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## Scotland – Community (1)

# 15-Minute Lunchtime Lifesaver Training in Scotland

## BRIEF BACKGROUND

East Neuk in Fife, Scotland has a population of 14,000, which increases seasonally to 16,000. Due to its location, the area poses significant challenges for ambulance response times, with a 35-minute transfer time to either of the two major hospitals. Sections of the community, primarily males and females ages 18-45, were not receiving any form of BLS/AED training, making bystander CPR/use of AED unlikely during an OHCA.

## STEPS TAKEN

Since 2009, East Neuk First Responders — a small independent resuscitation charity — has worked with the local community to install 52 PADs to deliver CPR and PAD awareness training, Heart Start, BLS, ELS and accredited first aid training.

Launched in May 2018, the 15-minute Lunchtime Lifesaver program is a hands-only CPR and defibrillator awareness training program, primarily targeting the untrained public in their workplaces. The program's goal is to increase bystander CPR/use of a PAD, and to minimize time to hands on chest and defibrillator use during an OHCA.

Instructors visit workplaces during lunchtime or at the start or end of the work day, based on the businesses' preferences. They follow a set lesson plan of significantly simplified protocol based on an instinctive approach. Trainer AEDs and LED manikins are used, which allow learners to visualize the effects of CPR, while giving feedback on correct depth and rate. Following a brief demonstration, participants work in pairs. The first rescuer initiates a 999 call and carries out CPR, while the second person applies the defibrillator. Roles are then swapped and the session concludes with Q&A.

## CHALLENGES

Accessibility, training duration and level of complexity were factors that had to be overcome to establish a successful program. Moving forward, the greatest challenge is meeting growing demand for the training, as all instructors are volunteers.

## RESULTS

While no tested analysis has been performed, results were gathered from instructors, learners and participating businesses, along with recorded participation numbers. Uptake of the training program by workplaces exceeded expectation with practical participation at 99-100%, compared to 30-60% with previous training models in the area. Learners ranged between 16-72, with roughly 80% having never received CPR or AED training.

In the early stages, instructors consistently reported a marked difference in learners' attitudes compared to more traditional teaching approaches, with significantly more positive comments and questions, as well as confidence in initiating CPR.

## OUTLOOK

Due to the unexpected and exceptionally positive results, all community bystander training in the area is now delivered using the Lunchtime Lifesaver model. The program has also been shared and is being delivered with equal success by other similar community organizations in Scotland.

## CONTACT

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