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# Magazine

## IN THIS ISSUE

- 02 Main Feature**  
*Seizures & Convulsions*
- 03 Feature Blog**  
*Creating a Safety Culture*
- 04 Tips & Tricks**  
*Fish bone in the throat*
- 05 Your Food**  
*Preventive Nutrition*
- 06 How To**  
*CardioPulmonary Resuscitation (CPR)*
- 07 The Mental Check In**
- 08 My Health Concern**  
*Blisters: To burst or not to burst?*
- 09 Myth buster**  
*Nose bleeding*
- 10 Reflections**
- 11 Did You Know?**  
*Kissing Newborns*
- 12 Community Spotlight**  
*Highlighting Changemakers in health education*
- 13 Partner corner**



Hey there, health warriors!

Welcome to the latest edition of The Quick Fix, your one-stop magazine for all things First Aid and health education. This month, we've got a jam-packed issue brimming with valuable information to keep you safe and healthy.

In this issue:

**Main Feature:** Ever wondered about the difference between seizures, convulsions, and epilepsy? We clear things up and guide you on what to do if you encounter one.

**Feature Blog:** We take you behind the scenes of our First Aid and Fire Safety session for the amazing AkiraChix in Nairobi!

**Tips & Tricks:** Life throws curveballs, but don't panic! Learn some quick fixes that could save the day, like dislodging a fish bone stuck in your throat.

**Your Food:** Confused about healthy eating? Our nutrition segment offers helpful advice on why what you put on your plate matters more than you think.

**The Mental Check-In:** Feeling overwhelmed? Our expert collaborators share tips and tricks for navigating your mental health and well-being.

**My Health Concern:** Got a burning question? Send it in for a chance to be featured next issue!

**Myth Buster:** This month, we tackle nosebleeds – debunking myths and providing best practices for dealing with this common occurrence.

**Activity Reflections:** Join us as we revisit some key takeaways from past activities (page 10).

**Did You Know?:** Prepare to be amazed by some surprising health facts!

We poured our hearts (and medical knowledge!) into creating this issue, and we hope you enjoy reading it as much as we enjoyed putting it together.

Stay curious, stay informed, and most importantly, stay healthy!

Got feedback or suggestions? We'd love to hear from you! Reach out at [news@thequickfix.org](mailto:news@thequickfix.org) or follow us on social media.



**EDITORIAL TEAM**  
**THE QUICK FIX LEARNING HUB**

**Upcoming Events**

# MAIN FEATURE

## What to do

### + Safety



Help the casualty to the ground.

Keep them safe by moving anything that might hurt them. Place a cloth or pillow under their head.

### + Wait it out

Allow them to convulse.



DO NOT place anything inside the mouth or hold them down.

### + Recovery Position

After they are done with the convulsions, turn them to their side and allow them to fully recover.



Give First Aid for any injuries sustained and help them take their medication if epileptic. Call for advanced medical help if need be



## SEIZURES, CONVULSIONS & EPILEPSY

### THE DIFFERENCE

A **SEIZURE** is a sudden, uncontrolled change in behavior caused by abnormal electrical activity in the brain.

◆ Causes include a medical condition called **EPILEPSY**, head injuries and even low blood sugar.

Seizures are often accompanied by 2 things:

**1** Loss of consciousness: The person may become unresponsive and fall to the ground.

**2 CONVULSIONS** : sudden, violent, irregular movements of the hands and legs, caused by involuntary contraction of muscles.

◆ Seizures can vary in severity and duration.

Some may last only a few seconds while others may go for several minutes. In some cases, a person may have multiple seizures in a row.



# FEATURE BLOG



Photo Credits  
The Quick Fix Learning Hub



## SAFETY INSPIRES INNOVATION

### EMPOWERING YOUNG WOMEN IN TECH WITH SAFETY SKILLS

Imagine a world where brilliant young women in tech are not just coding wizards, but also prepared heroes. This vision became reality in Nairobi, Kenya, thanks to a collaborative training session by The Quick Fix Learning Hub and the trailblazing organization, AkiraChix.

AkiraChix is a powerhouse dedicated to providing the most promising young women in Africa with technology skills to compete economically and bridge the gender gap in tech. While equipping their students with cutting-edge skills, they also understand the importance of holistic well-being. This translates into sessions that go beyond the digital realm, fostering practical skills that can truly make a difference.

