



Satakunnan ammattikorkeakoulu
Satakunta University of Applied Sciences

IRUNOKHAI JOY AND ULASI CHINELO JOY

PowerPoint presentation and training day on First aid for Members of Slalomseura skiing club, Pori.

DEGREE PROGRAMME IN NURSING
2024

ABSTRACT

Irunokhai Joy & Ulasi, Chinelo: Powerpoint presentation and training day on first aid for members of Slalomseura skiing club, Pori.

Bachelor's thesis

Degree programme in Nursing

May 2024

Number of pages: 23

When someone has a mild or serious illness or injury, first aid is the first and most important treatment they receive. It can help save lives, keep the situation from getting worse, and encourage recovery until medical help arrives. There are several instances where first aid may be needed therefore, the importance cannot be downplayed as it has proven to save millions of lives all over the world in an emergency situation.

The purpose of this project was to create a PowerPoint presentation and a training day on first aid for members of Slalomseura skiing club. The objectives of the project were to have a PowerPoint presentation that explains to the Club members various injuries that can occur while skiing, how to prevent the injuries from occurring and the first aid that should be done immediately an injury occurs. This can increase their understanding of first aid techniques, which can reduce emergency situations and improve general health in skiers. The training included guiding information of our research on the theory and best practices in the health field.

The Agile project methodology was used in the implementation of the project. This method was used because it enables adaptability and flexibility to changing needs. The information contained in this thesis was obtained in accordance with SAMK requirements from reliable and trustworthy sources. Ethical principles were followed according to SAMK and TENK requirements.

Keywords: First aid, skiing, skiing injuries, sport

ABBREVIATIONS

LSFA - Life –supporting First Aid

BLS - Basic Life support

CPR - Cardiopulmonary Resuscitation

EMS - Emergency medical services

SAMK - Satakunta university of applied science

CONTENTS

1 INTRODUCTION	5
2 THEORETICAL BACKGROUND	6
2.1 Laws governing first aid in Finland	7
2.2 Key concept definitions.....	8
3 PURPOSE AND OBJECTIVES OF THE PROJECT	11
4 PROJECT IMPLEMENTATION	12
4.1 Literature retrieval.....	12
4.2 Project methodology.....	13
4.3 Stages of the project.....	14
5 EVALUATION	16
5.1 Result of the Project	16
5.2 Ethical Consideration of the project.....	17
5.3 Drawbacks.....	17
5.4 Discussions and conclusion	17
REFERENCES	19
APPENDIX 1	22

1 INTRODUCTION

Life is valuable and nations devote resources to preserving their citizens against unforeseen emergencies, yet countless die each year as a result of not knowing what to do (First Aid) when accidents or injuries occur. This leads to definition of first Aid. First aid is described as the helpful actions and first medical care offered for an emergency illness or accident. This can be carried out by any person in any given situation (Van de Velde et al., 2009).

Anyone can help save lives but the fear of making errors is a significant obstacle and primary worry of people when it comes to providing first aid to acutely ill or injured individuals in an emergency situation. According to Eisenburger and Safar (1999) Life-Supporting First-Aid (LSFA) should be included in basic health education, and all people over the age of ten should acquire LSFA skills such as Basic Life-Support (BLS) and Cardiopulmonary Resuscitation (CPR).

It is important that nurses are equipped with in-depth knowledge of first aid skills because they are likely to encounter accidents and suddenly ill people at their places of work, at home and in the community, this knowledge and skill will help them work confidently as professionals. Preserving life, reducing suffering, avoiding further illness or injury, and accelerating healing are the goals of first aid. A significant number of people die as a result of cardiac arrest every day. If more individuals received first aid training and helped those experiencing cardiac arrest right away, this figure would be lower because the brain can survive for three to five minutes without oxygen. Thus, mastering first aid is essential since it enables people to react swiftly to emergencies and perhaps save lives (Böttiger and Semeraro, 2017). First aid focuses on the identification of illness and injury, the development of a particular skill set, and the simultaneous provision of emergency medical services (EMS) and immediate care by first aid workers.

