

Introduction

Sudden cardiac arrest without successful cardiopulmonary resuscitation (CPR) is the third leading cause of death in industrialized nations. Every year about 350,000 people die in Europe after such an event.¹

Many people in cardiac arrest could be saved if more lay people started immediately with resuscitation procedures before the arrival of the emergency services (8 minutes and often longer) as the brain starts to die after 3-5 minutes, the "Time window for lay resuscitation".³

As early initiation of CPR can increase survival rate significantly we have to raise the number and the quality of bystander resuscitation substantially.

The Luxembourg Resuscitation Council (LRC) decided in 2013 to promote the education of lay people in cardiac arrest and we started the project "reagis" ("react") in different municipalities and private companies all over the country.

In 2015-16 the LRC launched the pilot project "Réagis au Lycée" in 4 secondary schools (SS) : Train the trainer - teachers teach the students CPR. As a consequence of the very positive feedback from teachers and students, the Minister of Education decided that CPR training will become compulsory in all public secondary schools (SS).

Objective

The LRC aspires to increase the number of lay people performing resuscitation in out of hospital cardiac arrest. By teaching students of all secondary schools we aim to train the live savers of tomorrow.

Materials and Methods

The ministry of education decided that CPR training would be mandatory in all public SS at three levels during their school curriculum starting in September 2017.

The ministry provided all 35 SS with 30 Mini-Anne™ mannequins and 2 AED Trainer. He organized 22 BLS-AED provider courses of 4 hours for 10 teachers of each school provided by the LRC as a "Train the trainer program". A 2 hours session with instructions on how to organize a CPR course for students was provided to the teachers, as well as the instruction slides with the CPR algorithm intended for the students.



Each school is free to organize the courses which must comply to the following: 50 minutes theoretical teaching followed by 50 minutes of hands-on exercises with instructions how to perform hands only CPR combined with an AED.

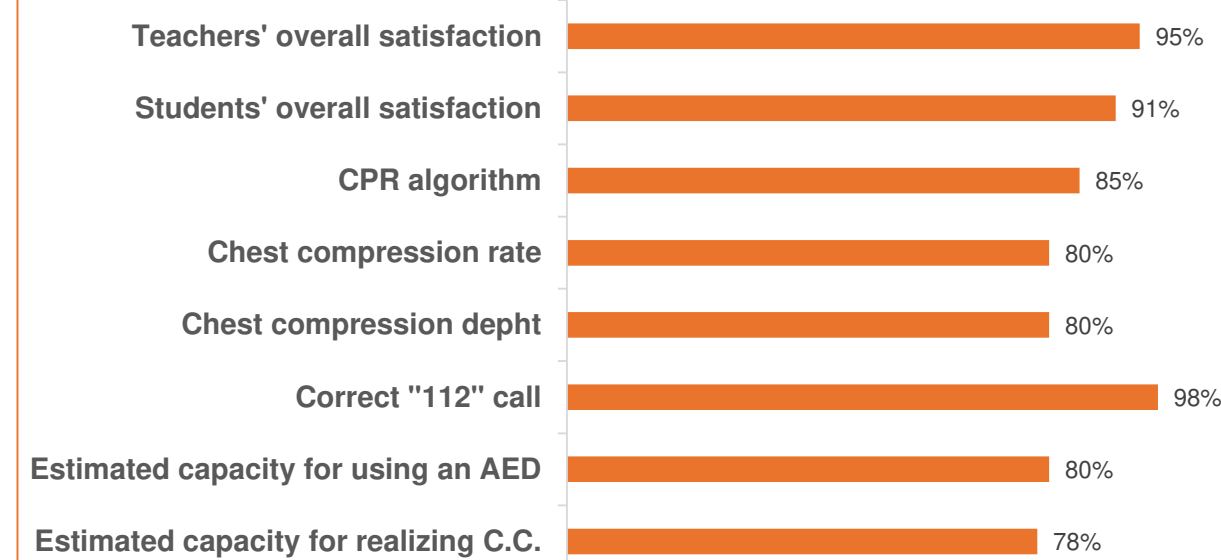
The LRC has been mandated to supervise this project.

Results

Results of the teachers' training BLS-AED P courses

- Number of teachers trained : 350, out of all 35 public SS
- Overall satisfaction of the teachers: 90%
- Formal assessments of the teachers: 100% positive results
- Motivation for teaching the CPR skills: >90%

Results "Réagis Project" in Secondary Schools 2018 Teachers'+Students'Satisfaction andStudents'Skills



Results of the courses in the secondary schools

- Number of students participating in the project: +-3000 with feedback; aged from 12 to 23 years
- Number of teachers participating in the project: 80; teaching different branches
- Performance of the students: 86%
- Difficulties in realizing the project: organization of the courses like planification and finding the adequate locations
- Suggestions for improving the project:
 - improve the organization of the courses
 - implicate more teachers in the training in some SS
 - inform the parents of the CPR project

Conclusions

- Trained teachers in CPR-AED consider the Reagis Project as a very important project at schools
- Students easily acquire CPR- AED skills and are very motivated and satisfied with this training

Perspectives

The teachers have the following proposals:

- continue the project by motivating more teachers for their participation in the project
- improve the problems of organization
- organize a national meeting with the reference persons of all the schools to make the project evolve

Comments of the teachers

« Very important project »
« Huge interest of the students »

Comments of the students

« The CPR course has been very interesting and will be useful »
« Great initiative »
« I'm sure that I can help someone in cardiac arrest if necessary »



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