

Second HOBIT round has started; intervention of schoolchildren confirmed its usefulness

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The fact that the HOur of Blology may AssisT (abbreviated as HOBIT) is purposeful was demonstrated recently by the act of two elementary school students in Židlochovice na Brněnsku, who as the only ones from among random witnesses of an older man's collapse were able to react and restore his vital functions through resuscitation. This was also thanks to the fact that not long before that they completed HOBIT, which was prepared by the International Clinical Research Center at St. Anne's University Hospital (FNUSA ICRC). The second phase of the project was launched in recent days, examining in the selected primary and secondary schools in South Moravia how schoolchildren and students managed to absorb presented information and retain it in their heads for potential use. Thanks to educational films they learned to save lives, when they recognized the symptoms of stroke and heart attack in time.

The two-year project aims to teach children to recognize the symptoms of both hazardous health disabilities and be able to quickly help. In fact, every other person dies in the Czech Republic due to cerebrovascular (stroke) or cardiovascular diseases. Annually, they kill more than 22 million people in the world. "But modern medicine would be able to avert a lot of deaths and disease consequences if people knew how to intervene from the first signs. Educational campaigns are unfortunately either minimally effective or ineffective – the public does not want to take in information from the media. Many experts in the world and the country therefore propose education of the population regarding the most serious diseases and diagnosis systematically already in schools," said project supervisor Robert Mikulík.

Research on heart attack and stroke awareness, executed in 2009 in the South Moravian Region, showed that schoolchildren would have almost no knowledge needed to save lives if they witnessed a heart attack or stroke. Therefore, the FNUSA-ICRC Clinical Research Center along with experts on cerebrovascular and cardiovascular diseases joined up with more than 50 teaching specialists. Jointly they are organizing an educational project, which aims to raise the awareness of school children and younger high school students in South Moravia on the symptoms of heart attack and stroke and an effective method of help. An educational film explains the nature of cerebrovascular and cardiovascular diseases, their symptoms and shows the correct response. "One needs to remember only the minimum basic information to save a life – to recognize signs, respond quickly and transport the patient to the hospital immediately. Two million brain cells die every minute and treatment is only effective in the first four and a half hours after the first symptoms. The sooner the patient receives medical care, the greater the chance of recovery," said Mikulík.

Pupils and students from a total of 37 participating schools throughout southern Moravia underwent knowledge testing and subsequent curriculum in September. The current second testing is to determine what knowledge they took from the educational part of the program. It will last until February 6.

In conjunction, a creative competition encouraging the creation of an original poster or a video about these serious diseases has been announced, which would also serve as a form of educational campaign. Creations will be judged by an expert committee, which will exclude those with incorrect factual data in the first stage. Then, the public will join the evaluation through the Facebook profile of the project www.facebook.com/projekthobit. The deadline is this Thursday.

The HOur of Biology may Assist project runs thanks to the five million crown subsidy from the Operational Programme Education for Competitiveness and Southern Moravia Global Grant. More on the two year activity is revealed on the website www.projekthobit.cz.