BASIC LIFE SUPPORT TRAINING FOR PRIMARY SCHOOL CHILDREN

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PURPOSE

How basic life support (BLS) training for children affects their knowledge and willingness to perform BLS.

METHODS

Between years 2014 and 2016 BLS training was performed to 1941 8th grade (13 years old) and 1740 9th grade (14 years old) primary school children in Ljubljana, Slovenia. Each training was 45 minutes long with up to 28 children per class performed by 2 instructors with use of torso mannequins and automatic external defibrillator (AED) trainer.

At the beginning of training children answered 6 questions about BLS and after few weeks, the same questions were presented to the same group of children (1287 8th grade children and 1117 9th grade children answered).

RESULTS

After the training there was significant improvement in recognising of cardiac arrest ($p<0,001$), in safe approach (8th grade $p=0.013$, 9th grade $p<0,001$), in correct use of AED ($p<0,001$) and in right performance of chest compressions ($p<0,001$) in both grades. In 9th grade more children would help people in cardiac arest ($p=0.003$) (but not in 8th grade ($p=0.79$)).

CONCLUSIONS

Short BLS training for primary school children can improve knowledge about BLS and use of AED.

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