

REVIVE A-LIFE PROGRAMME



This booklet serves to provide a description of the *Revive-a-Life Programme (RALP)* to secondary schools.

Funding source

Background information of the RALP

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Funding Source

The *RALP* is funded by a grant from the 'Quality Education Fund'. This grant allows us to organize a series of training and promotional activities to teachers and students of local secondary schools on CPR and AED. The project is led by the Emergency Medicine Unit of the University of Hong Kong. Team members include clinicians, nurses, paramedics and experts in instructional design and project management.

Organized by:
Emergency Medicine Unit
Li Ka Shing Faculty of Medicine
The University of Hong Kong

Funded by:
Quality Education Fund



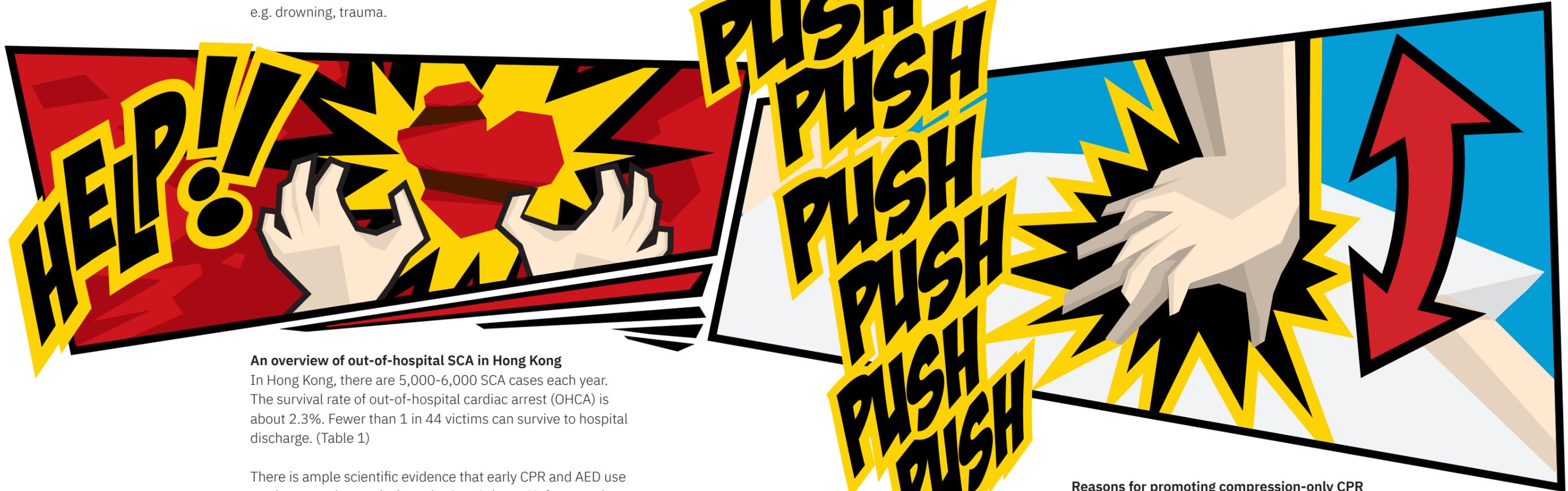
Background information of the RALP

Sudden cardiac arrest (SCA): What is it?

Sudden cardiac arrest is a serious and lethal condition. It refers to a sudden cessation of heart beat that results in inadequate oxygenated blood flow to the brain and vital organs. It can cause death if it is not treated within minutes. SCA can happen in in-hospital and out-of-hospital settings. SCA may result from cardiac causes (structural abnormalities of the heart or electrical conduction abnormalities) and non-cardiac causes e.g. drowning, trauma.

Conventional CPR and compression-only CPR

CPR is an emergency lifesaving procedure. Conventional CPR consists of mouth-to-mouth rescue breathing and chest compression. Compression only CPR (CO-CPR) is chest compression without the delivery of mouth-to-mouth breaths. It is recommended for use by lay persons who witness an OHCA.