Our recent collaboration with AkiraChix offered a unique session on first aid and fire safety awareness. This wasn't just about bandages and fire extinguishers – it was about building confidence and fostering a spirit of preparedness.

The importance of this session lies in its multifaceted impact:

**Safety First, Innovation Follows:** In the fast-paced tech world, safety can sometimes take a backseat. However, AkiraChix recognizes that a secure environment is crucial for fostering creativity and innovation. Equipping their students with First Aid and fire safety knowledge fosters a sense of security, allowing them to focus on pushing boundaries and developing groundbreaking solutions.

**Empowering Communities, One Course at a Time:** AkiraChix fosters a community of strong, resilient women who support each other. This training session builds on that spirit. When these students graduate and step out into the world, they won't just be tech-savvy; they'll be equipped to handle emergencies and offer support in unexpected situations. This makes our communities safer and more prepared as a whole.

**Leadership Beyond the Code:** AkiraChix is shaping future leaders in preparation for the fast paced world. By emphasizing safety awareness, they instill essential leadership qualities in their students. These young women will be the change-makers of tomorrow, advocating for safety not just in their workplaces, but throughout their communities



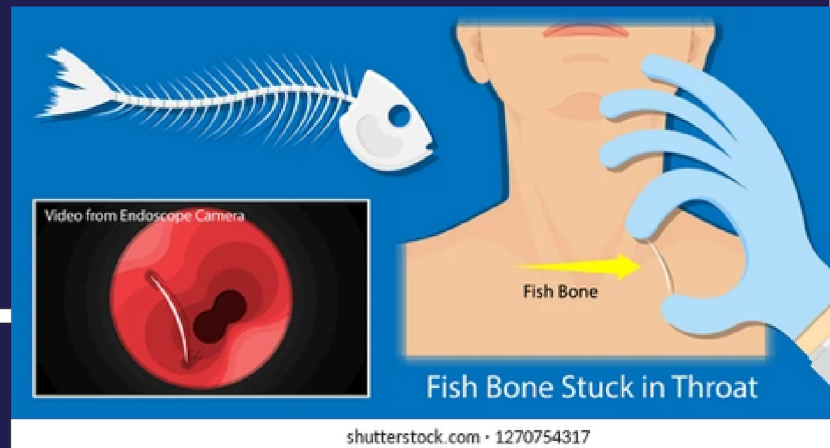
*'These young women are shaping the future, and they're doing it with code and confidence, ready to tackle any challenge life throws their way. This is how we create a brighter, safer, and more empowered world, one training session at a time'*



# FISH BONE STUCK IN THE THROAT

**Identification** : Feeling of pressure and tickling on the throat.

**Symptoms** : Coughing, Gagging, Vomiting.



shutterstock.com · 1270754317

## 1 COUGHING FORCEFULLY

2 **OLIVE OIL** - LUBRICATES THE THROAT AND CAN HELP GET THE OBJECT OUT OR HAVE IT GO LOWER

3 **BREAD AND WATER** - DIP A LARGE PIECE OF BREAD IN WATER FOR A FEW SECONDS & SWALLOW IT IN ONE PIECE. THE WEIGHT OF THE BREAD SHOULD BE ENOUGH TO PUSH THE BONE DOWNWARDS

4 **SODA** - THIS AND OTHER CARBONATED DRINKS RELEASE GASES THAT CAN HELP PUSH THE OBSTRUCTION.

### EXTRA FIX



### VINEGAR

**ADD 2 TABLE SPOONS OF VINEGAR TO A CUP OF WATER.**

*THE ACIDIC NATURE OF VINEGAR HELPS BREAK DOWN THE BONE, MAKING IT EASIER TO SWALLOW*

**\* If the symptoms don't go away, you experience breathing difficulties, chest pain, inability to swallow or drooling, seek medical help immediately.**

## YOUR FOOD



# Preventive Nutrition; *A new approach*

Nutrition is essential for our well-being, providing the body with the necessary fuel to function optimally. A balanced diet consisting of fruits, vegetables, whole grains, lean proteins, and healthy fats is crucial for maintaining overall health. These foods offer a wealth of vitamins, minerals, antioxidants, and nutrients that support various bodily functions.

Good nutrition is particularly important for growth and development, especially in children and adolescents. Nutrient-rich foods help build strong bones, muscles, and cognitive abilities, laying the groundwork for a healthy future. Conversely, a diet high in processed foods and unhealthy fats can lead to obesity and other health problems.

