

SUCRE: Supporting University Community pathways for REfugees-migrants



Overall: SUCRE Programme focuses on

- The processes that are required for the proper integration of refugees / migrants in Higher Education, as well as
- For the support of their academic needs after their integration
- The psychosocial integration / support of refugees / migrants and
- The proper information provided to them on legal and medical issues

This program aims to create educational material that will be used properly by trainers for the above purposes

Relevant topics addressed by SUCRE:
(as chosen on the application form)

1. Integration of refugees
2. Migrant's issues
3. Intercultural/intergenerational education and (lifelong) learning

**General Academic Support
of the Project**

**Vice-Rector of Academic and Student Affairs, Dr. Ariadni Stogiannidou,
Prof. at the School of Psychology.**

SUCRE Consortium

Coordinator: Aristotle University of Thessaloniki, **Greece**

Partners: Greek Council for Refugees, **Greece**

VU Amsterdam, **The Netherlands**

University of Cologne, **Germany**

- ✓ Complementary activities
- ✓ Unique expertise
- ✓ Combination of HEIs with/and without Refugee experience
- ✓ Instituting with direct access to Refugees, etc



ARISTOTLE
UNIVERSITY OF
THESSALONIKI



SUCRE's Intellectual Outputs (IOs)

IO 5: Supporting refugees on Health and Law Issues

Overall:

IO 5 is concerned with the creation of a special module in relation to health and legal protection of refugee/migrants, based on Conventions and Directives on an International and European Level. Its objectives are as follows:

- To introduce/train trainees to the theoretical approaches that have been extensively used in the literature in order to understand the relevant legal framework at EU and national level
- To enable/train trainees to understand the existing health issues rights in regard to refugees and the available services at the reception country

Activities:

- Developing training modules on issues related to legal services
- Developing training modules on issues related to health care services
- Developing training modules on issues related to health care and legal services
- Monitoring and evaluation of the legal/health support

Deliverables:

- A digital/online module and monitoring/recommendations guidelines for trainers regarding health support of refugees
- A digital/online module and monitoring/recommendations guidelines for trainers regarding legal support of refugees



Law Support

Dr. Anna-Maria Konsta, Lecturer at the School of Law

Medical Support

Dr. Dorothea Kapoukranidou, Assoc. Prof. at the School of Medicine



IO5 –Supporting refugees in Health Issues

- Intellectual Output IO5 pertains to the creation of online training modules on health matters.
- Training the trainers and involved parties
- Recommendation of Good Practices

IO5 Deliverables



- A digital/online module and monitoring/recommendations guidelines for trainers regarding health support of refugees
- A digital/online module and monitoring/recommendations guidelines for trainers regarding legal support of refugees

CHAPTER 1

FIRST AID

Definition

Evaluation of the victim's condition

Steps to take when administering First Aid

Basic Personal Protection for the First Aid giver

First Aid Kit

Call for help

CHAPTER 2

First Aid during :

Fainting – Loss of senses

Concussion

CHAPTER 3

Bleeding

External bleeding first aid

Internal bleeding first aid

Nose bleeding

Brain hemorrhage

Abdominal bleeding

General guidelines for internal bleeding

CHAPTER 4

Poisoning

First Aid in poisoning

Generally

Poisoning through digestive tract

a. Poisons that get absorbed

b. Caustic poisons

Poisoning through respiratory tract

Poisoning through contact

Alcohol poisoning

Food poisoning

Bites

First aid in bites

Snakebites

Stings from bees and related insects

Scorpion stings

Jellyfish stings

Poisonous fish stings

Spider bites

Heatstroke

First Aid in heatstroke

CHAPTER 5

Epilepsy

CHAPTER 6

Soft Tissues Lesions

Closed Lesions - Strains

Open Lesions - Trauma

Complicated Lesions

Amputation

CHAPTER 7

Basic Resuscitation

CHAPTER 8

Personal hygiene 167

Handwashing 170

Teeth Brushing 182

Bathing 187

Minimising bacterial spread 189

CHAPTER 9

Prevention of STDs 212

CHAPTER 10

Structure of Greek Health System 217

Vaccinations 219

Stages of Action

Stage 1: Approach

Stage 2: Situation Evaluation

Stage 3: Call for specialized help/care

Stage 4: Administration of First Aid

This Action Plan is a vital aid to the first aider in assessing whether the victim has any life-threatening conditions and if any immediate first aid is necessary. They are **DRABC**.

