

# Victorian Safe Communities Network Conference

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# 4 Steps for Life

## CPR Video Awareness Program

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# Background

- Targets cardiac arrest and CPR education to community groups with members over 50 years of age
- This group is statistically more likely to witness a cardiac arrest, but less likely to uptake education through traditional First Aid training courses
- Part of the Pre-Ambulance Basic Life Support (PABLS) suite of programs



# PABLS (Pre-Ambulance Basic Life Support)

\$3 million per annum invested in 4 programs

- Public Access Defibrillation
- CERT – Community Emergency Response Teams
- EMR – Emergency Medical Response by the Metro Fire Brigade
- CPR awareness – 4 Steps for Life



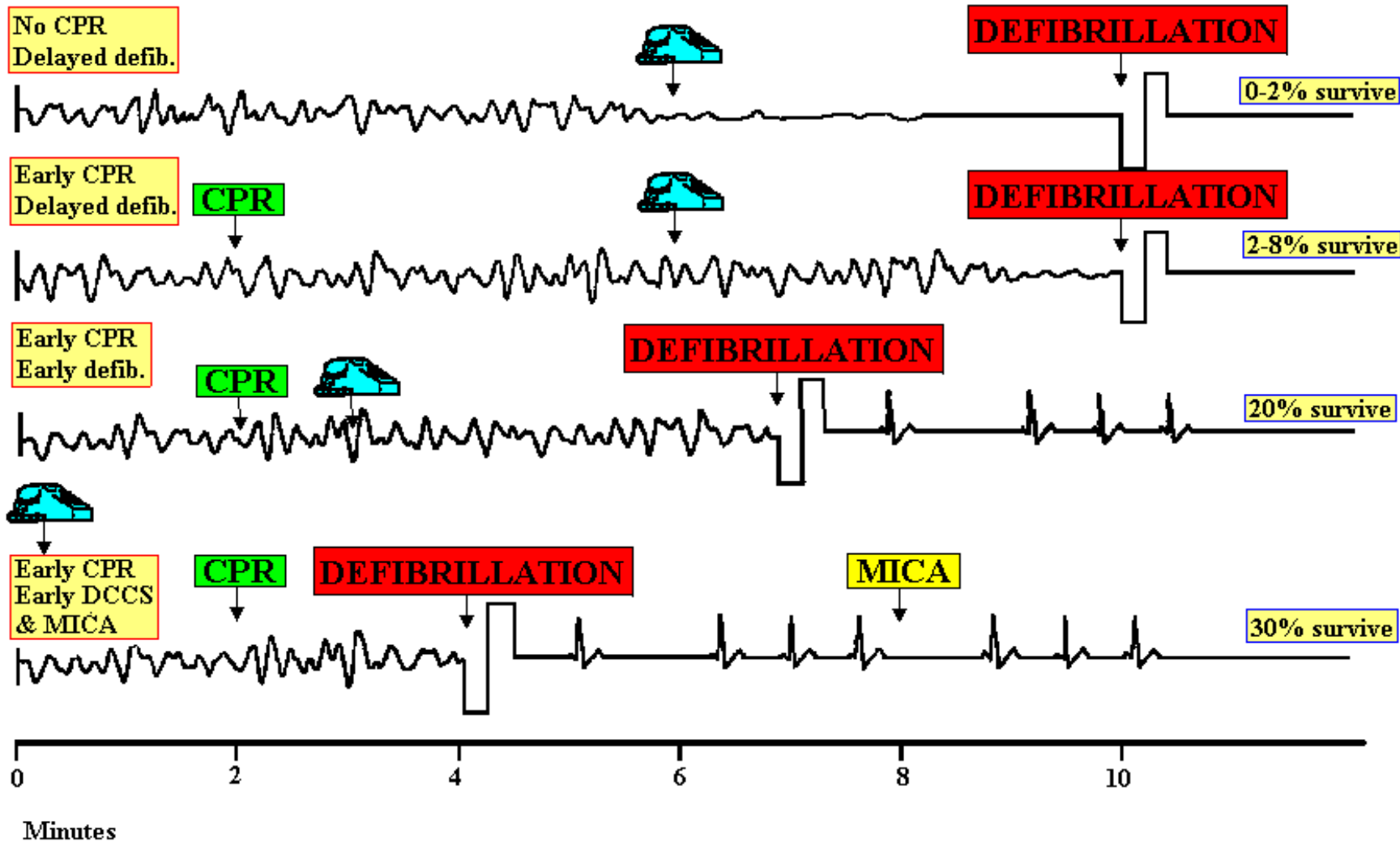
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# Chain of Survival

- Early Access to Emergency Care
- Early CPR
- Early Defibrillation
- Early Advanced Care





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# 4 Steps for Life Program

- 76% of cardiac arrests occur in the family home
- Successful 'Key to Survival' CPR free training – 100,000 over 2 years
- 50+ age group most likely to suffer cardiac arrest
- Least likely age group to undertake formal training
- Practise is the key!





# The 4 Steps

- 1. Dial 000 for an Ambulance
- 2. Open the Airway
- 3. Breathe mouth to mouth
- 4. Pump the chest





# Method

- Based on evidence that self-instruction using television or video can be as effective as a classroom based CPR training program
- Simplification of the training to the critical steps required to assist a person in cardiac arrest
- Peer-education model. CPR Champions from community groups are sought to independently run the program within their own groups for their own members



# The Kit

- Information pack including Q&A sheet
- Video – 20 minutes
- Pillow Pals
- Magnets to take home
- Evaluation



# Translated Versions

- Largest groups within demographic 50 - 70
  - Italian
  - Greek
  - Vietnamese
  - Chinese (Cantonese)
- Translated video, magnets and Q&A



# Roll Out

- Target: 8000 English, 2000 Translated
- 1500 CPR Champions to date
  - Support of local Councils to engage community groups
  - Key groups targeted; Neighbourhood Watch, Probus, RSL, Bowls, CIVic
  - Cardiac Rehabilitation Groups
- Koori strategy



# Evaluation

- Champions indicate that the majority of participants were enthusiastic and enjoyed the practise session
- Majority of Champions found the kit easy to understand and follow
- Most feel confident to and plan to run future sessions
- Participant forms highlight that most participants confidence had risen from 'no/slightly confidence' to 'confident/very confident'. This indicates a definite perception shift
- Learning is easier than most people thought
- Many groups requesting further info and is encouraging people to consider a First Aid course



# Further information

**1300 550 472**

**[www.ambulance.vic.gov.au/cpr](http://www.ambulance.vic.gov.au/cpr)**



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