One of the most significant benefits of proper nutrition is its role in disease prevention. Research shows that a healthy diet can lower the risk of chronic conditions such as heart disease, diabetes, and certain cancers. For instance, consuming foods low in saturated fats and cholesterol promotes heart health, while fiber-rich foods aid in digestive health and diabetes prevention.

Conversely, poor nutrition can have adverse effects on both physical and mental health. A diet high in sugars and unhealthy fats can contribute to weight gain, weaken the immune system, and increase the risk of mental health disorders like depression and anxiety.



**In conclusion, nutrition is a fundamental aspect of health and well-being. By prioritizing nutrient-rich foods and healthy eating habits, we can support our bodies, prevent disease, and improve our quality of life. Let's make conscious choices to nourish ourselves and prioritize our health for a brighter future**

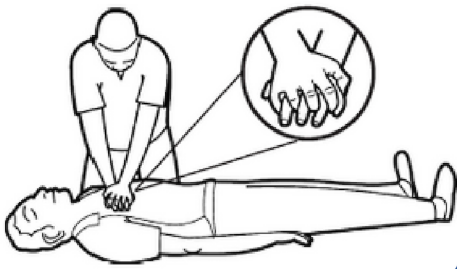


# How to perform

# CPR (CardioPulmonary Resuscitation)

+ 1

**ADULT**



Push Hard & Fast at the center of the Chest

+ 2

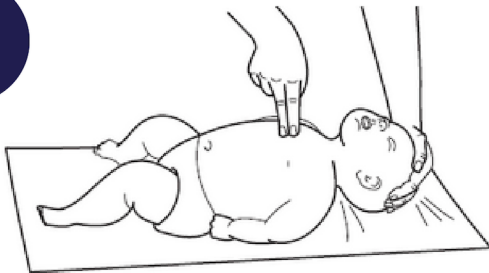
**CHILD**



Push hard and fast using one hand

+ 3

**INFANT**



Push hard and fast using 2 fingers

+ 4



Keep doing this until medical help is available. If they start breathing, turn them to their side

- RATE ; 100 - 120 PER MINUTE
- SWITCH COMPRESSORS EVERY 2 MINUTES, IF POSSIBLE
- KEEP PUSHING UNTIL HELP ARRIVES



# MENTAL WELLNESS : WHAT IT MEANS AND WHY IT SHOULD BE A DAILY GOAL

## MENTAL CHECK - IN



**CATHERINE WANJIRU**  
FOUNDER, MIND HEALTH AFRICA

Have you heard of statements like, "prioritize your mental health", "nothing is worth sacrificing your mental health" and other close variations of such statements? Yes, we second this and urge you to prioritize your mental health because it drives the actions and results in all areas of your life.

Currently, millions, if not billions of people, have understood the link between thoughts, beliefs, and actions. Many are having open and honest conversations about mental health and experiences that directly and indirectly influence it, both online and offline and in settings such as workplaces, homes, and more. Have you?

According to **World Health Organization**, mental health is a state of mental wellbeing that enables people to cope with the stresses of life, realize their abilities, work, learn, and contribute positively to the development of their communities.

As stated, you will meet daily stresses but it is the ability to cope that either makes or breaks one's mental state.

Here's what you need to hear about mental health

### **Self normalize seeking help**

It is true that there is a lot of stigma surrounding mental health, but there are also many organizations and individuals at global, continental, national, and community levels, who are tirelessly countering it, one of them being **Mind Health Africa**.

We challenge you to normalize seeking help for your mental health. It's not a sign of weakness. If finances are the main challenge for you, research about the organizations that offer the services for free or subsidized prices.

### **Professional mental health intervention is not for the battered and the broken**

More often than not, people think that mental health services are only for people who are greatly distressed because they are grieving, heartbroken, or have, by society's plain description, lost their mind because they are speaking to themselves, collecting trash, stripping with no care of who is watching, or saying that they are hearing voices.

While these cases are worth the attention of a professional, note that these are not the only reasons why you should seek audience with a professional.

There are many more that include but are not limited to anxiety, hopelessness, anger management issues, lack of identity outside your job or relationship, self-sabotage, nightmares, and addictions both behavioural such as social media, eating, gambling, masturbation, and to substances such as tobacco, alcohol, and others.

