

Overdose Awareness and First Aid Training Programme

The aim of these training courses is to enable clients to be confident in identifying and responding appropriately to overdose among others.

The course will be informal and will be as interactive as possible. This will include using video clips, group discussion and small group discussion and exercises that will involve people moving around.

There will be regular breaks for tea and coffee etc and where courses take place over lunch, lunch will be provided between the two core sections.

Travelling expenses will also be covered so hang on to those bus tickets.

The first aid elements of the course are delivered by the Red Cross and successful completion will be acknowledged by the awarding of certificates.

Structure of the programme

? Pre-course questionnaire

- ▶ This should be filled in by/for each participant on the course.
- ▶ The questionnaire asks participants about their experience of overdose and responses to overdose.
- ▶ It is anonymous and can be returned directly to the Drug Related Death Researcher in the envelopes provided.

- ▶ The aim of this questionnaire is to make sure the course takes account of people's existing knowledge and experience and addresses the questions they may have.
 - ▶ There are core elements that will be covered in all courses but each course will be shaped around the results from the questionnaire.

- ▶ The questionnaire also asks about access, dietary and other special needs.

Training Course

The training course will have two elements: overdose awareness and identification and First Aid. These may run back to back or in two separate sessions depending on groups preference.

i **Overdose Awareness and identification**

Core elements

- Awareness questionnaire and discussion of course
- Identifying overdose risks (discussion and video)
- Recognising signs and symptoms of overdose (hands on)
- Overdose myths and dangerous responses to overdose (discussion and video)
- Responding to overdose (video)
- Harm reduction techniques
- Summoning medical help – police non-routine attendance policy

🚑 **First Aid**

Core elements:

- Incident management – how to assess the situation and respond appropriately
- Recovery position
- Mouth to mouth
- CPR

() **Roundup**

Revision of main elements of the course and the post course questionnaire.
Tea and coffee, travel reimbursement and leave.

A note on resources and format

As much as possible the course will be interactive and use visual resources as a basis for discussion. The pre-course questionnaire is the most text based

element of the whole process, assistance in completing this should be provided by agencies where necessary.

The awareness questionnaire and course evaluation are much shorter and will be completed collectively as part of the scene setting and revision process. Each participant will be asked to circle numbers on a confidence scale in response to particular questions.

An information leaflet will be provided to accompany the course. This has been kept as straightforward as possible and uses graphics wherever possible.