The Objectives of this project thesis is to use PowerPoint to explain to the club members various injuries that can occur while playing the sport and the first aid that should be done immediately such happens.

Pori slalomseura ry is a special club for downhill and alpine skiing. The club was founded in 1969. The club has several trained coaches and also several alpine skiing coaching groups of different levels. The groups have guided exercises regularly throughout the year. The mission of the Slalom club is to offer everyone interested in skiing the opportunity to practice their own sport in the city of Pori. The association activities are focused on two different areas, hobby and competition activities for children and young people. Another area of activity is the maintenance of the ski center in the Ruosniemi district of the city of Pori. This activity is generally run by a large group of older club members (Pori slalomseura, 2023)

The purpose of this project thesis is to create a PowerPoint presentation and training day on First aid for members of Slalomseura skiing club.

2 THEORETICAL BACKGROUND

According to International consensus on first aid science with treatment recommendation, 2020, first aid is the initial immediate care provided for an acute illness or injury to prevent further deterioration, until the injured person gets the medical treatment and care they need (Singletary et al., 2020)

First aid can also be defined as administering treatment in order to preserve lives and minimize the effects of injuries and infections until medical care is obtained. It also expanded to the treatment for minor injuries that might otherwise go untreated or do not require care from a medical practitioner or nurse (Leeds Beckett University, 2020).

First-aid personnel refer to individuals who have undergone and passed specific tests to meet standardized requirements in first aid.

One of the most common winter activities worldwide is alpine skiing. However, it has frequently been connected to a higher risk of injury. The knee and lower leg are the most frequently injured and severely disabled regions. However, very few studies have looked at the risk of injury for skiers who compete, particularly young skiers (Stenroos and Handolin, 2014).

2.1 Laws governing first aid in Finland

In Finland, emergency response protocols are governed by laws and regulations. The goals of the Finnish Rescue Act 379/2011 are to lower accident rates and increase public safety. This law seeks to protect people's vitals, save lives in danger, and lessen the effects of mishaps (Pelastuslaki 379/11). The goal of Emergency Response Service Law No. 692/2010 is to improve public safety by developing emergency response services and making them more accessible and high-quality (Laki hätäkeskustoiminnasta 2010/692). These rules and regulations provide professionals and individuals with information when they face situations that call for human-centered assistance. Everyone is covered under the Rescue Act (Pelastuslaki 379/11), even if you work as a healthcare professional or not.

Occupational Safety and Health Act 738/2002 address first aid, according to section 46, the employer is required to provide the appropriate first aid capacity in relation to working conditions, taking into account factors like the number of employees, workspace size, nature of work, location, and working conditions. A room dedicated to providing first aid may be necessary in some situations, and in every case, the required quantity of first aid supplies must be on hand and placed in the most practical location. It is now necessary to identify who is in charge of providing first aid and rescue according to Section 47. Section 46 stipulates that first aid instruction must be provided at the appropriate level while taking into account the workplace, employee education, workforce size, and available equipment (Työterveyslaki 738/2002).

2.2 Key concept definitions

Spraining or straining: When an extremity is strained, sprained or twisted during sports, compressing with a cold pack and elevating the leg as quickly as possible after the injury are the most crucial first aid measures. Recovery time and edema can be reduced by elevating the injured extremity, using compression and an ice pack (Orthoinfo, 2015). Furthermore, these first aid techniques can help reduce muscle spasms, discomfort, inflammation, and tissue damage.

Cardiopulmonary resuscitation (CPR): Skiing requires the ability to perform CPR on someone at any time, so being prepared is crucial. Mountain sports provide a serious risk of out-of-hospital cardiac arrest because of their intense physical activity, cold climate, and altitude (Viglino, et al., 2017). Cardiopulmonary resuscitation (CPR) is the best technique for improving survival rates, particularly in cases where chest compression quality may be declining (Rupp & Overberger, 2023). Cardiopulmonary resuscitation should be administered as soon as someone loses consciousness and is found to be pulseless. According to the guidelines for CPR instruction, it is recommended that pulse checks during cardiopulmonary resuscitation be conducted on the carotid artery (Yilmaz & Bol, 2021). Cardiopulmonary resuscitation is performed at a ratio of 30 chest compressions to 2 ventilations repeatedly until the medical team arrive.

