

# BYSTANDER CPR TRAINING:

## DEVELOPING SKILLS OF EMERGENCY SUPPORTS IN THE COMMUNITY



### Background

Basic Life Support (BLS) is a level of essential medical care and skills to acquire for coping with emergency concerning with life-threatening illness or injuries that may suddenly happen in daily life scenarios. It is useful and maybe critical for victims before they can be given full medical care at a hospital. Despite the fact that most of the shopping malls and venues with high visitor flow or population have installed emergency equipment such as Automated External Defibrillator (AED), not many people in HK believe or know that they can use it. Knowledge transfer to the public on basic emergency medicine is needed.

In collaboration with the community partners, who are also our colleagues and students from Faculty of Medicine, students from all disciplines can acquire basic emergency medicine training which includes, bystander Cardiopulmonary Resuscitation (CPR) training. They can therefore investigate the needs, assess the knowledge in the community and develop strategies to promote and educate the general public with these skills and knowledge.

### Possible Experiential Learning Projects and Activities

1. **No more a bystander:** Students will be trained to develop confidence and knowledge in performing CPR skills. Reflection and discussion can be made on their views and attitude towards emergency life supports before and after training.
2. **Assessment of public attitude and knowledge of CPR:** Out-of-hospital-cardiac arrest (OCHA) is a major emergency care issue worldwide. Despite advancement in medical treatment and technology, the survival rate of victims remains low especially in Asia. Students can conduct assessment activities to investigate the knowledge and awareness of the general public in HK. They may conduct analysis on the findings.
3. **Consolidating community emergency health knowledge and supports:** Students can design and propose solutions and strategies to educate the general public or a specific community with Bystander CPR in collaboration with professionals and trained students. They can also review the strategies from other countries leading in this aspect to advocate policy, educational and mentality change in HK.
4. **Next generations:** CPR training has been made a school curriculum in Norway, Japan and many western countries but not in HK. Students can organize talks, exhibition and activities to engage community stakeholders and even policy makers to review the need for desirable effects in the community.

### Summary

Students can acquire emergency life support skills by receiving bystander CPR training. They can conduct assessment activities to understand the public attitude and knowledge of supports and skills for coping with emergent life-threatening illness or injuries. Strategies and solutions are needed to generate to empower the community of Hong Kong with these basic life support skills and knowledge.

### PROJECT LOCATION



Hong Kong

### COMMUNITY PARTNER



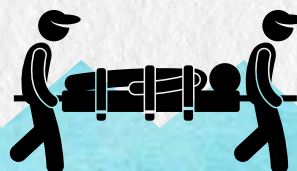
Emergency and the Elderly, a We Are with You (WAY) funded project  
Emergency Medicine Unit, Li Ka Shing Faculty of Medicine

### KEY AREAS



emergency, acute, illness, injuries, CPR, training, community, health, first-aid, education, support, life

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