

Teaching BLS to teenagers: is it worth?

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INTRODUCTION

Since 2008 we have developed and progressively introduced a program of Basic Life Support including the use of automated external defibrillators (BLS-AED) for teenagers.

This program was gradually extended to the whole region of Southern Switzerland in order to reach all students (fourteen-year-old) in their last compulsory school year.

At the same time we developed a system of follow-up to trace the teenagers who were confronted with a real Cardiopulmonary Resuscitation (CPR) and to offer the possibility of a debriefing session with health professionals.

METHOD

Paramedics were prepared to teach the youths and held a course on BLS-AED during normal school days according to the recommendations of the European Resuscitation Council.

The students were asked to pass a written and practical exam.

Poster presenters declare that they have no potential conflicts of interest regarding current poster presentation

RESULTS

Period	N. Students	% Tests passed
2008-2009	1347	Not available
2009-2010	3145	99.7

Table 1: Teached students

Period	N. CPR	% Good quality CPR	Survival CPC 1
2008-2010	5	100	1 (20%)

Table 2: CPR by teenagers

During the period between 2008 and 2010 five teenagers were individually confronted with a victim of cardiac arrest and initiated CPR. One patient survived, with a very good neurological outcome.

In all these situations, the EMS professionals on their arrival judged the resuscitation maneuvers of good quality. A debriefing meeting was organized for all implicated teenagers.

CONCLUSIONS

In our experience, fourteen-year-old students are able to learn and carry out a BLS protocol efficaciously. This is a fundamental issue in the view of a cultural change regarding the future of the bystander CPR.