Asthma: Asthma is the inflammation of the bronchial mucosa. Exercise-induced asthma (EIA) is a type of Asthma and it is characterized by episodes of wheezing, coughing, or mucus hypersecretion as well as reduced pulmonary function in relation to physical exertion (Ora et al., 2024). Asthma is a very typical health condition among skiers. Competitive adolescent and early adult skiers have an increased risk of asthma, this can start at a later age compared to non-skiers. Alpine skiers typically manage their asthma via monthly maintenance treatments. This sickness does not exclude participation in this sport, high-performance athletes with competitive success suffer from asthma (Santiago. O & Gonzalvo. O, 2023).

Muscle Cramp: Inadequate fluid consumption may result in the development of muscle cramps. Drinking water throughout the day will help you avoid having to drink enormous amounts of it all at once when you are playing sports. Over-use of the muscle is another potential cause of cramping. Stretching the afflicted area helps to assist in relaxing and loosening up the cramped muscle. To speed up the cramps' relief, you can also massage the affected area (Grace, 2019).

Wound Care: Sports injuries necessitate extensive wound care. Whether the wound is a blister, laceration, artery, scrape, puncture, or something else entirely, it is imperative to know how to treat it properly and quickly in order to encourage faster healing and prevent infection. Taking care of a player's injuries as soon as feasible is essential. First, any debris should be removed from the wound using aseptic fluid or clean water. To stop additional bleeding or foreign items from getting into the wound, a dressing or bandage should be put to the dry skin, depending on the size and depth of the wound. In cases of significant bleeding, the wound surface can be gently covered with sterile gauze to halt further bleeding. If the athlete has a deep cut or if the bleeding from the wound does not stop, they should be brought to the emergency hospital for treatment (Hoogenboom and Smith, 2012).

Nose bleed: Players frequently bump into trees or each other when skiing, which can cause a nose collision that results in a nasal haemorrhage. When this happens, the person should sit with their head lowered and pinch the lower part of their nose bone until the bleeding stops, which should take 10 minutes. Vasoconstriction may be aided by placing an ice pack on the back of the neck if the bleeding continues (Jalanko, 2024).

Concussion on a child: An injury is simply waiting to happen when there is a lot of fast pace movement in the snow. A club member may sustain a concussion as a result of a fall, a collision, or head trauma. When a person sustains a head injury, they should always take a break and watch closely in case they get a concussion. Concussion symptoms include headaches that are intractable to pain relievers, dizziness, nausea or vomiting, memory loss, clumsiness

or imbalance, strange behavior like irritability or mood swings, changes in vision like double vision or blurriness, and tiredness. If the wounded person exhibits any of these symptoms, they should stop playing and have their condition checked every 24 hours to see if there are any changes. The injured person has to be transported to the doctor for additional monitoring if they have fainted or are exhibiting severe symptoms (Luoto, 2023).

Anaphylaxis: This is a severe and fatal allergic reaction. It can affect people who have never been diagnosed with an allergy before. Epinephrine is used by millions of people to prevent potentially fatal anaphylactic reactions caused by allergies to foods, medications, insect stings, and other triggers. The First aid treatment for acute anaphylaxis is intramuscular administration of epinephrine via an auto-injector. Students who have well known allergies often carry an epinephrine auto-injector with them (Meize-Grochowski and Tarr, 2019).

Chemical Poising (Wax and carbon monoxide): In order to improve their glide on the snow, skiers and snowboarders apply waxes and solvents on their equipment. Per- and polyfluoroalkyl substances (PFAS) and Particulate particles are exposed to the skiers while waxing their equipment (Crawford et al., 2022). Many of these substances cause irritation and in the event of an inhalation injury, can cause respiratory failure. The increasing danger of environmental risks linked to the use of chemical substances is associated by lung inhalation injury (Bracco and Favre, 1998).

