



## FIRST AID CLUB UNIVERSITY OF NAIROBI

### Introduction

The First Aid Club, University of Nairobi, under Faculty of Health Sciences, is a registered student association (UON/CA/AA/DOS/2/2) with a mission to equip medical students with essential life skills in health and beyond.

We are based at the University of Nairobi, Faculty of Health Sciences, KNH campus. Our activities extend beyond the campus, as we actively participate in community service and medically related activity camps in various locations.

### Who We Are

We are a dedicated group of medical students committed to becoming well-rounded professionals. Improving the students experience in the faculty is our core aim. We do this by providing platforms and services that bridge the gap between the faculty's limitations in teaching and learning, and optimizing skills (clinical and non-clinical) among members. Further, our club aims to instill values of goodwill, civic responsibility, and community development among student members. We focus to a future where every member of the medical school at the University of Nairobi, possesses basic first aid knowledge, water and fire rescue techniques, and other medically related competencies.



### What We Do

Our primary mission is to boost confidence, promote self-awareness, and cultivate a sense of responsibility among medical students. We achieve this by providing training in essential life-saving skills. These skills not only prepare us for emergencies but also enable us to contribute significantly to society by supporting relevant environmental and health causes.

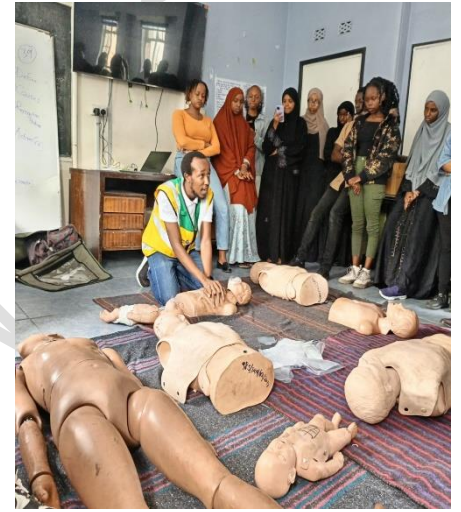
## Our Achievements

We achieve our mission through rigorous training and community involvement. Our future endeavors aim to further enhance the skills and prestige of our members, continually supporting their growth as exemplary medical practitioners.

### First Aid Training



Our First Aid training sessions are pivotal to our club's mission. This year, we conducted training on April 13th, 14th, and 20th, with 39 members actively participating. These sessions, organized in collaboration with the St. John Ambulance agency, provided our members with comprehensive training in basic life support, emergency response, and other critical life-saving techniques. The successful completion of this training resulted in our members receiving internationally recognized certificates, enhancing their confidence and preparedness for medical emergencies.



### Medical Camps - Maria Dominica Dispensary & Huruma Center



#### Huruma Grounds

On May 11th, 2024, our club participated in a medical camp at Huruma Grounds. This event saw the involvement of 8 of our members, working alongside esteemed organizations such as St. John, UNICEF, and Lions..

Our members provided vital medical services to the local community, demonstrating their skills and commitment to public health



### **Maria Dominica Dispensary, Karen**

Another significant event took place on May 18th, 2024, at the Maria Dominica Dispensary in Karen. Four of our dedicated students participated in this medical camp, collaborating with St. John and Rotary.



This camp allowed our members to apply their training in a real-world setting, making a meaningful impact on the health and well-being of the local community.

## Supervision of External First Aid Competitions

Our club plays a significant role in assessment and training in external competitions, offering our members opportunities to showcase their skills and gain valuable experience.



### Kajiado Corp and Central County Competitions

On June 1st, 2024, 10 members participated in First Aid competition assessments at Kajiado Corp in Ongata Rongai, enhancing their practical skills. Additionally, on June 16th, 2024, 5 members competed at Starehe Boys Centre and 5 at Moi Avenue Primary during the Central County competitions, promoting teamwork and confidence.

### West and East County Competitions

During the West County competitions on June 9th, 2024, we supervised students from Statehouse Girls, Loreto Msongari, and Precious Blood Riruta. On June 15th, 2024, 10 members participated in the East County competitions at GSU Training Camp in Utawala, gaining experience in event organization and leadership.



## First Aid Club AGM: Celebrating Dedication and Achievement

The First Aid Club at the University of Nairobi held its Annual General Meeting (AGM) at the Kenyatta National Hospital Campus, Lecture Theatre III. During the meeting, we took the opportunity to appreciate the remarkable efforts of individual members who have significantly contributed to our mission. Certificates of recognition were awarded for various activities, highlighting the dedication and hard work of our members. Additionally, we shared tokens of appreciation as a gesture of gratitude for their unwavering support and commitment to the club's initiatives.



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