A new Last Aid Course for kids from 8-14 years - a pilot-test

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A new *Last Aid Course* for kids from 8-14 years - a pilot-test

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**Background/aims:**
Last aid courses for adults have been introduced to educate the public about Palliative care and to enhance the public discussion about death and dying (1,2). The aim of the present study was to investigate the feasibility and acceptance of a similar approach adapted to the needs of children.

**Methods:**
Based on the Last Aid course for adults (1,2) a multi-professional working-group adapted the curriculum for children between 8 and 14 years. The first pilot-course was evaluated by oral feedback of the children after the course and a questionnaire filled out by the participants some weeks after taking part in the Last Aid course.

**Results:** 10 children between 9 and 14 years participated in the Last Aid course that was held within 3 hours on one afternoon. 9 out of 10 participants had experience with the death of family members. All children stated that they would recommend the course to other children and that also adults should participate in Last Aid courses. The children appreciated the course and most felt somehow more prepared for a potential death in their social network.

**Conclusions:**
The results of the pilot-test are very encouraging. More Last Aid courses for children will be taught within the next year. A scientific evaluation with a mixed-methods approach will be part of the pilot-testing-phase. Due to suggestions of the children the age span for participation was widened to include children from 8-16 years of age.

**References:**
3. www.lastaid.info

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