There is nothing too small or silly to take up with a professional because if you ignore a crack on the wall, chances are you will eventually have to build a wall.

### **Your information will always be safe**

In a world where anyone social media is part of our lives, it is normal to be afraid of private conversations doing rounds online. We have seen this happening countless times where friends fall out or misunderstand each other, next thing you know the information their shared eons ago is all over social media.

Professionals tasked to ensure mental wellness must maintain confidentiality. So, if the thought of finding your texts doing rounds on social media is what is stopping you from seeking help, worry no more.

### **The return-on-investment cannot fit in books**

Knowing yourself is one of the greatest super powers you can own. Beliefs and thought processes, which precede our actions, can be complex to unravel on your own. One of the duties of a professional is to help piece everything together so that you can deeply understand why you are the way you are- without judgment.



**MIND HEALTH AFRICA**  
We mind your mind

**In a nutshell, Mental health demands close assessment of your thoughts, beliefs, and actions because collectively, they impact all areas of your life. Prioritize it!**



## MY HEALTH CONCERN



Photo Credits  
Youth Initiative Development Program

GET YOUR QUESTIONS  
ANSWERED

# TO BURST OR NOT TO BURST?

*As new skin grows beneath the blister, the fluid will slowly disappear and the skin will naturally dry and peel off.*



✦ A **blister** is an accumulation of fluid between the upper layers of the skin.

📄 **Causes**: Friction, Burns, Infection or diseases e.g. Chicken pox

⚠️ **DO NOT BURST A BLISTER** - They stop further damage and give the tissue time to heal.

If the blister pops;

- 1 Avoid peeling off any dead skin on the top.
- 2 Allow the fluid to drain away naturally and carefully wash it with mild soapy water.
- 3 Cover the blister and the surrounding area with a sterile, dry dressing.

Visit [www.thequickfix.org](http://www.thequickfix.org) to learn more



# MYTH BUSTERS

DEBUNKING COMMON MISCONCEPTIONS AND SETTING THE RECORD STRAIGHT

MYTH

FACT

TILT THE HEAD **BACK** IF SOMEONE IS HAVING A NOSE BLEED

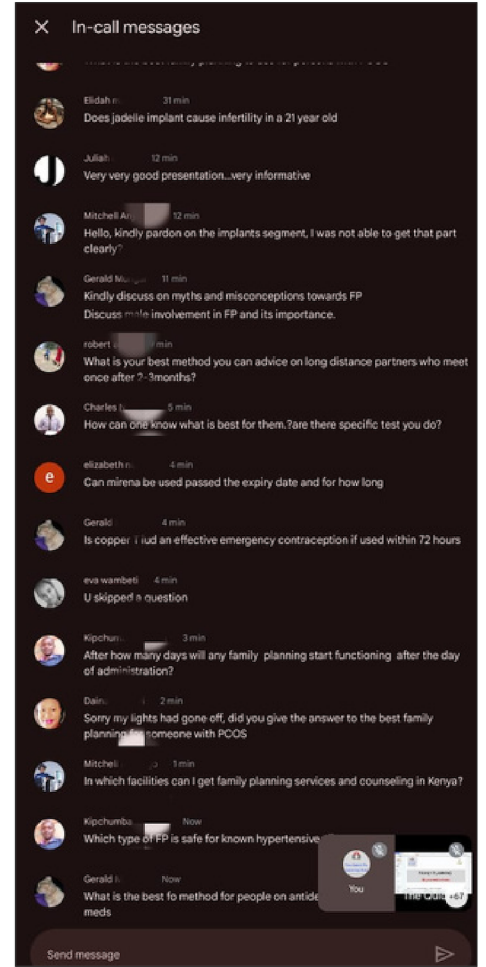
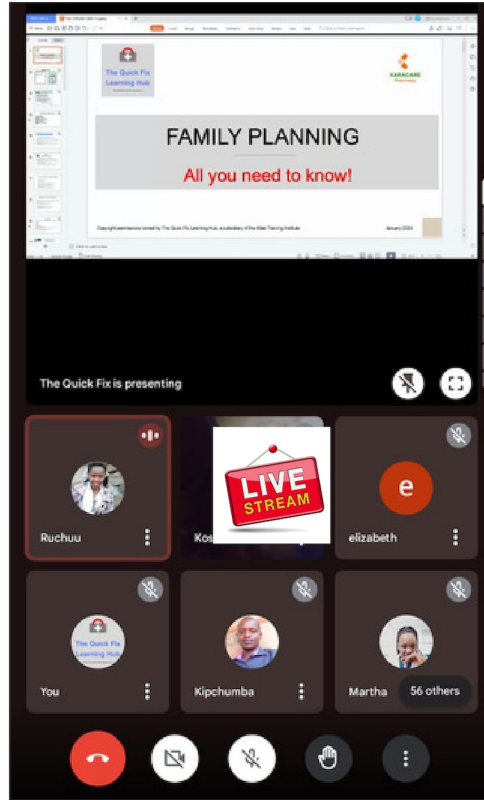