3 PURPOSE AND OBJECTIVES OF THE PROJECT

The purpose of this project is to create a PowerPoint presentation and simulation training day on first aid for members of Pori Slalomseura skiing club.

The objectives of this project are; (i) PowerPoint presentation that explains to the Club members various injuries that can occur while playing the sport and the First aid that should be done immediately such happens. (ii) To increase their understanding of first aid techniques, which can reduce emergency situations and enhance general health difficulties in athletes (iii) To show them Practical examples so as to broaden their knowledge on how to administer first aid treatment in case of emergency.

4 PROJECT IMPLEMENTATION

4.1 Literature retrieval

A database, like a library, is a place of storage where information is methodically stored, categorized, updated, and maintained. Nursing science research integrates evidence-based practice and researches into daily practice while considering the newest trends and research (Boswell and Cannon, 2018). The majority of databases utilized in literature searches are accessible online, if not entirely. These sources include indexes, abstracts, encyclopaedias, dictionaries, and other universal reference tools. In the project thesis under review, various databases were used: PubMed, CINAHL, THESEUS, Google scholar. PubMed is a free search engine that primarily retrieves information from the MEDLINE database, which includes abstracts and references for topics in the biomedical and life sciences. Conversely, CINAHL is an index of journal articles produced in English and several other languages concerning nursing, allied health, biomedicine, and healthcare.

Keywords, databases and results.

Database	Keywords	Results	Accepted articles
Pubmed	First aid training and Skiing	209	2
Samk Finna	First aid training and children	223,068	5
	First aid training and teenagers	20,007	2
	First aid training and sport clubs	8,878	3

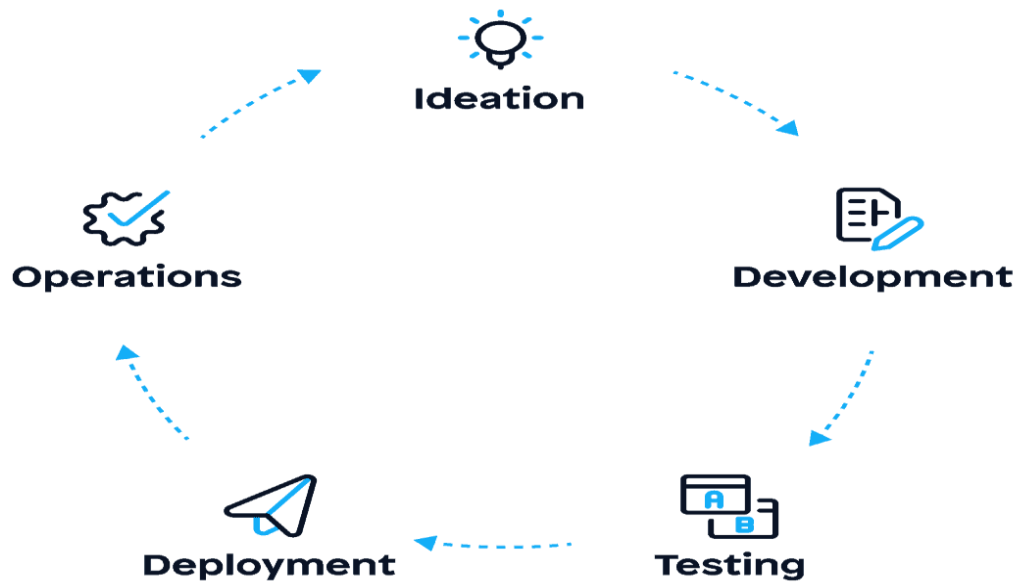
Theseus	First aid training and sport for children	2,550	2
Google Scholar	First aid training and skiing	3042	3

