**TRANSCRIPT**

Hello. My name is Dr Noor Baig and I am an emergency physician from Karachi, Pakistan. My project is about developing a framework to train community in life threatening emergencies (LTEs). The vision behind my project is to make “Pakistan a nation of life savers.” The wonderful lady that you can see in my slide is my mother who passed away back in 2015 due to “sudden cardiac arrest” a condition in which the heart of a person stops suddenly and if appropriate actions are not taken immediately by individuals present at the time of incident, it can lead to death within minutes. Inspired by mother’s death I decided to train my community in a life saving skill called as “CPR” so that more of these lives can be saved. I have been conducting CPR awareness sessions and training my community in CPR since 2016. Knowing my passion a professor at my hospital asked me to lead a project to develop a framework to train our community in life saving skills. And I accepted that offer as I saw this as an opportunity to integrate my philosophy and vision of life into my work.

As you can see my project is a small component of the larger vision that is to make Pakistan a nation of life savers and that by training 10 million citizens in the life saving skills of “CPR” and “Hemorrhage Control.” So I decided to achieve the objective of developing this training framework through certain outcomes including development of a consortium of major stakeholders, laying down strategic objectives, development and pilot testing of the training curriculum before its final implementation. During the past few months we succeeded to develop a consortium including major hospitals, emergency medical services (EMS) an NGO and a couple of international bodies like the American College of Emergency Physicians and the Resuscitation Academy Foundation in the US who can help us to develop and sustain the program. We also developed the training curriculum that will train the community members in the life saving skills of CPR and Hemorrhage Control. We aim to incorporate this in the national school curriculum of Pakistan but the current pandemic has posed certain challenges like lockdowns due to which we are not able to test this curriculum with our intended population. Hence we decided to take an alternative approach. And as you can see that we tested our curriculum with the non-clinical staff from the hospitals of our consortium including the security and Human Resource (HR) staff. We have collected their valuable feedback so that we can refine our curriculum before this will become a part of the national school curriculum in Pakistan. On our way we had some key learnings as well which taught us to utilize the creative skill set to overcome the barriers that we faced. Just to give you an example we learned that sustainability of the consortium is as challenging as establishing it. Skills like “being flexible” and “beware of emotions” helped us to bring sustainability and strength to the consortium. Similarly, as we were not able to test the curriculum within schools, skills like “look at it another way” helped us to come up with an alternate plan and that was to conduct the pilot sessions with the HR and security staff before the final roll out of the program.

Although it is an ongoing process, we are hopeful that once the pandemic is over we will be able to train our community in these life saving skills and make Pakistan a nation of life savers.