

Case Study

First Aid skills:

A difference between saving a life and losing someone, especially if it is a loved one.

Asia Bibi in her 30's is the resident of village Kaar (UC Battal District Mansehra). She studied up to primary level & can read & write. Born & raised at in a traditional Pashto speaking family she was married off at a young age of 18, she is an energetic & proud mother of five; four daughters & one son. Her husband used to work as bus driver in Karachi before October, 2005 earthquake. Now he is earning his livelihood through making cement blocks locally at Chattar.

Reflecting back on 2005 earthquake Asia bibi says” It was a very devastating time, our houses our heavens collapsed to ground in front of our eyes, we lost all our life earnings, possessions, livestock & above all lost our loved ones ,a loss which is irreplaceable” .Says Asia Bibi with sadness. “High child mortality incidence during the earthquake was not just due to intensity & suddenness of the calamity but also due to the lack of any locally available health care service or first aid skills on community's part. People didn't know how to safely dig out their loved ones buried half alive under the rubbles & preserve their lives as well prevent any further harm till the relief arrives”.

“Being the mother of five I felt this deeply & had great sense of deprivation on our part esp. women who play main role in rearing & caring of their families in all the situations. I was very enthusiastic when Haashar Association provided us the opportunity to build our life-saving skills & form our own community based disaster management mechanism. I participated in two days fist aid training in Jan, 2011 & learnt a lot. This acquired skill enabled me to save a child's life & help my neighbors in a 'house-on-fire 'situation, “says excited Asia Bibi. She narrated her experience saying that her sister-in-law with a sick adolescent child (suffering cold & flue) was visiting her house few months back. During the stay child's state deteriorated & he was barely able to breathe due to his throat choked with mucus. The child's mother feeling helpless started crying thinking her son was about to die. Luckily I was nearby. I called upon my acquired first aid skills provided CPR to the child ;



Asia Bibi with her daughter Basharat

putting my mouth on his & sucking out his breath through a clean thin muslin cloth. I did this few times & finally his throat was cleared of blocked mucus & his breathing normalized. His mother was utmost grateful & thanked me profusely for giving her son a second life.

”Saving a child’s life is as joyous a feeling as giving birth to one” said Aasia Bibi summing up her whole experience.