4.2 Project methodology

The term "project methodology" describes a particular collection of guidelines, procedures, and practices that are applied to direct and oversee a project from inception to completion. It offers a methodical strategy to guarantee that tasks are finished on schedule, within budget, and to the necessary quality standards. For this thesis we will use the Agile method. Agile method encourages a quick and adaptable approach. There are not a lot of prerequisites gathering at the top, instead it is iterative, making tiny, gradual adjustments in response to shifting requirements (Cohen, 2019)

This methodology is centered on incremental and iterative development, where the project is divided into smaller tasks, known as sprints, that can be finished in short amounts of time. It enables adaptability and flexibility to changing needs. Teams cooperate and offer input on ongoing projects. Frequent communication helps teams adjust to the evolving needs of users and development. Good communication also contributes to the production of excellent results. Agile method includes the five stages which are; Ideation, developing, testing, deployment and operations (Hoek, 2024).

Figure 1: Agile method illustration



Advantages of agile method include enabling adaptability and flexibility to changing needs and it also lowers the risk of project failures since the stakeholders are involved at every step of the project giving regular feedback when needed (Cohen, 2019).

4.3 Stages of the project

Ideation: Agile method begin with an ideation stage. In this stage the purpose and goals of the project is defined, taking into consideration the club's requirement, prioritizing tasks and allocating resources.

Development: This stage elaborates on how the project is carried out, in this phase the authors carried out research about the club's needs from different evidence-based sources and drew out a plan on how to utilize the time and resources.

Testing: In this stage of the project a test should have been carried out, a day in which members of the club are trained on first aid measures. Unfortunately, this could not be carried out as a result of changing time schedules. The club members requested that it can be compensated with an instructional video recording of a detailed PowerPoint slides on skiing and first aid measures to be done if injuries occur.

Deployment: A recording of the purpose of the project was carried out on the 20th of May 2024. The people present were the authors and a teacher from Satakunta university of applied sciences (SAMK). The authors gave detailed explanation of twelve key concept which include: seizures and chest pain, chemical poisoning, cardiopulmonary resuscitation, hypothermia, muscle cramp, serious bleeding, minor wounds, joint injuries, anaphylaxis, epilepsy, asthma and concussion. The recording lasted about 30 minutes and positive feedback was received from the teacher.

Operations: The recording was sent to the club's contact person to share with other club members and it was also uploaded on YouTube. The Feedback received from the club on the instructional video was positive, however the original idea of practical first aid training for the members of the Pori slalom-seura skiing club was not met due to schedule challenges.

5 EVALUATION

5.1 Result of the Project

A feedback form was sent via email to the contact person of the club and the result is shown below:

Table 1: Feedback form

Choose the appropriate one from the following options

	Strongly Agree	Agree	Disagree	Strongly disagree
The thesis needs were met			x	
Thesis/Result of the thesis can be used in working life		x		
The thesis demonstrates the ability for a creative solution		x		
The thesis demonstrates the ability to come up with plausible solutions from the point of view of working life		x		
The authors were able to work independently and self-directed in their thesis project			x	
We guided the authors from our side in the progress of this thesis	x			

The authors showed familiarity with the subject area and the operating environment. The quality of the instructional video was good. The content met our needs and we can use the video for theory training.

5.2 Ethical Consideration of the project

Ethical issues are regarded as the most crucial aspect of any research. Fabrication, falsification, and misunderstanding of research findings should not be used in order to achieve trust and reduce mistakes (Resnik, 2020).

Any infringement of copyright must be avoided at all costs. While writing this project thesis the authors ensured that all the above listed was adhered to.

5.3 Drawbacks

One major drawback the authors faced with this Project thesis was time constraint. Time was a very scarce resource for the club members. The Club's contact person tried to find a suitable time for the training day, however due to schedule constraint and the close of the season for the club, the training day which is supposed to be one main objective to meet the goal of the thesis was not met.

5.4 Discussions and conclusion

The project thesis was very educative to us the authors of the project, it broadened our knowledge about skiing and the types of injuries that is associated with the sport. The purpose of the thesis was to create a PowerPoint presentation on first aid measures and organise a training day for the member of Slalomseura skiing club, Pori. However, the purpose of the thesis was partly achieved. An instructional video recording of the PowerPoint presentation was done as a substitute for the training day, this was approved by the contact person of the club due to schedule challenges and the close of the season at the club. The Agile method proved to be the best method to carry out the project as a lot of changes was made during the course of the project.

