

Teaching Students to Save Lives - Charity Gives Lessons in Emergency Resuscitation to School Children

02 February 2011, Kingsbury, Tamworth: More than 125 pupils from a Midlands school have learned how they could save a life during an awareness and education day.

The pupils from Kingsbury School in Tamworth took part in a full day of workshops (02-02-11), courtesy of The Heart Rhythm Charity, Arrhythmia Alliance and Rapid Aid Community First Responders, who are linked to the West Midlands Ambulance Service.

The workshops used the scenario of a sudden cardiac arrest occurring; Paul Cook and Mike Bennett from Rapid Aid used training "Mini Anne" manikins and Automated External Defibrillators (AEDs) to teach the pupils how to perform Cardio Pulmonary Resuscitation (CPR) and use an AED. Arrhythmia Alliance staff ran simultaneous workshops, teaching the students how to take their own pulse so that they may be able to detect any heart rhythm problem that could lead to cardiac arrest. The pupils then took part in a quiz that tested what they had remembered from the workshops. The student interest and feedback showed the event was highly successful and children all agreed that they would now have more confidence to use CPR and an AED in the event of an emergency.

James Haden-Walker, Citizenship Coordinator at Kingsbury School said, "An informative hands-on experience that made students think and gave them information to make a difference in the future. After the event, students said they wanted more time on learning the skills. A must for any school and an effective way to deliver a vital skill for all - very impressed and many thanks."

News Release

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Kingsbury School may now be interested in placing an AED which would be accessible to anyone in the facility.

Paul Cook of the Rapid Aid Community First Responders said, "We're delighted with the success of the event and hope that these skills will stand the children in good stead in a potential emergency. With the majority of SCAs happening in homes, these skills are essential and may be called upon in the future."

Arrhythmia Alliance is running a national "Restart the Heart" campaign to place AEDs with 24 hour access, in public places, as a way of combating Sudden Cardiac Arrest (SCA), the biggest killer in the UK, which can strike anyone of any age or fitness. The campaign aims to promote awareness and better understanding of SCA and public confidence in use of life saving equipment.

Helping someone who collapses from an SCA with a defibrillator and CPR within minutes, is often their only hope of survival. With CPR alone there is just a 5% survival rate but by using a defibrillator the chance of survival is increased by a further 45%. Survival rates drop between 7-10% every minute without defibrillation.

Trudie Lobban MBE, founder of Arrhythmia Alliance, said, "Arrhythmia Alliance is working with Rapid Aid First Responders to help train young people in confidently using life-saving skills. We have produced resources for schools and can provide fundraising support and workshops for any interested community groups."

Ends

1. For more information, contact Joanna Fearnley at joanna@heartrhythmcharity.org.uk.
2. The A-A website is at www.heartrhythmcharity.org.uk
3. Additional facts can be found in the A-A SCA booklet available from Arrhythmia Alliance



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