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## Teaching of first aid in high school and its effectiveness

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Concern about the growth of incidences and deaths due to external causes in developing countries. In Brazil, external causes became the second cause of death, and in the capitals of the Brazilian states mortality is higher than the Brazilian average. Taking into account the number of health problems that occur routinely, the teaching of first aid is still not very present, in order to prevail many doubts about it. The study aimed to develop tactics and strategies to be applied in the teaching of first aid to adolescents in order to provide an effective learning of basic techniques of relief. The study had a quantitative-qualitative nature with an investigative profile, a technical research-action procedure, a type of empirical research that is conceived and carried out in close association with an action or with the resolution of a problem. An important deficit in the teaching of first aid has been identified, demonstrating clearly that it is not efficient. The teaching of first aid to adolescents can be considered a tactic of great importance for the reduction of morbidity and mortality by accidents, providing tranquility and confidence in the basic techniques of immediate relief. Thus, having a health professional ministering this discipline becomes essential, as shown after the application of the training and a significant increase in the correct answers to the questionnaire. In this context, the professional nurse, engaged in practice and health education, has a profile for the incorporation of this professional in schools to develop these activities.

### Biography

Vinicius Mengal is a PhD student at the Federal University of Santo Spirito in partnership with the University of Montreal, Master of Physiology and Specialist in Urgency and Emergency and Teaching Higher Education. Currently working as a teacher of Nursing and Physicians, teaching Physiology, First Aid, Critical Care and Adult Nursing at EMESCAM and MULTIVIX (Brazil), serves as a researcher in these areas of interest. It has two important funding for its research from the Foundation for Support to Research in the State of Espirito Santo (FAPES).

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