

## **WU collaboration with Community School for free training Basic Life Support & AED to Student leader and Janitor staff**

The School of Public Health at Walailak University, led by Aj. Jitsajee Jitpisarn, a lecturer in the Department of Community Public Health, organized a training project to provide knowledge and practical skills in Basic Life Support (BLS) and the use of Automated External Defibrillators (AED) to student leaders, teachers, and janitors outside of the university at Thasala Prasitthitsuksa School, Thasala District, Nakhon Si Thammarat Province. The aim was to enhance the participants' learning opportunities and confidence in accurately performing basic resuscitation and AED used. Through collaboration with the network of teachers responsible for health and physical education, it was found that students had already been taught these topics according to the core curriculum in health and physical education classes. However, it was also noted that students lacked confidence when facing emergency situations due to the lecture-based teaching style, the absence of realistic training mannequins, and the unavailability of AEDs for hands-on practice. Before the training, students scored an average of 49.38% in knowledge about resuscitation and 63.81% in self-efficacy for performing resuscitation. Therefore, the School of Public Health collaborated with internal university networks, including the Science and Technology Instrument Center and faculty from the School of Nursing at Walailak University. Before leading the training, Dr. Jitsajee Jitpisarn participated in additional courses offered by external organizations, such as the National Institute for Emergency Medicine and the First Aid and Health Training Center of the Thai Red Cross Society, to update her knowledge on the latest resuscitation techniques and technology. This prepared her to offer public service through academic programs that included both lectures and hands-on BLS and AED practice for student leaders, teachers, and janitors at the school, ensuring equitable access to quality training without any costs. The details are as outlined below.



The School of Public Health, Walailak University, organized a training event to provide knowledge and hands-on practice in basic life support (BLS) using a virtual chest compression simulator and automated external defibrillators (AED) . In the first phase. The training took place in Tha Sala District for student leaders, teachers, and janitors at Thasala Prasitthitsuksa School. The goal is to develop student leaders who can confidently and correctly perform CPR and use AED devices. Additionally, the program offers janitors, as school staff, the opportunity to learn and manage emergencies that may arise in daily life. This academic service project aims to develop a comprehensive basic life support learning program for the participants, while building a network of teachers and student leaders in the community. This network will become a key force in enhancing CPR efforts in the community, playing a crucial role in expanding knowledge and transferring practical skills to the wider community, along with future phases of the project.



Lecturers from the School of Public Health, in collaboration with the School of Nursing, Walailak University, organized this community service project, offering both lectures and hands-on training in CPR and the use of automated external defibrillators (AED) to the community free of charge. The training was available to student leaders, teachers, interested staff, and janitors from Thasala Prasitthitsuksa School, enabling them to access education on emergency response, specifically basic life support and AED usage. The project aimed to provide equal learning opportunities for students and school staff, ensuring that everyone gained correct knowledge and confidence to manage emergency resuscitation situations both within and outside the school. Following the training, it was found that participants' knowledge scores on CPR improved significantly, rising from 49.38% before the training to 87.40% afterward.



The School of Public Health, Walailak University, organized a community service project to provide academic services and exchange knowledge. The training included lectures and hands-on practice for cardiopulmonary resuscitation (CPR) through demonstration and learner feedback demonstrations. The training utilized advanced technology, including a state-of-the-art CPR manikin with indicator lights that show effective chest compressions. The lights on the manikin demonstrate how chest compressions affect heart function and blood circulation to vital organs such as the brain. Additionally, the training incorporated the use of an automated external defibrillator (AED), allowing participants to practice with real-time voice-guided instructions, simulating a real-life CPR situation. This equipment was provided by the Scientific and Technological Instrument Center, Walailak University, which works closely with the School of Public Health. This collaboration facilitates the shared use of university resources, maximizing their value while contributing to community learning. The project enhances participants' confidence in their ability to perform CPR and use an AED. Before the training, participants' self-efficacy scores averaged 63.81%, increasing to 81.44% after the training.



The School of Public Health at Walailak University organized a community service project focused on teaching cardiopulmonary resuscitation (CPR) principles and practices, along with the use of automated external defibrillators (AEDs), to schools in the Thasala district, Nakhon Si Thammarat. This activity was free of charge for participants. Those who attended both the lecture and practical demonstrations of CPR and AED use and scored above 80% on the post-training test received a certificate of participation and could join the Basic Life Support @ School Line group from Thasala Prasitthitsuksa School. This group provides opportunities for practicing as volunteers in future CPR training sessions for students or to become leaders in sharing knowledge with other schools in the community.

In the first phase of the project, 32 high school student leaders and 4 janitors who participated and scored above 80% on the post-test were identified, along with interested teachers. After the activity, participants were asked to evaluate their satisfaction, with 84.38% expressing the highest level of satisfaction and 15.63% being satisfied. This activity has served as a starting point for building a network of CPR leaders in schools, including students, teachers, and janitors, promoting equitable learning of CPR, and supporting the effective use of resources between higher education institutions and secondary schools in the community. The project received positive feedback from the community, addressing the gap in learning resources and strengthening emergency health management. It aims to reduce preventable deaths from health emergencies and to expand the network of student leaders and school personnel for ongoing community-based emergency response training. The project plans to continue and expand, strengthening the community's capacity to handle emergencies and developing a sustainable network of student leaders.



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