



## CPR and AED training for thousands of island students

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***Advanced Coronary Treatment (ACT) Foundation teaches CPR and AED training to thousands of BC students each year.***



A class of students at Highland Secondary School in Comox is the latest in Canada to be trained in Cardiopulmonary Resuscitation (CPR) and how to use an Automated External defibrillator (AED).

“I’ve got a good understanding of CPR and so if I needed to perform it I could” grade 10 student Georgia Veale told

## CHEK News.

The Advanced Coronary Treatment (ACT) Foundation is providing free CPR and defibrillator training programs in schools throughout BC and Canada and provides the equipment so teachers can train more students every year.

“Stay clear of patient. Analyzing heart rhythm. Shock delivered” the voice on the AED machine informs Veale and fellow student Hayley Rae who are hunched over a training mannequin.

“In hundreds of high schools across the country over 3.6 million students across Canada have now been trained by their teachers in CPR so they now know how to save lives” said Sandra Clark, Executive Director of the ACT Foundation.

That is like music to the ears of Lance Stephenson, Director of Patient Care Delivery for BC Ambulance on Vancouver Island.

He says when his crews respond to cardiac arrest calls, CPR is often already in progress, a family member being instructed what to do over the phone by a 911 operator.

“We have CPR in progress in a lot of cases where in fact the heart has stopped but if they have training it’s a more enhanced CPR, a more effective CPR” he said.

A cost-sharing program with the Comox Fire Department has seen 30 AED’s put in businesses and community buildings in Comox in just the last five years.

“The piece we were missing for many years was the trained people so this is great to see the schools step up and start training the students to do this because now we’ll have hundreds if not thousands of people trained to use these devices” said Comox Fire Chief Gord Schreiner.

“I think it’s definitely important because you know you never know when you’re going to run into a situation where you need to handle and if you don’t have help you need to be able to do it yourself” said Rae.

“We’ve seen children as young as nine years old doing CPR on relatives, on parents and so on and so forth that have actually saved lives” added Stephenson.

Early CPR combined with early defibrillation can increase a cardiac arrest victim’s chances of survival by up to 75% and now more students than ever will be trained to do just that.