

A life saving training program is open to all schools for free

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Just in these days a new, improved version of the HOBIT educational program has been officially launched, which teaches primary school pupils and multi-year gymnasiums how to respond to signs of stroke and heart attack. In an innovative multimedia program that takes place in the form of e-learning can schools get involve for free.

The educational program HOBIT or Hour of biology for life, launched in 2013 by the International Clinical Research Centre of the St. Anne's University Hospital (FNUSA-ICRC), aims to pass on vital information to pupils to save the life of a person with heart attack or cerebral infarction. All of that during one lesson. It turned out that the program is meaningful, when two schoolchildren who had completed this program, were able to call for help to a man with a cardiac arrest and carry out resuscitation.

The program is based on innovative multimedia learning with use of simulation videos. *"Education is on-line on computers, pupils gradually fill in the individual parts of the test, and the teacher supervises the course. It is therefore very simple and easy for teachers and pupils, HOBIT is a pleasant diversification of common school education,"* says program manager Hana Pokorná. The training lesson has a fixed schedule that needs to be followed to measure the effectiveness of the entire program. It also includes half-minute videos in which actors actually show symptoms of the disease. This so-called *simulation video* introduces a vital element in first aid education and teaches children how to respond to situations from everyday life. The whole lesson is repeated after a few months in order to verify how the knowledge of pupils changes over time.

In the school year 2014/2015, a pilot phase of the project took place, involving 47 schools from the South Moravian and the Ústí regions. HOBIT has trained nearly 2,500 children and 50 teachers. Last year, the project team analysed the pupils' results and upgraded the platform. The new version brings several improvements, a key change is the addition of additional materials, including a variety of worksheets, games and tasks. *"The results of our research show that one half-hour education lesson is not sufficient for the long-term preservation of pupils' knowledge. That is why, in cooperation with the Faculty of Education of the Masaryk University, we have created a battery of supplementary materials that teachers can complete with their pupils and thus keep their knowledge in the long term,"* says Robert Mikulík, head of the Complex Cerebrovascular Centre of the First Neurological Clinic of FNUSA and Head of Cerebrovascular Research Team FNUSA-ICRC.

"Based on the results, we have modified some questions that have proved unclear, shortened the educational video and identification questionnaire and also catching technical bugs. The program should be more friendly and more effective now," adds Tereza Hloušková, who is in charge of communicating with newly involved schools.



HOBIT has the ambition to extend its enhanced version to as many schools as possible in the Czech Republic, so the platform, all the materials and support offer it for free. The long-term goal is to create an optimal educational model to ensure that the population is aware of how to respond to the most serious illnesses, such as stroke and heart attack are. In its development, the implementation team works with foreign institutions, such as the Columbia University Medical Centre in New York and organizations from four European countries.

For more information please visit: www.projekthobit.cz

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