



Rotary
District 1070



Where can I find further information?

Further details available from Heartwise:

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M: 07976 275038

or from Rotary District 1070:

E: heartwize@rotary1070.org

M: 07774 231098



Resuscitation Training
Programme

the**bmj**awards
WINNER 2017

Chain of Survival



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What is the programme about?

Heartwise aims to ensure that every young person passing through education in Leicestershire has training in Basic Life Support. This includes cardiopulmonary resuscitation (CPR) and the use of an Automated External Defibrillator (AED)

In conjunction with Rotary clubs in the East Midlands and eastern central England we are now extending this to schools and community groups across the region.



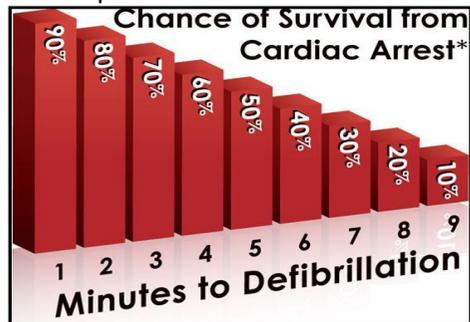
Prompt Action Saves Lives

Minutes are vital

Likelihood of survival decreases by:

7 – 10% per minute without CPR

2 – 3% per minute with immediate CPR



Why is the Programme important?

Cardiac arrest most commonly occurs in adults and is most often associated with coronary heart disease. However, it can also occur in younger people and usually happens if an undiagnosed, pre-existing heart condition is present.

There are around 60,000 out of hospital cardiac arrests every year in the UK. Around half of these are witnessed by family members or bystanders; less than 10% survive the event. This is largely due to insufficient confidence or knowledge of how to recognize and react to this situation.

With immediate action by a trained bystander and rapid access to a defibrillator, survival rates of up to 40% can be achieved. Thousands of lives could be saved.

In countries that have existing school resuscitation training, bystander CPR is more likely to happen, and very much higher survival rates are commonly achieved.

Who is involved with the programme?

The Heartwise primary focus started with secondary education in Leicestershire, in the first instance with Year 10 students. Our trainers are volunteers from a range of backgrounds. They deliver training in schools alongside our coordinators who will then support the school to build a sustainable training scheme that fits in with the schools' resources and schedules.

Heartwise and Rotary clubs across eastern central England have teamed up to widen the scope of the activity, delivering practical training in CPR and the use of defibrillators across Leicestershire, Rutland, Northamptonshire, and parts of Lincolnshire & Cambridgeshire. We are visiting schools, community groups, sports clubs and other projects of all types.

Chain of Survival



Achievements to date

- 85% uptake in Leicestershire schools
- Over 20,000 students and 500 school staff trained
- 93 AED's placed in Leicestershire secondary schools.
- Engagement with universities and community groups
- Training delivered to over 700 Rotarians and nearly half the Rotary clubs in the area
- Won 2 prestigious national awards in recognition of our work so far.