An overview of out-of-hospital SCA in Hong Kong

In Hong Kong, there are 5,000-6,000 SCA cases each year. The survival rate of out-of-hospital cardiac arrest (OHCA) is about 2.3%. Fewer than 1 in 44 victims can survive to hospital discharge. (Table 1)

There is ample scientific evidence that early CPR and AED use can increase the survival rate by 2 to 4 times. Unfortunately, a local study found that the bystander CPR rate in Hong Kong was just 28% and the bystander AED rate was even lower at 1.3%. Both rates are comparatively low around the world. (Table 2)

Area	Survival rate (%)
Seattle	19.9
Norway	15
South Korea	8.5
Japan	5.2
Taiwan	4.6
Thailand	4.2
Hong Kong	2.3

Table 1. Survival rate of out-of-hospital SCA victims

Area	Bystander CPR rate (%)
Seattle	66
Norway	54-76
South Korea	40.9
Japan	40.2
Taiwan	31.4
Thailand	15.8
Hong Kong	28

Table 2. Bystander CPR rate

Reasons for promoting compression-only CPR

- A** As effective as the conventional CPR for adults with sudden cardiac arrest.
- B** More acceptable to the public, because some may worry about the transmission of infectious diseases through mouth-to-mouth contact.
- C** Relatively easy to learn. In essence, one only needs to compress the centre of the chest at a specific rate and depth.

CPR MARATHON

心肺復蘇法馬拉松

2018

CPR education at secondary schools:

Local and global perspectives

Hong Kong lags behind many parts of the world regarding CPR and AED education in schools. In fact, teaching CPR in schools in other parts of the world has already gained widespread support. Various professional organizations like the American Academy of Paediatrics, the American Heart Association and the European Resuscitation Council, have endorsed the teaching of resuscitation skills and knowledge to school children. In many Western countries, CPR training has been part of the school curriculum. Norway is probably the first country that has made CPR training a mandatory part of the school curriculum since 1961. In Ishikawa prefecture, Japan, CPR training has been included in high school curricula since 1994. More recently, in more than 30 states in the United States, CPR training is a prerequisite for graduation from high school and annually more than two million high school students are trained. However, in Hong Kong, CPR training is not included in the secondary school curriculum. Hong Kong lags behind, for instance, Norway, by over 50 years.

Review of the COCPR Training Programme by the Emergency Medicine Unit, HKU

Under the project of 'Compression-only CPR Training Programme for Secondary School Students' organized by the Emergency Medicine Unit in 2017, more than 7000 students from 32 schools have been taught compression-only CPR. The feedback from teachers and students on the acceptability and effectiveness of the programme is positive. Almost all teachers participated in the programme have expressed the wish to continue the programme in their schools and are supportive of expanding the programme in content and to other schools. At the conclusion of this project in February, 2018, a CPR marathon, which was a collaboration of different uniformed groups in Hong Kong and partner schools, was held in the Fire and Ambulance Services Academy of the Fire Services Department of Hong Kong. A total of 3025 participants had together made a new world record on doing chest compression consecutively.



