Findings from a pilot peer education workshop for school aged children on hygiene and the prevention of infection

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www.e-bug.eu
What is e-Bug?

• A pan European educational resources for junior (7-11yrs) and senior students (12-15yrs), covering microbes and the spread, treatment and prevention of infection.

• e-Bug was established in 2006 and originally funded by DG-Sanco of the European Commission.

• Resources include lesson plans, student worksheets and activities.

• The e-Bug resources have been translated into all European languages, Turkish and Arabic.
e-Bug also hosts an interactive science road show, which has been delivered to children and families across the UK.

**Microbe Mania!**
- Microbes
- Bacteria
- Virus
- Fungi

**Horrid Hands**
- What's on a hand circle?
- What should you wash your hands?
- Hand on hand hygiene

**Giant Sneezes**
- What's in a sneeze?
- To sneeze or not to sneeze?
- Sneezing facts!

**How Clean is Your Kitchen?**
- Do you spend the best way to cut your food in the fridge?

**Antibiotic Awareness**
- The discovery of Penicillin - the first antibiotic

**Why teach children about hygiene and the prevention of infection?**

- Children are our future generation of antibiotic users
- Half of children consulting their GP have an infection and antibiotics are the most common childhood medicines

**If we reduce childhood infections we reduce antibiotic use**
The Peer Education Project

Aim: to develop, deliver and evaluate a peer education workshop for school aged children on hygiene and the prevention of infection

The project will:

• Provide health education for young people
• Allow peer educators to develop a wide range of skills
• Promote the e-Bug resources to schools across the UK
• Promote the role of the environmental health department to the next generation

The overall objective is to provide young people with the knowledge and confidence to look after their own health
The Marmot Review

This project encompasses the objectives of the Marmot Review (2010), including:

- Giving every child the best start in life
- Enabling all children, young people and adults to maximise their capabilities and have control over their lives
- Ensuring a healthy standard of living for all
- Strengthening the role and impact of ill-health prevention
How will the project work?

Environmental Health Departments
- Fulfil mandate
  - Improve student recruitment
    - Learning for students
  - Senior schools
  - Learning for students
    - Junior schools

Environmental Health Officers
- Fulfil mandate
  - Peer Educators
    - Develop a range of skills
      - Feeder Primary school students
        - Learning from their peers
      - Parents
      - Peers
      - Parents

Learning for students
Fulfil mandate
Why work in partnership?

e-Bug and Environmental Health Departments share a common aim: to educate the public (adults and children) about hygiene and the spread of infection.

Common issues include:
• Person to person spread of infection through inadequate hand washing, coughing and sneezing
• Educating children about food safety
• Educating children about good hygiene practice when visiting farms

Raise the profile and build relationships
Share resources

The Forest of Dean Environmental Health department has been awarded the Royal Society for Public Health, Health and Wellbeing award 2013 for its work with e-Bug
Outline of the pilot workshop

Day 1

The e-Bug science road show was delivered to Year 8 students

30 students were selected as peer educators

The peer educators were trained on how to deliver the road show

Day 2

The peer educators delivered the e-Bug science road show to their peers

How was the workshop evaluated?
Students involved in the workshop completed before and after knowledge questionnaires. Peer educators were also interviewed after the workshop.
Pilot event

The event was received well by both students and teachers:

“It’s quite a good learning experience, because you build up your confidence to like speak and, like in front of an audience.”
Peer Educator, Year 8

“... I think that it’s more of a fun way of learning if you get someone like, from like your age, you can get across learning in your like, your way kind of thing...”
Peer Educator, Year 8

“The reciprocal learning, from the team of Year 8 students, was really special. This made the event really stick in everyone’s minds. The ‘waves will go out across the pond’, so to speak, about this and such real life learning will not be forgotten. This was truly life changing....”
Headteacher.
Outcomes from the pilot event

The students adapted the delivery of the stands to suit their own style and teaching.

The knowledge change questionnaires showed that there was a significant improvement in knowledge for all topics covered.

- The Antibiotics topic had the lowest pre-workshop knowledge of all topics covered.

<table>
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<th>TOPICS</th>
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<th>% CORRECT AFTER</th>
<th>% IMPROVEMENT SCORE</th>
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‘Antibiotics kill viruses’ only received a pre-workshop correct score of 5.9%, with a 32.4% improvement score.
The future of the project

- Funding from BSAC to carry out a full evaluation
- Peer Education workshops will take place in three different regions
- Environmental Health students from local universities will assist in training the peer educators
The future of the project

- Fulfil mandate
- Improve student recruitment
- Learning for students

- Fulfil logbook
- Develop a range of skills

- Free resources
- Regions
- Peers
- Parents

- Environmental Health Officers
- Feeder Primary school students
- Peer Educators
- Environmental Health Students
- Junior schools
- Senior schools

Learning from their peers
Learning for students
Fulfil mandate
Learning for students
Improve student recruitment
Learning for students
Fulfil logbook
Learning for students
The future of the project

- Funding from BSAC to carry out a full evaluation
- Peer Education workshops will take place in three different regions
- Environmental Health students from local universities will assist in training the peer educators
- A full evaluation will take place

After the evaluation has been completed, a peer education package will be developed and will be sent out to all Environmental Health Departments across the country.

For the final package we will be seeking endorsement from the Chartered Institute of Environmental Health.
Acknowledgements

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