In the Instructional video, first aid measures for twelve different types of injuries that can happen while playing the sport was explained in details by the authors. Even though the objective of having a training day for the members of slalom-seura skiing club Pori was not met the goal which is to broaden the knowledge of the club members on the various first aid measures to use when injuries occur was met. Positive feedback was received from the club's contact person about the usefulness of the instructional video recording and how it will help the club members in the case of an emergency situation that needs first aid measures.

REFERENCES

Bosswell, C., & Cannon, S. (2018). Introduction to nursing research: incorporating evidence-based practice, 5th Edition, Jones and Bartlett Learning, 420pp. ISBN: 1284180883,9781284180886, Retrieved January 12, 2024, from https://publish.jblearning.com/index.php?mod=jbbrowse&act=book_details&id=1225

Böttiger, B., and Semeraro, F. (2017). Kids saves lives. Retrieved November 16, 2023, from https://www.researchgate.net/publication/319144129_Kids_Save_Lives_Educating_Schoolchildren_in_Cardiopulmonary_Resuscitation_Is_a_Civic_Duty_That_Needs_Support_for_Implementation

Bracco, D., & Favre, J. (1998). Pulmonary injury after ski wax inhalation exposure. *Annals of Emergency Medicine*, Retrieved February 14, 2024, from <https://pubmed.ncbi.nlm.nih.gov/9795328/>

Cohen, E. (2019). The definitive guide to project management methodologies. Retrieved December 21, 2023, from <https://www.workamajig.com/blog/project-management-methodologies>

Crawford, K. A., Doherty, B. T., Gilbert-Diamond, D., Romano, M. E., & Claus, H. B. (2022). Waxing activity as a potential source of exposure to per- and polyfluoroalkyl substances (PFAS) and other environmental contaminants among the US ski and snowboard community. Retrieved January 8, 2024, from <https://pubmed.ncbi.nlm.nih.gov/36150439/>

Eisenburger, P., & Safar, P. (1999). First aid training of the public review and recommendations. Retrieved December 23, 2023, from <https://pubmed.ncbi.nlm.nih.gov/10459587/>

Grace, C. (2015). Professional first aid and CPR courses. Retrieved January 10, 2024, from <https://firstaidandcprcourses.ca/muscle-cramp-in-the-legs/>

Hoek, J. V. (2024). The 5 stages of the agile software development lifecycle. Retrieved April 28, 2024 from <https://www.mendix.com/blog/agile-software-development-lifecycle-stages/>

Hoogenboom, B., & Smith, D. (2012). Management of bleeding and open wounds in athletes. Retrieved January 10, 2024, from <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3362987/>

Jalanko, H. (2024). Aivotärähdys lapsella. Retrieved January 10, 2024, from <https://www.terveyskirjasto.fi/dlk00740>

Laki hätäkeskustoiminnasta (692/2010). Suomen laki. Retrieved January 18, 2024, from

<https://www.finlex.fi/fi/laki/ajantasa/2010/20100692?search%5Btype%5D=pika&search%5Bpika%5D=laki%20h%C3%A4t%C3%A4keskustoiminnasta>

Leeds beckett university (March, 2020). The Code of Practice on First Aid. Retrieved January 18, 2024, from https://www.leedsbeckett.ac.uk/UPfirst_aid

Luoto, T. (2023). Aivotärähdys lapsella. Retrieved March 19, 2024, from <https://www.terveyskirjasto.fi/dlk00106>

Ora, J., De Marco, P., Gabriele, M., Cazzola, M., & Rogliani, P. (2024). Exercise-induced asthma: Managing respiratory issues in athletes. *Journal of functional morphology and kinesiology*. Retrieved March 15, 2024, from <https://www.mdpi.com/2411-5142/9/1/15>

