**Lifesaver: Life-saving Skills Program in the UK**

**BRIEF BACKGROUND**

In the UK, there are more than 60,000 calls to emergency services each year to attend a presumed fatality. Currently, only 30-40% of victims of OHCA receive bystander CPR. In Norway, where the teaching of CPR is mandated in schools, survival rates from bystander CPR are 70%, compared to less than 10% in the UK. And in Denmark, where CPR training in schools has been mandatory since 2005, the chances of recovery from OHCA are triple those in the UK.

Lifesaver is an exciting and innovative way to learn life-saving skills anytime, anywhere and at any age through four action-packed scenarios. Available at no cost, the program can be accessed on a computer, smartphone or tablet, allowing users to learn essential resuscitation skills.

**STEPS TAKEN**

Lifesaver is currently used as a CPR training tool by the South Central Ambulance Service as part of its paramedic training program. Since spring 2013, an estimated one million people have accessed Lifesaver across all platforms. Lifesaver focuses on the CPR skills most likely to save a life:

- Recognizing cardiac arrest
- Calling for help
- Starting chest compressions
- Giving rescue breaths if able to do so
- Using an AED if available

The program provides CPR instructions and feedback through real-time scenarios, inviting users to choose the correct path of action. It teaches how to perform CPR, as well as the ease of using a defibrillator, to boost learning and confidence in saving lives.

There are four scenarios, including content on what to do if someone is choking, how to perform CPR, and how to use a defibrillator. There is also a scenario specifically designed to engage young adults in life-saving education, showing teenagers coming to the rescue when a friend collapses.

In one example of Lifesaver skills in action, user Adam Kelly put his skills to the test 48 hours after accessing the program, saving the life of man having a cardiac arrest.
CHALLENGES

Next steps include the development of innovative ways to encourage wider usage across various groups, and the addition of new scenarios such as the baby/child Lifesaver process.

RESULTS

Conducted in 2017, a randomized controlled trial compared the impact of Lifesaver only, face-to-face training only, and Lifesaver with face-to-face training on CPR knowledge, skills and attitudes in UK school children. Researchers concluded that Lifesaver use, combined with face-to-face training, leads to improved learning outcomes for several key elements of successful CPR.

Lifesaver has also been nominated for and the recipient of several awards, including four gold and one silver at the E-Learning Awards 2013, a Webby award and the IPA best of health award.

OUTLOOK

There are plans to enable Lifesaver to be used as the recognized workplace awareness training for all employees. In addition, a selected Lifesaver scenario was recently developed in VR format targeting teenagers. There is also the potential for integrating Lifesaver VR with CPR manikins to enhance the simulation experience.

CONTACT

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“I can do this.”