In Safe Hands: CPR Education for Adolescents

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Structured Abstract

LOCAL PROBLEM
Many adolescents with ages ranging from 11 to 14 years old fall under the “latch-key” category and are left alone or with siblings after school and on the weekends due to the increasing cost of childcare in the Gadsden, Alabama region. Accidents requiring prompt cardiopulmonary resuscitation (CPR) may happen at any time. With emergency medical service (EMS) arrival times being anywhere from 10-20 minutes, the need for immediate administration of CPR is critical. With formal CPR education for the students in the Gadsden City School system being essentially nonexistent, an age-appropriate program was developed to educate the students on how to perform CPR.

PROJECT PURPOSE
The purpose of this project is to formulate an age-appropriate class to provide students with the knowledge to recognize when CPR is needed, and for the students to gain confidence to react resourcefully if these emergencies were to occur.

METHODOLOGY
Neuman’s model is an approach to protect the human from excessive stress. This model was chosen due to the school aged population assumingly not having experience dealing with emergency situations. A 60-minute class was designed to teach sixth, seventh, and eighth graders how to recognize the need for CPR, how to correctly perform CPR, and how to react safely during an emergency situation. Questionnaires were administered before and after the class. The student’s questionnaires addressed their confidence levels in performing CPR, past experience in CPR, and knowledge of how to perform CPR.

RESULTS
After analyzing the test results, the need for formal CPR classes became apparent. Initially 62% of the students stated they were comfortable performing CPR, and after the class there was an increase to 94%. Additionally, confidence levels rose from 29% to 68% after hands-on practice with the CPR mannequins.

IMPLICATIONS FOR PRACTICE
The students responded well to the CPR education and hands-on training. When asked if annual classes would make them more confident, each student was in agreeance. The educators at the site who were also involved with the training set-up and responded positively to idea of continuing annual CPR education for the students. The main concern is the cost of the schools implementing the CPR training classes and should be addressed with the school administrators.
Keywords: CPR, adolescent CPR training, CPR in schools

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