Orthoinfo. (2015). Sprains, Strains and Other Soft-Tissue Injuries. Retrieved January 10, 2024, from <http://orthoinfo.aaos.org/topic.cfm?topic=a00111>

Pelastuslaki. 379/2011. Suomen laki, Retrieved January 24, 2024, from <http://www.finlex.fi/fi/laki/alkup/2011/20110379>

Pori Slalomseura. Retrieved December 23, 2023, from <http://www.porinslalomseura.fi/fi/etusivu.html>

Resnik, D. (2020). What is Ethics in Research and Why is it Important? Retrieved March 10, 2024, from <http://www.niehs.nih.gov/research/resources/bioethics/whatis/>

Rupp, S., & Overberger, R. C. (2023). Manual vs mechanical cardiopulmonary resuscitation for out-of-hospital cardiac arrest on a ski slope: A pilot study. *Wilderness & Environmental Medicine*. Retrieved January 18, 2024, from <https://journals.sagepub.com/doi/abs/10.1016/j.wem.2023.03.006?journalCode=wemc>

Santiago, O., & Gonzalvo, O. (2023). Physiology, Asthma and Injuries in High-Performance Adolescent and Young Adult Cross-Country Skiers. Retrieved January 10, 2024, from

<https://www.multiresearchjournal.com/admin/uploads/archives/archive-1699005085.pdf>

Singletary, E., Zideman, D., Bendall, J., Berry, D., Borra, V., Carlson, J., Casan, P., Chang, W., Charlton, N., Djärv, T., Douma, M., Epstein, J., Hood, N., Markenson, D., Meyran, D., Orkin, A., Sakamoto, T., Swain, J., Woodin, J., Buck, E., Brier, N., Dorien, O., Picard, C., Goolsby, C., Oliver, E., Klaassen, B., Poole, K., Aves, T., Lin, S., Handley, A., Jensen, J., Allan, K., & Lee, C. (2020). First aid science collaborators. 2020 International consensus on first aid science with treatment recommendations. Retrieved January 10, 2024, from <https://pubmed.ncbi.nlm.nih.gov/33098920/>

Stenroos, A. J., & Handolin, L. E. (2014). Alpine skiing injuries in Finland - a two-year retrospective study based on a questionnaire among ski racers. Retrieved February 13, 2024 from <https://bmcsportsscimedrehabil.biomedcentral.com/articles/10.1186/2052-1847-6-9>

Tarr, C. A., & Meize-Grochowski, R. (2019). Epinephrine Auto-Injectors for anaphylaxis treatment in the School Setting, Retrieved January 23, 2024, from <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7774401/>

Työturvallisuuslaki. (738/2002). Suomen laki. Retrieved August 20, 2023, from <https://www.finlex.fi/fi/laki/ajantasa/2002/20020738?search%5Btype%5D=pika&search%5Bpika%5D=työturvallisuuslaki#L5P46>

Van de Velde, S., Heselmans, A., Roex, A., Vandekerckhove, P., Ramaekers, D., Aertgeerts, B. (2009). Effectiveness of nonresuscitative first aid training in laypersons: A systematic review. Retrieved March 12, 2024, from [https://www.annemergmed.com/article/S0196-0644\(08\)02005-2/fulltext](https://www.annemergmed.com/article/S0196-0644(08)02005-2/fulltext)

Viglino, D., Maignan, M., Michalon, A., Turk, J., Buse, S. K., Blancher, M., Aufderheide, T. P., Belle, L., Savary, D., Ageron, F. X., Debaty, G. (2017). Northern French Alps Emergency Network RENAU group. Survival of cardiac arrest patients on ski slopes: A 10-year analysis of the northern French Alps emergency network. Retrieved January 18, 2024, from [https://www.resuscitationjournal.com/article/S0300-9572\(17\)30312-X/abstract](https://www.resuscitationjournal.com/article/S0300-9572(17)30312-X/abstract)

