrillation. Do you know that compression rate should be 100 to 120 per minute and compression depth be approximately 5cm but not more than 6cm? To know more about CPR, refer to page 122.

Panic attack

Do you know that a person can have multiple somatic symptoms such as shortness of breath with hyperventilation during a panic attack? To know more about the first considerations that should be implemented during a panic attack, refer to page 140.

Burns

Do you know that ice and ice water should not be applied to burn wounds? To know more about the correct methods to apply when dealing with burns, refer to page 80.

Dehydration

Do you know that coconut and tea are two of the other alternative beverages for rehydration, if three per cent to eight per cent carbohydrate-electrolyte drinks are not available or not tolerated! To discover other alternative beverages and tips on how to deal with dehydration, refer to page 61.

BOX OF THEMES

These guidelines address more than 64 topics related to 10 different areas in first aid. More than 2,900 articles dating from 1968 to 2015 were identified as potentially relevant to the outcomes of first aid and resuscitation education.



General principles



Education



First aid for medical conditions



First aid for injuries



Environmental health problems



General approach



First aid for animal-related impairments



Drowning and scuba diving decompression illness



Resuscitation



Psychological first aid

FIRST AID TRAINING

IN 2014, APPROXIMATELY

NATIONAL RED CROSS AND RED CRESCENT SOCIETIES HAVE TRAINED

15 million
PEOPLE



WERE TRAINED IN
FIRST AID

IN
116 COUNTRIES



AROUND
THE GLOBE



BY MORE THAN
180,000
ACTIVE FIRST AID TRAINERS

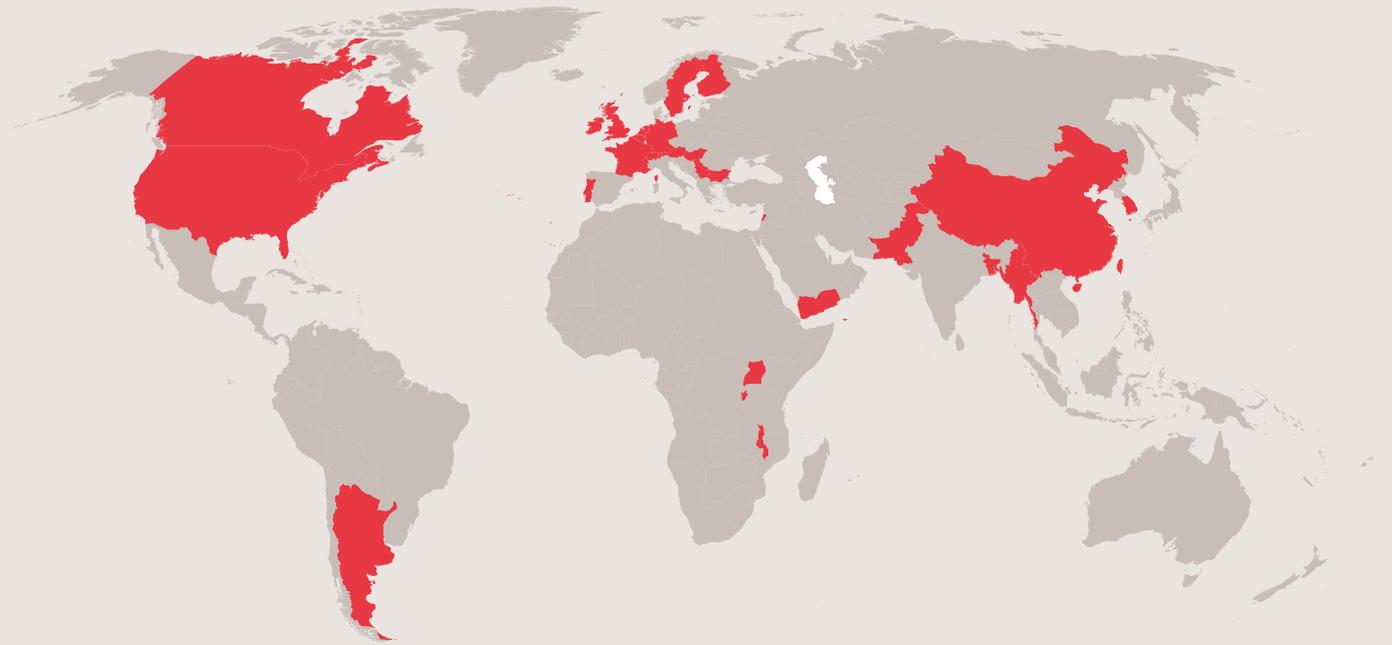


EACH YEAR MORE THAN
46 MILLION
PEOPLE ARE REACHED

BY NATIONAL RED CROSS AND RED CRESCENT SOCIETIES WITH FIRST AID AND PREVENTIVE HEALTH MESSAGES



NATIONAL SOCIETIES WHO CONTRIBUTED TO THE GUIDELINES



- American Red Cross
- Antigua and Barbuda Red Cross Society
- Argentine Red Cross
- Austrian Red Cross
- Bangladesh Red Crescent Society
- Belgian Red Cross
- British Red Cross
- Bulgarian Red Cross
- Burundi Red Cross
- Canadian Red Cross
- Red Cross Society of China – Hong Kong Branch
- Finnish Red Cross
- French Red Cross
- German Red Cross
- Hungarian Red Cross
- Irish Red Cross Society
- The Republic of Korea National Red Cross
- Lebanese Red Cross
- Malawi Red Cross Society
- Myanmar Red Cross Society
- The Netherlands Red Cross
- Pakistan Red Crescent Society
- Portuguese Red Cross
- The Red Cross of Serbia
- Swedish Red Cross
- Swiss Red Cross
- Uganda Red Cross Society
- Yemen Red Crescent Society

PARTICIPATING CENTRES AND ORGANIZATIONS

- Belgian Red Cross Centre for Evidence-Based Practice
- European Resuscitation Council
- First Aid Education European Network
- International Committee of the Red Cross
- IFRC Global First Aid Reference Centre
- IFRC Reference Centre for Psychosocial Support
- International First Aid Science Advisory Board
- International Liaison Committee on Resuscitation
- Scientific Advisory Council of the American Red Cross

For more information, please contact:

Global First Aid Reference Centre

French Red Cross

98, rue Didot

F-75694 Paris Cedex 14 – France

Tel.: +33 (0) 1 44 43 14 46 | Fax: +33 (0) 1 44 43 12 49

Email: first.aid@ifrc.org