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Resuscitation Council UK – Community Training 2

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.

LIFESAVER - Saving lives



Adam Kelly was on a lunchtime run when he witnessed someone collapse from cardiac arrest, he shares his story below.

My wife showed me the Lifesaver App at home one evening and encouraged me to watch the interactive video of what to do when you come across someone having a cardiac arrest. Literally two days later I was on a lunchtime run along Victoria Embankment in London, when I saw a jogger had collapsed in front of me. He had suffered a cardiac arrest, was on his front and gasping intermittently. I knew what to do and had the confidence to do it because of the Lifesaver App. While on the phone with the ambulance service, we (I was joined by another jogger) checked for consciousness (he was unconscious); we moved him onto his back, opened his airway and checked for breathing and pulse (his breathing was only an occasional gasp and we found no pulse). We started chest compressions – at this point a St John Ambulance happened to pass and the crew carried out the compressions. A taxi then pulled over that had a defibrillator in his boot. If I hadn't watched the Lifesaver App video I would have not considered using the defibrillator as I assumed you needed some expertise to operate it. This is not the case – once you attach it to the victim and turn it on, it monitors the heart rhythm and it decides to shock the victim or not. As it turns out, as we were about to use it the Ambulance service arrived and took over. The man was shocked several times on the pavement and was in hospital for several weeks but survived. I cannot recommend the Lifesaver App enough and I have encouraged all my friends and colleagues to look at it – it really is a lifesaver!

July 2015

Lifesaver works

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."



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