Yılmaz, G., & Bol, O. (2021). Comparison of femoral and carotid arteries in terms of pulse check in cardiopulmonary resuscitation: A prospective observational study. Retrieved January 20, 2024, from [https://www.resuscitationjournal.com/article/S0300-9572\(21\)00051-4/abstract](https://www.resuscitationjournal.com/article/S0300-9572(21)00051-4/abstract)

APPENDIX 1

Tilaaajan palaute Satakunnan ammattikorkeakoulun hoitotyön koulutuksen opinnäytetyöstä:

Hyvä opinnäytetyön tilaaja/yhteistyökumppani

Opiskelijan opinnäytetyö on valmistunut ja pyydämme palautetta tilaamastanne opinnäytetyöstä. Palautteenne otetaan huomioon opinnäytetyön arviointilausunnossa ja arvioinnissa.

Opiskelijan nimi (opiskelija täyttää):

Opinnäytetyön nimi (opiskelija täyttää):

Valitkaa seuraavista vaihtoehdoista sopiva laittamalla rasti ko. kohtaan.

	täysin samaa mieltä	jokseenkin samaa mieltä	jokseenkin eri mieltä	täysin eri mieltä
Opinnäytetyö vastasi tarpeitamme.			x	
Opinnäytetyötä/ opinnäytetyön tuloksia voidaan hyödyntää työelämässä.		x		
Opinnäytetyö osoittaa kykyä luoviin ratkaisuihin.		x		
Opinnäytetyö osoittaa kykyä työelämän näkökulmasta uskottaviin ratkaisuihin.		x		
Opiskelija kykeni itsenäiseen ja itseohjautuvaan työskentelyyn opinnäytetyöprosessissaan.			x	
Ohjasimme opiskelijaa omalta osaltamme opinnäytetyön etenemisessä.	x			

Vapaamuotoinen palaute:

Tilaamamme työ oli alunperin 16 h ensiapukoulutus Porin Slalomseuran henkilökunnalle. Sisältäen alla mainitut aihepiirit teoriaosuus ja käytännön harjoittelu mukaan lukien.

Aikatauluhaasteiden vuoksi koulutusta ei toteutettu niin kuin alunperin oli suunniteltu ja sovittu. Tämä toteutettu versio ei valitettavasti vastaa tarpeeseemme käytännön koulutuksesta. Mahdollisesti voimme käyttää videota teoriakoulutukseen.

Opiskelijat osoittivat perehtyneisyyttä aihepiiriin ja toimintaympäristöön. Opetusvideon laatu oli hyvä. Asiasisältö vastasi tarpeitamme.

Alkuperäinen koulutuspyyntö. Tämän lisäksi pidimme palaverin koulutustarpeestamme Hillin välityksellä. Toimitimme opiskelijoille myös materiaali, johon koulutuksen voi perustaa.

“Tässä ovat myös tärkeimmät asiat koulutuksesta:

Porin Slalomseuran jäsenille (he työskentelevät Porin pienessä hiihtokeskuksessa).
Max. 10 henkilöä koulutettavaksi.

16 tuntia koulutusta sisältäen teoreettisen (kuten luennot aiheista) ja käytännön osuuden (simulaatiokoulutus).

Meidän täytyy kysyä, onko ok tarjota sitä Samkissa, jos ei, voitte tarjota sitä Hiihtokeskuksessa. Paras vaihtoehto olisi järjestää se hiihtokeskuksessa ja lainata laitteet Samkista.

Translated with DeepL.com (free version)

Aiheet:

Kohtaus - rintakipu ja AVH.

Auto-onnettomuus

Nivelvammat

Pehmytkudos- ja nivelvammat

Hengitysvaikeudet

Pienet haavat

Myrkytykset

Kaatumiset

Potilaan pitäminen lämpimänä ulkolämpötilassa

Kohtaus - Verensokeri ja kouristukset

Anafylaksia (Epipen).

Suuren verenvuodon hallinta”

Paikka ja aika Porissa 23.5.2024

Opinnäytetyön tilaajan allekirjoitus

Pauliina Alinen/ Porin Slalomseura