INTRODUCTION
The effectiveness of prehospital Cardiopulmonary Resuscitation (CPR) depends on the actions taken by bystanders within the first minutes of a witnessed collapse. Even if emergency services are fast to arrive at the scene, the survival rate of the patient sinks by 10% with every elapsed minute.

SIGNIFICANCE OF BYSTANDER CPR
The preceding graphic clearly shows the significance of bystander CPR for a potential surviving of the victim. Even during a witnessed cardiac arrest with a fast emergency call and EMS dispatch, a victim will rarely survive if bystanders won’t start immediately with CPR. Source: Breckwoldt, J., adapted

OBJECTIVES
The purpose of the study was to create and to test a resuscitation training concept for primary schools in Luxembourg. Teachers with or without any prior knowledge took part in a two-hour teacher training session in order to be qualified to instruct their students in hands-only-CPR and the use of the AED.

PARTICIPANTS
Three teachers with different prior knowledge about first aid agreed to participate with their classes in this study.

RESULTS
After the teachers received a “train the teacher” training, they performed the instruction of the compression only CPR with the use of an AED with their students. The sequence lasted 3 hours which included 1 hour of theoretical contents and 1 hour of hands-on training with Mini Anne and an AED.

METHODS
To survey the effectivity of the training concept, the students were tested on both their theoretical knowledge and their practical skills. The theoretical knowledge was tested twice in a scripted format. The Ambu CPR Software was distributed once immediately before the instruction and once one day after the instruction. A significant augmentation of correct answers can be observed. Most correct answers resulted of the question how long will you do CPR and what effect will it have?

CONCLUSIONS
The training concept was successful in most instances. Prior knowledge, whilst being an advantage is not a necessity. Teachers without any previous experience were able to instruct their students in hands-only-CPR and the use of the AED after attending a short training session. In future trainings, minor adjustments of the training concept are necessary. In any case, teachers have to follow the curriculum.

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