INTRODUCTION

Sudden cardiac arrest without successful cardiopulmonary resuscitation (CPR) is the third leading cause of death in industrialized nations. Every year about 350,000 people die in Europe after such an event. Many persons in cardiac arrest could be saved if more lay people were to immediately start with resuscitation efforts before the arrival of emergency services generally, after 6-12 minutes and often longer, as the brain starts to die after 3-5 minutes. This is the "Time window for lay resuscitation." In fact, initiation of resuscitation by a lay bystander is associated with a two to four times increase in neurological intact survival. As early initiation of CPR can increase survival rate significantly we have to raise the number and the quality of bystander resuscitation substantially.

In Luxembourg we decided in 2013 to promote actions in cardiac arrest by educating lay public in basic CPR-AED and we started the project « réagis! » for communes and different companies.

In 2015 we developed a project in three secondary schools as we know that children are important multipliers in private and public settings. School children have more facilities to resuscitation training and instructors in schools can communicate the need for serious training in an easier way. This positive experience contributes to the development of the sense of responsibility and the social skills of the children.

I. PROJECT OF CPR TRAINING IN THE COMMUNES OF LUXEMBOURG

OBJECTIVE: increase the number of lay people able to perform resuscitation techniques.

MATERIALS AND METHODS: 2013: Luxembourg Resuscitation Council (LRC) launches « réagis! »

RESULTS: 6 months follow up by questionnaires:

- Students: >80% of satisfaction and acquisition of the knowledges for resuscitation, development of a sense of responsibility and social skills,
- Teachers: >90% of satisfaction and motivation to continue

CONCLUSIONS:

- Students can easily acquire CPR-AED skills, they are very motivated for the training and satisfied with the results
- Trained teachers in CPR-AED are able to instruct their students
- Perspectives:
  - Continue the project
  - Make CPR-AED mandatory in schools in Luxembourg

STUDENTS’ COMMENTS:

"The course was very interesting and helpful"
"It was a pleasure"
"We have to repeat the training"
"Excellent initiative"
"I'm sure that I can help someone in cardiac arrest if necessary"

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We declare no conflict of interest

This poster was supported by the Ministry of Health and Education and by the following educational schools: NOSL-Nordstad-Lycée Diekirch, Lycée de Garçons Luxembourg -LGL, Lycée de Garçons-Esch/Alzette-LGE