D - Check for **DANGER**

- ❖ To you
- ❖ To others
- ❖ To victim

B - Check for **BREATHING**

- ❖ Is chest rising and falling?
- ❖ Can you hear victim's breathing?
- ❖ Can you feel the breath on your cheek?

R - Check **RESPONSE**

- ❖ Is victim conscious?
- ❖ Is victim unconscious?

C - Check for **CIRCULATION**

- Can you feel a pulse ?
- Can you see any obvious signs of life?

Danger
Response
Airway
Breathing
Circulation

ACTION PLAN

How do I APPROACH?

- We take care for both our and the victim's safety at the site of the accident (park your car, turn off the engine, regulate traffic, turn off gas leak, turn off electricity, move victim only if immediate danger is imminent)
- Approach calmly – retain composure and carefully ask, introduce yourself, comfort .
- Take care of the victim(s). Priority given to those in immediate need and higher chance of survival.
- Take care for our and the victim's safety as well as other bystanders.
- Approach the victim calmly and carefully
- We take care of victims that ha

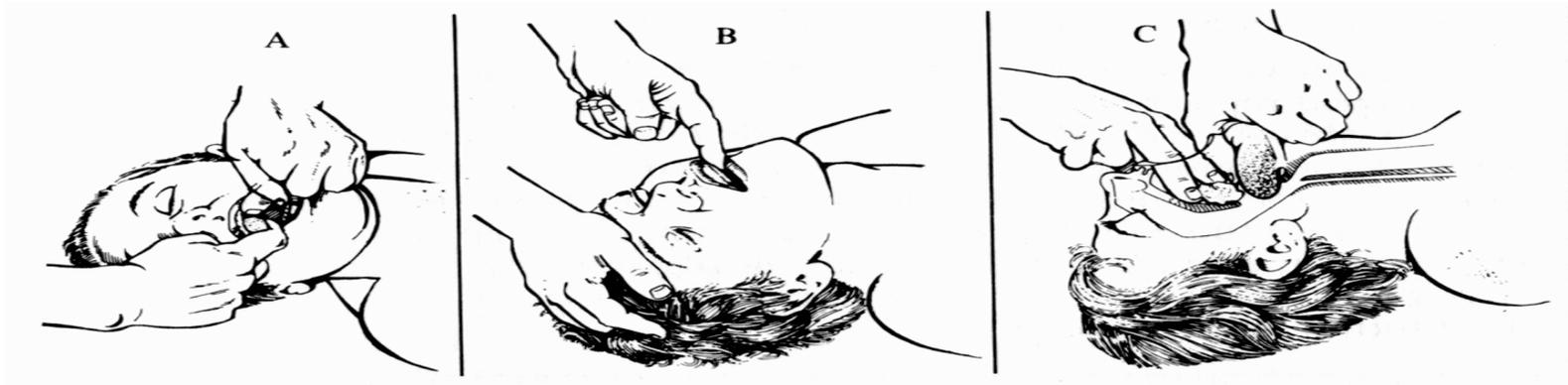
Are you ok?
Shake and yell



Stage 2: Approach
re and more chances of survival.

Stage 1: Approach

Removal of Foreign Body



Crossed fingers maneuver that can be employed in semi relaxed victims

Maneuver with finger behind teeth that can be employed in non relaxed victims

Lifting of the tongue and jaw maneuver that can be employed in fully relaxed victims

Conscious Victim



Urge victim to cough



5 hits on the back



+5 abdominal or thoracic compressions



Heimlich Maneuver



Choking?

Ask victim: "Are you choking?"
If victim can speak, encourage coughing until obstruction is removed - Monitor for deterioration.



Back Blows

If the victim has an ineffective cough or shows signs of severe airway obstruction and is conscious:
Give up to five back blows:
Stand to the side and slightly behind the victim. Support the chest with one hand and lean the victim well forwards so that when the obstructing object is dislodged it comes out of the mouth rather than goes further down the airway.
Give up to five sharp blows between the shoulder blades with the heel of your other hand.



Fist Location Detail

Clench your fist and place it between the umbilicus (navel) and the bottom end of the sternum (breastbone).



Pull sharply inwards and upwards

Abdominal Thrusts

Stand behind the victim and put both arms round the upper part of the abdomen. Lean the victim forwards.
Clench your fist and place it between the umbilicus (navel) and the bottom end of the sternum (breastbone).
Grasp this hand with your other hand and pull sharply inwards and upwards.
Repeat up to five times.
If the obstruction is still not relieved, continue alternating five back blows with five abdominal thrusts.