TILT THE HEAD **FORWARD** AND PINCH THE NOSTRILS TOGETHER FOR ABOUT 20 MINUTES



# REFLECTIONS

## FAMILY PLANNING WEBINAR



## WEST NAIROBI SCHOOL FIRST AID TRAINING

### BASIC LIFE SUPPORT (BLS)



# DID YOU KNOW

## FUN FACT

Here's a reminder to **kiss newborns on their feet**, if you have to - **instead of the lips** to avoid risk of transmitting infections like Herpes Simplex Virus.

**HSV** can be life-threatening to newborns & is easily transmitted through infected saliva.



## FIRST AID & HEALTH EDUCATION

NEW VIDEO  
EVERY WEEK



**The QuickFix Learning Hub**  
— PROMOTING FIRST AID AND HEALTH EDUCATION —





**Peter Koome is a First Aid ambassador and practising Emergency Medical Technician in Kenya**

**What are your hopes for the future of first-aid education in Kenya?**

*To have mandatory First Aid sessions in all learning institutions, and have the information spread to other countries.*

### **Parting Shot**

*'Healthcare workers should make time to create First Aid awareness within their communities'*

**Why is First Aid education, particularly after road traffic accidents, so critical in Kenyan communities?**

Creating public awareness around First Aid helps reduce the number of preventable deaths occurring from severe bleeding after road crashes. This equips the community with knowledge to save lives and prevent further injuries as they seek medical help.

**What are some of the biggest challenges you face in promoting First Aid awareness and training in Kenya?**

Most Community members have little to no knowledge on First Aid while others do not believe in it, and would rather use the time in engaging in profitable activities. Most persons take First Aid courses as part of job requirements instead of a genuine interest. Language barrier is also a major challenge especially in rural areas.

**You've mentioned the importance of empowering bystanders after road accidents...**

Yes, Bystanders have a lot to offer in the first few minutes after an accident. Training and empowering them builds confidence even to call for advanced help during an emergency.

**Beyond road accidents, are there other situations where Basic First Aid skills can be life-saving in Kenyan communities?**

*In both medical and injury emergencies, people with First Aid skills can be first responders before professional help arrives.*



# PARTNER CORNER

## UNIVERSAL CARE FOR AFRICA

Universal Care for Africa Foundation is a non-profit organization that focuses on the general healthcare of the underprivileged communities in our society by providing the underserved with needed intermediate basic medical services and material support essential for health care delivery.



### Health Screening

We carry out health examinations and screening for blood pressure, diabetes, cancer etc....



### Medical Supplies

We provide medicines and medical supplies to people in underprivileged communities



### Health Education

We organize for health education seminars, workshops and campaigns regularly.



### Sponsorships

We identify needy African students and sponsor them through their basic education needs.

[WWW.UNIVERSALCAREAFRICA.ORG](http://WWW.UNIVERSALCAREAFRICA.ORG)

## UPCOMING WEBINAR

LIVE WEBINAR

# First Aid for Sudden Cardiac Arrest

What is Cardiac Arrest and how can we improve outcomes?



Guest Health Educator  
Speaker

- Checking for consciousness
- Calling for help
- What to do if someone is unconscious with breathing
- If someone is unconscious but not breathing
- CardioPulmonary Resuscitation (CPR)



Date  
Saturday 27th April



Time  
07:30pm - 08:30pm



Included  
E-Certificate

# Editorial Team

## Editor

**Christine GICHANA** 

The Quick Fix Learning Hub

## Contributors

**Peter KOOME** 

Nairobi, Kenya

**Hans LOUM** 

Founder, Universal Care for Africa Foundation (UCAF)

**William KIMANZI** 

Educator, The Quick Fix Learning Hub

**Catherine WANJIRU** 

Founder, Mind Health Africa



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