

# 1<sup>st</sup> Aid

The incidence of **child death** in the slums of Nairobi is high, in the slums, there is very **little access to healthcare**. This shouldn't automatically mean that nobody is aware of what to do in a crisis, but this seemed to be the case. In summer 2015 one of the Porridge and



Rice volunteers, a paediatric nurse from the UK, was at a Saturday teaching session.

During the morning, she was witness to and intervened in a near miss event where a **child** was **choking** on a coin he had found on the floor and put in his mouth. No one else knew what to do. The **little boy** was only **saved** because the nurse



knew how to help a choking child going against the teachers and parents present shouting that the child should be given water and a banana.



It should not just be nurses and health professionals that have knowledge of **life support** and **basic 1<sup>st</sup> aid**. Since this event and to ensure the near miss does not become **fatal** next time, all heads and deputies have been sent on 1<sup>st</sup> aid courses with **St Johns ambulance, Kenya**.

Follow up lessons are given to all teachers

and **basic medical supplies** provided. If a child is kept safe then there is more of a chance of them reaching a hospital or surviving an accident.