

The new training program teaches Brno seniors recognize a stroke and heart attack

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Seniors from Brno can educate themselves thanks to the new project "HOBIT+" which is led by the Cerebrovascular Research Team of the International Clinical Research Centre, St. Anne's University hospital in Brno (FNUSA-ICRC). The seniors, in the form of an educational film and a subsequent simulation test, learn how to recognize the symptoms of stroke and heart attack and how to respond appropriately. A new educational program was completed by over 300 senior citizens during November and December.

In the Czech Republic, 51,000 people die annually from heart and vessel diseases. While the heart attack in the Czech Republic annually affects more than 22,000 people, 25,000 people suffer from stroke. However, public awareness of these illnesses, their symptoms, and first aid in particular, is still low. The aim of the new HOBIT+ education program is therefore to raise awareness of vascular events among seniors who are one of the most risk groups of vascular disease.

"The purpose of the HOBIT + program, which is intended for students of the Third Age Universities and senior members, is to pass on simple information to seniors that lead to life-saving in the development of heart and brain attacks," said **Hana Pokorná**, manager of the **HOBIT+** project. Program participants learn how to respond to the symptoms of these illnesses by means of multimedia and simulation training in order to be able to rescue the affected person or save themselves.

Seniors are taught in one lesson, including an educational film that explains the essence of cerebrovascular and cardiovascular diseases to participants. Their knowledge can be verified in a simulation test that is composed of short video scenes actually showing the symptoms of the disease. The whole program emphasizes on the speed of dealing and the correct recognition of symptoms.

"Our training program is built on the idea that just a minimum of information is needed to save life. Participants are familiarized with the symptoms of the disease and the correct responses to it, treatment and risk factors during the training session. The hour is conceived in a fun and innovative way," said the head of Complex cerebrovascular centre of St. Anne's University hospital in Brno, and the head of the FNUSA-ICRC cerebral research team, Robert Mikulík, who shields the new program.

The HOBIT + project, based on the HOBIT program to raise awareness of vascular diseases among schoolchildren, works with the Third Age Universities in Brno. These include Masaryk University, Mendel University, University of Technology and Veterinary and Pharmaceutical University.

The HOBIT+ project, which was funded by the City of Brno Municipality, was attended by more than 300 students of the Third Age Universities during November and December. *"I was very excited about the lecture and I would like to thank for an unusual experience. I have been working for neurology for 25 years, so I can compare it with other lectures in the field,"* said Dana Novotná, one of the participants. From the preliminary results of the questionnaire survey among the participants in the program, moreover, 96% of people would be able to save the person affected by the stroke or heart



attack on the basis of the acquired knowledge. If the financial support is reinstated, the project will continue in the following year.

The innovative e-learning HOBIT program or Hour of Biology for Life, which was launched in 2013 by International Clinical Research Centre of the St. Anne's University hospital in Brno, is designed for elementary school pupils and students of secondary schools. The aim of the project is to provide pupils with multimedia and simulation training information that will enable them to save the life of a person with heart or brain infarction.

The HOBIT platform has been already used by 75 schools and over 5,000 pupils from across the Czech Republic. In addition, from February 2017, an improved version of the platform is available for free to all schools in the Czech Republic.

For more information please visit: www.projekthobit.cz.

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