Dental Students as Opportunistic BLS Tutors at Glasgow Science Centre

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Background

In 2014 the Scottish Government developed the Out of Hospital Cardiac Arrest Strategy for Scotland.

Their aim was to increase survival rates from Out of Hospital Cardiac Arrest (OHCA) by 10% across the country within 5 years. Currently only 1 in 20 survive to hospital discharge. This would mean around 1,000 additional lives saved by 2020.(1)

To achieve this goal they hope to equip 500,000 individuals with CPR skills by 2020 thus creating a nation of life savers. This would improve outcomes and double or treble the likelihood of survival from OHCA.(2)

This strategy also saw the Government providing all independent Dental Practices with Public Access Defibrillators (PAD) which are mapped to the Scottish Ambulance Service (SAS). In the event of an emergency the practice will receive a call from the SAS to attend the emergency within their locality until the emergency services arrive.(3)

In conjunction with this in 2013, the European Resuscitation Council, as part of its strategy to increase bystander CPR unveiled Restart a Heart Day (RSHD) as an Annual Cardiac Arrest Awareness Day. (4)

Aim

Utilise undergraduate dental students to deliver CPR and AED training and be instrumental in reaching the targets of The Scottish Government and The European Resuscitation Council.

This initiative would also raise awareness on the availability of PAD's within a primary dental care setting.

Method

Annually on RSHD dental undergraduates attend Glasgow Science Centre where they provide opportunistic CPR and AED training for staff and visitors of all ages.

Periodically there are local initiatives for school children where our undergraduates attend and deliver training, also raising awareness about the availability of PADs at dental facilities.

Result

The data gathered was divided into adults and children. It highlights people feel more confident after training and therefore more likely to provide bystander CPR.

"Are you confident at performing CPR?"

Adults before training

Adults after training

Children before training

Children after training

Conclusion

Dental undergraduates receive comprehensive BLS and medical emergency training on an annual basis and are trained communicators. These skills demonstrate they are ideally suited for the provision of CPR training. The training sessions are also beneficial for the undergraduates and resulted in positive feedback.

"I feel it would be a valuable experience for any practitioner. There is a feel good factor around demonstrating such an important topic and hearing the positive feedback. It also keeps the information fresh in your memory"

Ronan McCann Year 5 Student

References:

- 1,2 Scottish Government Out of Hospital Cardiac Arrest Strategy (2015) page 4
3. Margie Taylor, Chief Dental officer (2014)
4. Resuscitation Journal, Volume 84, Issue 9, page 1157-1158

Lay People Trained at Glasgow Science Centre

This year our initiative will expand as we include the Dental Faculties of Aberdeen, Dundee and Edinburgh. Amalgamating the 4 Dental Schools we aim to give 600 lay people the confidence to step up in the event of an OHCA and deliver bystander CPR with the addition of an AED.

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