Outline for the RALP

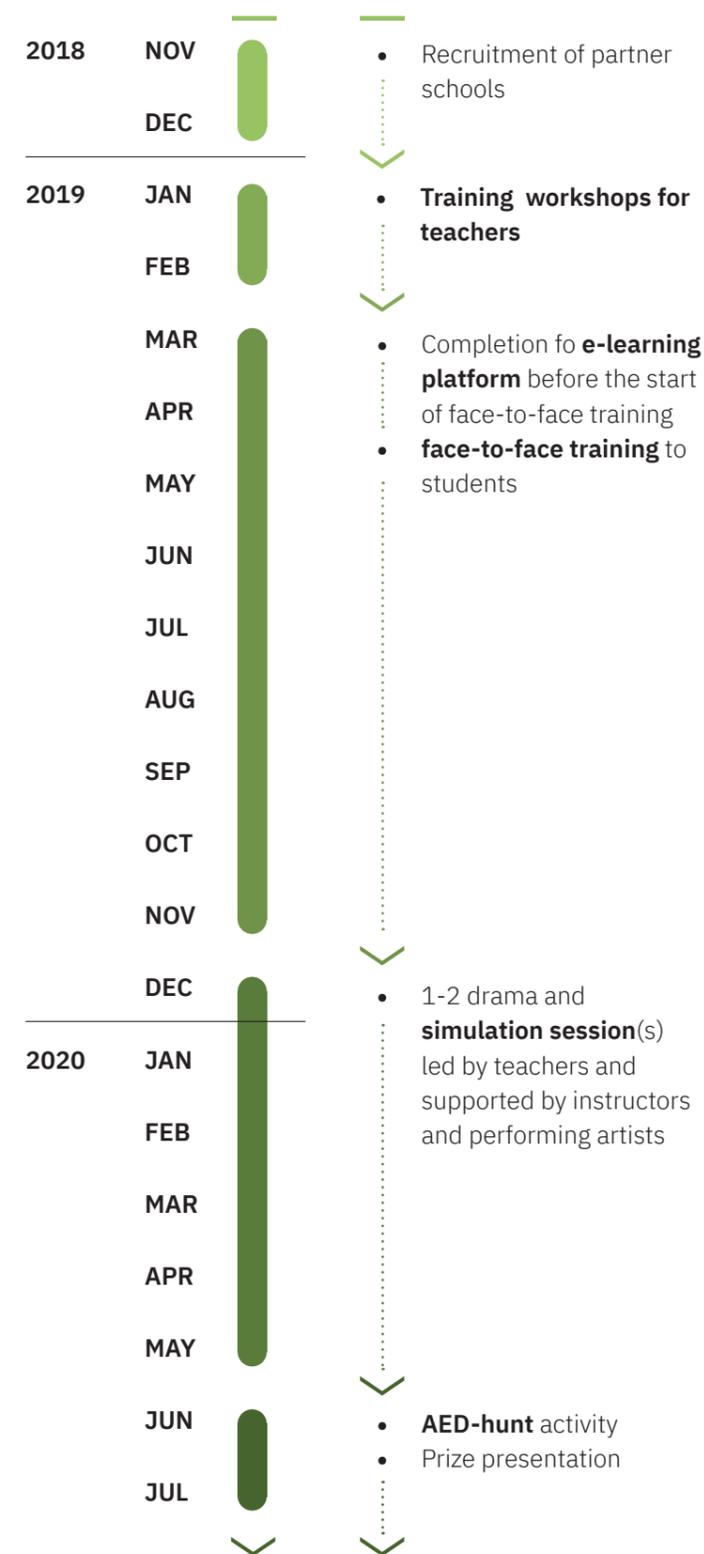
One step forward:

Revive-a-life Programme (RALP)

With the support of the schools participated in the project of the 'Compression-only CPR Training Programme for Secondary School Students' and its encouraging results, the Emergency Medicine Unit has embarked on a new programme that combines COCPR with AED and adopts a new pedagogical methodology – the **Revive-a-Life Programme**. Aside from benefitting victims of OHCA in Hong Kong, this new programme would also supplement and enrich the present secondary school curriculum. Further, this programme not only aims at knowledge and skill transfer but also emphasizing on the moral component of life and death. Above all, it is hoped that a student after going through this programme would be both able and willing to help a person in need.

Programme schedule

RALP spans from November 2018 to July 2020. Fifty local secondary schools will be recruited as partner schools. Briefing sessions to schools, training workshops for teachers, training workshops for students and teacher-facilitated training workshops will be organized in phases.



Pedagogical strategies

This training programme adopts the following pedagogical methods to maximize teaching and learning effectiveness:

- face to face coaching
- interactive web-based learning
- simulation training

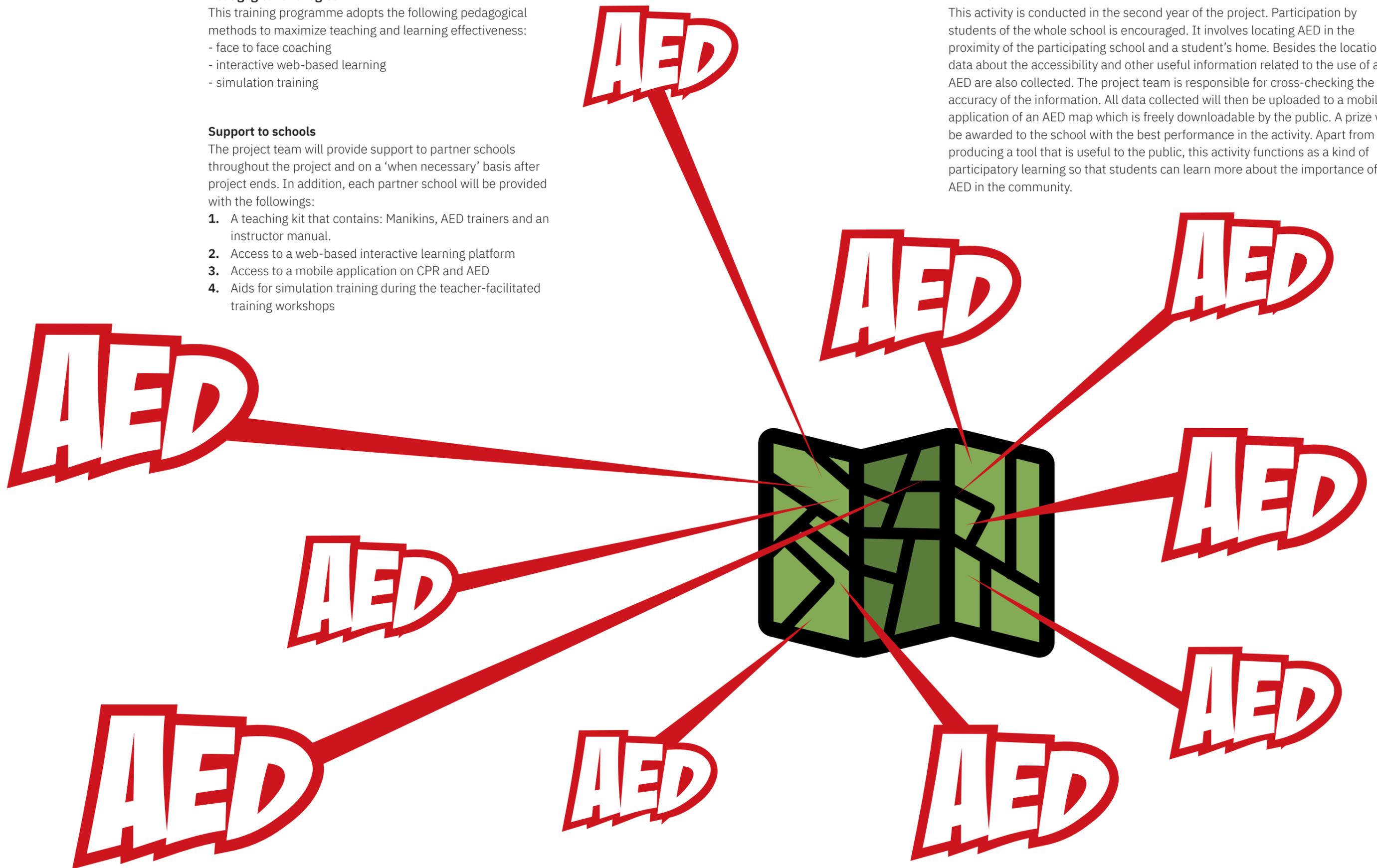
Support to schools

The project team will provide support to partner schools throughout the project and on a 'when necessary' basis after project ends. In addition, each partner school will be provided with the followings:

1. A teaching kit that contains: Manikins, AED trainers and an instructor manual.
2. Access to a web-based interactive learning platform
3. Access to a mobile application on CPR and AED
4. Aids for simulation training during the teacher-facilitated training workshops

AED-Hunt

This activity is conducted in the second year of the project. Participation by students of the whole school is encouraged. It involves locating AED in the proximity of the participating school and a student's home. Besides the location, data about the accessibility and other useful information related to the use of an AED are also collected. The project team is responsible for cross-checking the accuracy of the information. All data collected will then be uploaded to a mobile application of an AED map which is freely downloadable by the public. A prize will be awarded to the school with the best performance in the activity. Apart from producing a tool that is useful to the public, this activity functions as a kind of participatory learning so that students can learn more about the importance of AED in the community.



Contact information

Should you have any queries or require any further information please do not hesitate to contact our project team member Ms. Zoe Hon by email at zoe_hon@hku.hk or by phone at 3917 9311.



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**STAND
CLEAR!**