If the victim becomes unconscious:
Support the victim carefully to the ground.
Call an ambulance immediately (999/112).
Begin CPR.

First Aid Information
Adult Choking

Children Vaccination Program

	Birth	Months								Years											
		1	2	4	6	12	15	18	19	2	3	4	5	6	7	10	11-12	13	14	18	
tuberculosis	BCG ⁵																				
rotavirus infection ¹			ROTA	ROTA	ROTA																
diphtheria			D	D	D	D	D		D			D			d	d			d		
tetanus			TT	TT	TT	TT	TT		TT			TT			TT	TT			TT		
pertussis			acP	acP	acP	acP	acP		acp			acp			acp	acp			acp		
poliomyelitis			IPV	IPV	IPV				IPV			IPV			IPV						
Haemophilus influenzae type b infection			Hib	Hib	Hib	Hib	Hib		Hib			Hib									
hepatitis B	HepB ⁶		HepB	HepB	HepB				HepB												
pneumococcal disease ²			PCV13	PCV13	PCV13	PCV13			PCV13				PCV13+PPSV23								
meningococcal disease ³						MenC	MenC										MCV4	MCV4			
measles ⁴						MEAS			MEAS			MEAS		MEAS							
mumps						MUMPS			MUMPS			MUMPS		MUMPS							
rubella						RUBE			RUBE			RUBE		RUBE							
varicella						VAR			VAR			VAR		VAR							
human papillomavirus infection																			HPV ⁷	HPV ⁸	
influenza						IV3															
hepatitis A						HepA ⁹					HepA ⁹										

Version:

IO5 - ΑΠΘ

- **Output 5 (Ομάδα Εργασίας: Αριστοτέλειο Πανεπιστήμιο Θεσσαλονίκης)**
Supporting refugees on Health and Law issues
- **Supporting refugees on Health issues (IO5):**
Δωροθέα Καπουκρανίδου, Αναπληρώτρια Καθηγήτρια στο Τμήμα Ιατρικής - ΑΠΘ
(dkapoukr@auth.gr)
- **Supporting refugees on Law issues (IO5):**
Άννα-Μαρία Κώνστα, Λέκτορας στο Τμήμα Νομικής - ΑΠΘ (akkonsta@law.auth.gr)

IO5 - Ελληνικό Συμβούλιο για τους Πρόσφυγες

- **Πέννυ Σέργη**, Γραφείο Προγραμμάτων,
Ελληνικό Συμβούλιο για τους Πρόσφυγες
(psergi@gcr.gr)
- **Ελένη Κουτσουράκη**, Νομικός, Ελληνικό
Συμβούλιο για τους Πρόσφυγες
(ekoutsouraki@gcr.gr)
- **Δημήτρης Βουτυράκης**, Κοινωνικός Λειτουργός,
Ελληνικό Συμβούλιο για τους Πρόσφυγες
(d.voutirakis@gcr.gr)



ΕΠΙΚΟΙΝΩΝΙΑ

Αριστοτέλειο Πανεπιστήμιο Θεσσαλονίκης:

- **Επιστημονικώς Υπεύθυνος και Συντονιστής Προγράμματος:**

Αλέξανδρος Τριανταφυλλίδης, Αναπληρωτής Καθηγητής
στο Τμήμα Βιολογίας - ΑΠΘ
& Μέλος της Επιτροπής Ευρωπαϊκών Εκπαιδευτικών
Προγραμμάτων, ΑΠΘ

- **Διοικητική Υποστήριξη:**

Μαρία Μυλωνά, Τμήμα Ευρωπαϊκών Εκπαιδευτικών
Προγραμμάτων, ΑΠΘ

- **Γενικές πληροφορίες:** sucree@auth.gr

S.U.C.RE.

Supporting University
Community pathways for
REFugees-migrants

KA2 Project Coordinated by Aristotle University of Thessaloniki

in the framework of the project www.facebook.com

S.U.C.RE. Programme Consortium

Coordinator: Aristotle University of Thessaloniki, Greece

Partners: University of Cologne, Germany

VU Amsterdam, The Netherlands

Greek Council for Refugees, Greece



ARISTOTLE
UNIVERSITY OF
THESSALONIKI



Universität
zu Köln



VU



VRIJE
UNIVERSITEIT
AMSTERDAM



GREEK
COUNCIL
FOR
REFUGEES



Ι Δ Ρ Υ Μ Α
Κ Ρ Α Τ Ι Κ Ω Ν
Υ Π Ο Τ Ρ Ο Φ Ι Ω Ν
IKY



European
Commission