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Oregon USA – Community Training

Southern Oregon CPR Initiative: Teaching Hands-Only Adult CPR to 7th-Grade Students

BRIEF BACKGROUND

The goal of the Southern Oregon CPR Initiative is to teach hands-only adult CPR to all middle school students in Jackson County, Oregon each year. Hands-only CPR is the first step in layperson bystander treatment for an adult OHCA. While many CPR/AED certification programs are available, basic hands-only adult CPR is recommended for the public.

STEPS TAKEN

The Southern Oregon CPR Initiative used the AHA CPR AnyTime manikins to teach seventh-graders hands-only adult CPR within a one-hour class period using instructor coaching, a video clip of an actual cardiac arrest and the AHA CPR AnyTime CPR DVD to explain the four steps of CPR:

1. Tap and shout, and if no response;
2. Call 911 (and get an AED);
3. Check for normal breathing, and if not normal breathing;
4. Begin chest compressions

Students practiced chest compressions and the four steps several times to give them the opportunity to learn this basic life-saving skill, which is subsequently reinforced with classroom cumulative test questions.

CHALLENGES

Over the course of the project, the Southern Oregon CPR Initiative faced several challenges, with mixed results. An initial challenge was obtaining the funding for AHA CPR AnyTime kits. Several grants were secured to make the purchase possible, and a Family & Friends CPR AnyTime kit was initially sent home with each student. However, due to the expense and the difficulty in tracking the assignments, organizers switched to reusable kits limited to classroom use.

Obtaining classroom access was also an issue. Stakeholders facilitated relationships with school administrators and teachers who understood the importance of this lifesaving skill. However, recruiting and retaining class instructors/facilitators remains an ongoing challenge, as the program relies heavily on volunteers including on-duty or overtime firefighters, nurse association members and local nursing students. As with many volunteer programs, initial enthusiasm can be quite high until other responsibilities call.



Seventh-grade students learning hands-only CPR.

RESULTS

| School Year | 2011-12 | 2012-13 | 2013-14 | 2014-15 | 2015-16 | 2016-17 | 2017-18 | 2018-19 |
|---------------------------|---------|---------|---------|---------|---------|---------|---------|---------|
| Number of students taught | 284 | 473 | 1496 | 1839 | 1675 | 1840 | 1489 | 1588 |

One student in the program subsequently witnessed her grandfather having a cardiac arrest emergency. She was able to perform hands-only CPR until EMS arrived, and the he survived to hospital discharge.

OUTLOOK

The goal each year is to provide hands-only adult CPR training to all seventh-graders in Jackson County. While the Southern Oregon CPR Initiative is close to meeting this goal, some smaller and private schools are yet to be trained. Additionally, the initiative hopes to develop a self-sustaining program of class instructors/facilitators to keep the momentum going.

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