



FIRST AID CLUB

UNIVERSITY OF NAIROBI

The training focused on **five vital areas**, designed to provide foundational knowledge and practical experience essential for aspiring medical professionals:

1. Scrubbing and Sterilization

Participants learned the critical importance of maintaining sterile environments in surgical settings. Emphasis was placed on proper handwashing



techniques, the sequence of scrubbing, and managing sterile barriers to minimize contamination risks. These skills are fundamental in ensuring patient safety and preventing infections during procedures.



2. Gowning

Proper gowning is essential for maintaining a sterile field in the operating room. Trainees were guided through the correct techniques for donning and doffing sterile gowns and gloves, ensuring adherence to aseptic practices. This step instills the discipline required for surgical preparation.

3. Introduction to Surgical Instruments

The training offered an overview of commonly used surgical instruments, including their names, uses, and handling techniques. From scalpels to forceps, participants gained an understanding of the tools integral to various procedures, laying a foundation for advanced surgical learning.



4. Operating Surgical Equipment

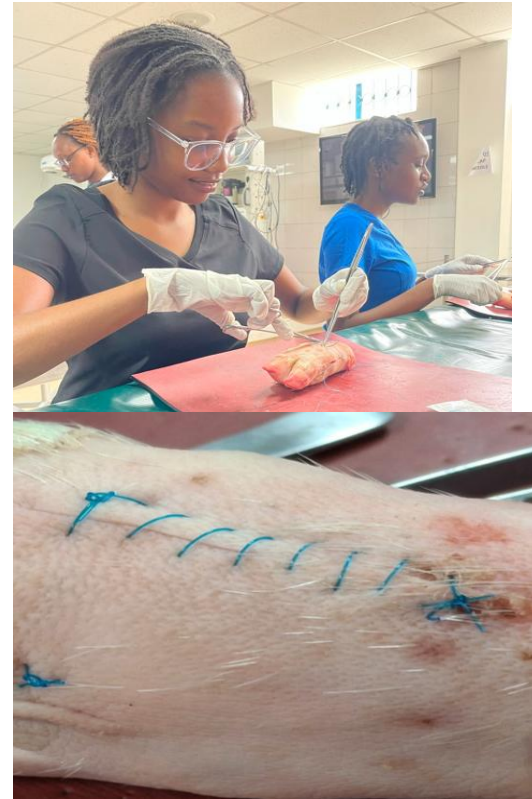
Trainees were introduced to essential surgical equipment such as suction machines, cautery devices, and operating lights. The session focused on proper setup, operation, and troubleshooting, enhancing their confidence in

working with these critical tools in a surgical setting.

5. Basic Suturing

The highlight for many participants was hands-on practice in basic suturing techniques. Under the guidance of experienced trainers, they learned how to make precise incisions, tie secure knots, and manage sutures to promote effective wound healing.

The session concluded with an exploration of various suture materials, their properties, and applications. Participants were taught how to select the appropriate suture for different tissue types and procedures, an essential skill for wound management and surgery.



The training was a resounding success, thanks to the dedication and expertise of the trainers, and the curiosity of our members. The atmosphere ensured a seamless learning experience, inspiring participants to pursue excellence in their medical journey.



The First Aid Club extends heartfelt gratitude to the University of Nairobi Students Surgical Forum for their invaluable contribution to this program. We also thank one of our lecturers; Prof. Walter Mwanda, for his benevolence and patronage, that allowed for conducting the training at a hugely subsidized price.

❖ *COMPETENT MEDIC*

❖ *FAC IS FAMILY*