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Pumping new life into CPR training

Leichardt High School students are turning the tables and teaching adults a thing or two about how to save lives as part of a revolutionary new approach to Cardiopulmonary (CPR) training.

Royal Prince Alfred (RPA) Hospital Clinical Nurse Consultant, Amanda Yates, recently visited the school to provide year nine students with basic CPR training in the hope that they would spread their skills amongst adults in the community.

“The training is much more accessible than traditional CPR courses because it involved the students learning basic CPR in 30 minutes using an instructional DVD and a Mini Anne manikin,” Ms Yates said.

“At the end of the training we encouraged the students to pass on their newly acquired CPR skills to as many adults as possible such as their parents, grandparents and teachers.

“This is the first time we have done this kind of training and we hope to do more in the future,” she said.

Ms Yates said the new approach to training aimed to overcome the current mismatch between the people who were trained in CPR and those who were most likely to witness a cardiac arrest.

“At the moment the people who are usually trained in CPR are not the people who are most commonly nearby, and able to help, when someone experiences a cardiac arrest,” Ms Yates said.

“An out-of-hospital cardiac arrest is most commonly witnessed by people who are over the age of 50, while the average age of people attending CPR courses is around 30 years of age.

“There is only a small number of people aged 50 plus who learn CPR at traditional courses, which may be due to a number of reasons such as the length of time needed to attend courses, the location and the style of training.

“That is why we are trying to approach CPR training in a new way, where school students do 30-minute supervised self-training so they can then offer this shorter and simpler CPR training to adults at home.

“This type of training has shown good results in increasing the number of older people learning basic CPR overseas,” she said.

Pic caption: RPA CPR Coordinator Amanda Yates with Leichardt High School Year 9 students who she hopes will pass on their new CPR skills to adults in the community.