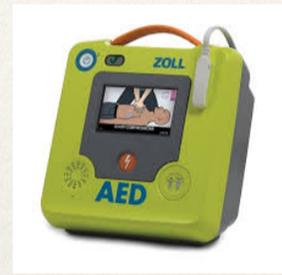
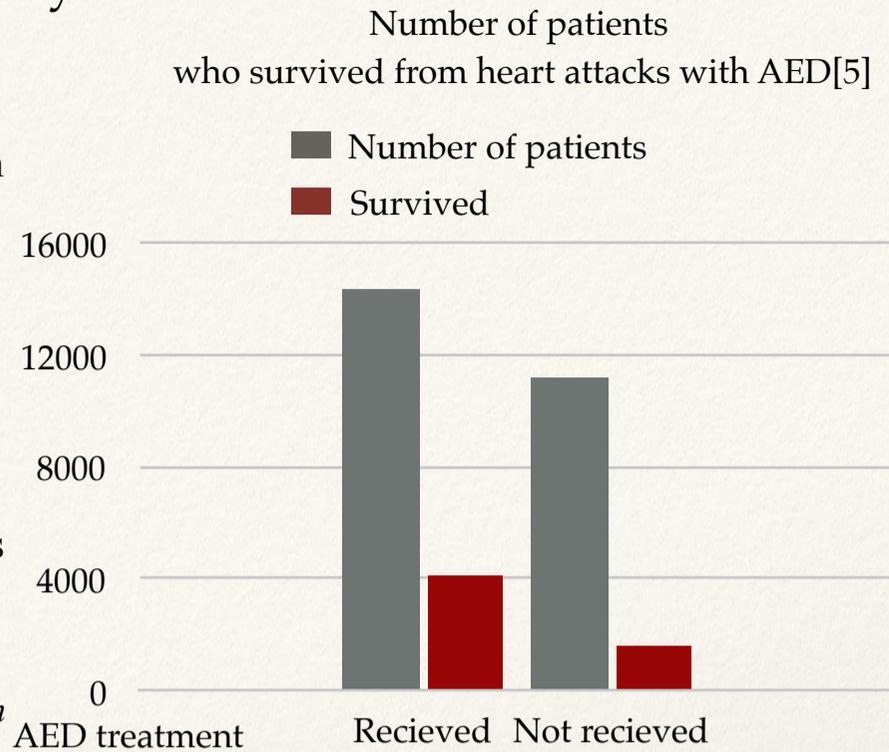


## 1. Introduction

Last year, during pre-fieldwork in the Philippines, I realized disaster and its prevention as points of concern for people in both Japan and the Philippines. We need to save ourselves and those around us when necessary. Even if you are not an expert, you can save lives with **basic first-aid knowledge** and **skills**. According to the Tokyo Fire Department, **45%** of patients are revived by AEDs in Japan. [1] According to the World Health Organization (WHO), heart disease is the **world-leading cause of death**. [2] In the Philippines, however, there is no specific data about AED use and its effect. Therefore, I went back to the Philippines this year to clarify awareness of AEDs and thought of how to spread their use.

*In this paper, first aid refers to Immediate assistance administered in the case of injury or sudden illness by a bystander or other layperson, before the arrival of trained medical personnel.[3] AED refers to a portable defibrillator designed to be automated such that it can be used by persons without substantial medical training who are responding to a cardiac emergency.[4] CPR is Restoration of cardiac output and pulmonary ventilation following cardiac arrest and apnea, using artificial respiration and manual or mechanical closed chest compression or open chest cardiac massage. [3]*



Zoll medical's AED is widely used in the Philippines

## 2. Methods and Results

This survey was carried out through interviews and questionnaires between September 27th to 28th, 2018 in Dagupan City and Pangasinan. The subjects were 88 students from La Salette School and Mangaldang High School, along with 3 teachers from Gregorio del Pilar Elementary School. Asked if teachers **must be trained in first aid**, teachers responded that **it isn't necessary**. A specialized teacher is asked to do a lesson, but some teachers still don't know how to perform CPR. In the survey, only **5%** of respondents had an understanding of AEDs, while **73%** knew only the word or didn't know it at all. (Figure1) There was **better understanding of CPR**, with **36%** showing some knowledge. (Figure2)

Figure 1: How much you know about AED

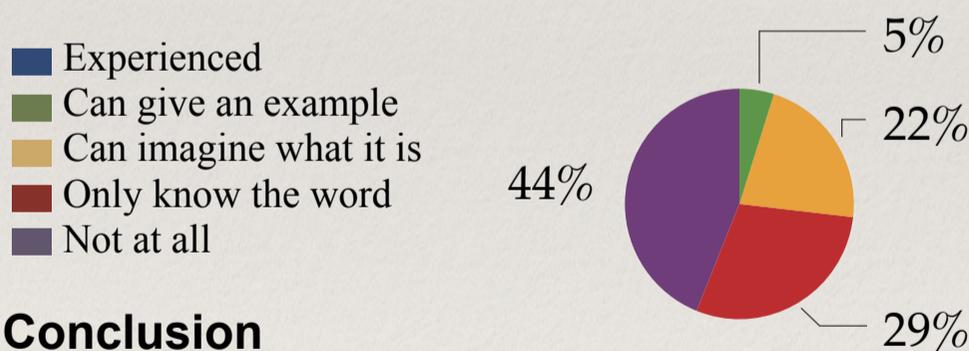
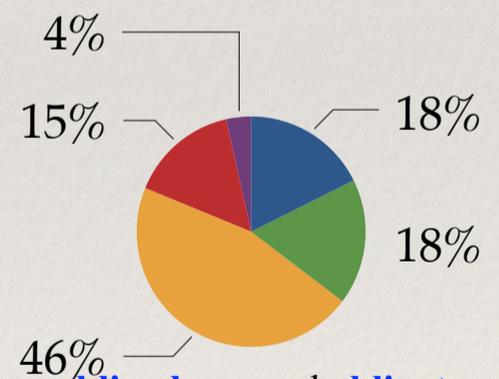


Figure 2: How much do you know about CPR



## 3. Conclusion

Recently, The Philippines' government **officially decided** to place AEDs in **public places** and **obligate** schools to **have first-aid drills**. However, AEDs are **hardly seen** at schools or other crowded places. From the results of the study, **it is clear that we cannot rely on AED or CPR treatment in emergencies**. It can also be understood that many teachers are not prepared to teach students how to administer CPR or an AED.

It is nearly impossible for a single student like me to carry out lectures across the Philippines. With advice from the Japan First Aid Society, I have an idea for my next step. I'm planning to **give a lesson** of AED and CPR to the students in La Salette school, where I visited to carry out the survey since they are coming to my school in February.

I will create my own plan in the hope of teaching the necessity of first aid, AEDs and CPR treatment in life-threatening situations, starting with teaching what an AED is and the fact that anyone can save a life by using one.

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