

## **EVERY CHILD A LIFE SAVER**

A new initiative is under way which will enable every school child to be taught Basic Life Support (BLS) skills in school. In Norfolk this is being pioneered by Jeanne Reynolds and Peter Simpson who both work for the East Anglian Ambulance NHS Trust on front line ambulances.

Having attended many unsuccessful cardiac arrests they carried out research in the USA and discovered that whilst the survival rate in the UK was approx 2% in Seattle, USA the rate was as high as 43% and this was mainly due to the fact that Cardiopulmonary Resuscitation (CPR) is taking place prior to the arrival of an ambulance. These skills are widely used in the USA, they are taught in the community and more important every school child must learn these skills before they can graduate.

With this in mind Jeanne and Peter became affiliated to the British Heart Foundation and successfully applied for a grant enabling them to take these skills to the schools.

This initiative sees them train the teachers in BLS which includes, dealing with an unconscious patient, the recovery position recognition of a heart attack, CPR, choking and the control of bleeding. The teachers will then in turn pass these simple life saving skills onto their pupils as a stand alone or staged programme, these skills can be taught to children of all ages from 5-18yrs. The whole programme takes up only 4 hrs in a school year, but can be taught more frequently if required. The programme also fits into the government initiatives of PHSE, and Every Child Matters.

The Heartstart UK Schools programme is completely free to the schools and includes the cost of supply teachers to cover those on the training day, manikins, video's, training manuals, certificates etc. all of which is funded by the BHF. The Training Pack supplied also sets out in easy stages how the programme can be introduced into school lessons.

Jeanne said "we have found a lot of enthusiasm in schools and teachers can see the benefits. We believe there should be a fourth R – for resuscitation. What we want is for these skills to be part of the school curriculum and with the backing of North Norfolk MP Norman Lamb we have began lobbying the Education and Health Ministers.

Jeanne and Peter started this initiative in May 2005 and so far 200 teachers from 28 schools have attended a training day with more booked on future dates.

Children are the lifesavers of the future and as they grow up will take these skills into their adult life with them.

For more information contact:

Heartstart UK Office  
British Heart Foundation  
14 Fitzhardinge Street  
London W1H 6DH  
Email: [heartstart@bhf.org.uk](mailto:heartstart@bhf.org.uk)

For the Norfolk area:  
Jeanne Reynolds  
Tel 07796 031299  
Email: [Jeanne.reynolds@btinternet.com](mailto:Jeanne.reynolds@btinternet.com)