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South Central Ambulance Service, UK – Community Training

Data Awareness Training Program, South Central Ambulance Service UK

BRIEF BACKGROUND

The South Central Ambulance Service has the highest return of spontaneous circulation in the country at 16.57%, and wanted to increase this figure, giving more victims the best chance at survival. The service was inundated with requests from communities to have a member of the team do a presentation and demonstration. Since they could not accommodate the volume of requests, they created a “train the trainer” model — providing a lesson plan for local volunteers to use in their area to not only promote the importance of CPR and AED use, but to raise awareness of the roles played by Community First Responders (CFRs).

STEPS TAKEN

The Defibrillation Awareness Training (DAT) program was rolled out to a small number of CFRs on a trial basis. Volunteers were trained by South Central Ambulance Service to be able to deliver BLS and AED awareness to any member of the community, with the aim of encouraging more people to perform CPR and use an AED when they encounter a cardiac arrest.

The program provided an overview of basic life support and the recovery position, as well as obtaining and using a public access AED. By the end of the session, learners knew why community AEDs are important, when an AED is needed, how to perform BLS skills and how to confidently use an AED. Learners were also expected to perform a primary survey, place a patient into the recovery position, perform compression-only CPR and use an AED confidently and competently once the training was completed.

The South Central Ambulance Service also participates in the annual Restart a Heart Day event, where over 8,000 people were trained last year.

CHALLENGES

South Central Ambulance Service wants to fulfil its commitment to local communities with their requests for this critical training.

RESULTS

Since this trial, 93 volunteers have been trained. They, in turn, have taught 2,613 members of the public, and year-to-date have seen 40 more incidents where bystanders initiated CPR — the first step to improving OHCA survival rates.

OUTLOOK

With further roll-out of the DAT program, South Central Ambulance Service hopes to exceed last year's target, attempting to train 12,000 potential rescuers. It is also looking at a deployment model to further enhance awareness of this life-saving function.

CONTACT

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