



DRIVING SCHOOLS: AN IDEAL PLACE TO TEACH HOW TO SAVE LIVES



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DRIVING SCHOOLS can have an immense impact on teaching how to perform CPR and use of Defibrillators.

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Background: As elementary and secondary school are mandatory for Education , frequenting driving schools is mandatory to obtain a driving license. A lot of programs in the last years are being developed in order to realize one of the core aims of the ERC- European Resuscitation Council ambitioning : "... *that all children leave school knowing how to perform CPR and use an AED*". For young people who hadn't have a chance to learn or become instructed at school, the Driving School could be an ideal, and probably the last mandatory!, place to inform and instruct them about how to perform CPR and use of the AED.

Aim: Investigate the feasibility of teaching how to perform CPR and to use a Defibrillator in Driving school lessons, and evaluate the basic knowledge of Cardiac Arrest, the basic skills of CPR , the basic knowledge and skills about the use of an AED- Automated External Defibrillator, and the personal attitude and behavior towards Saving lives-Resuscitation, *Before and After* the lesson.

Methods: In one single lesson of 60 minutes, driving school pupils attending the theoretical part of their mandatory program to obtain their driving license, the Basic knowledge of Cardiac Arrest , the basic skills of "Hands Only Reanimation" and the basic knowledge of how to use an Automated External Defibrillator- AED were introduced and taught. A questionnaire was filled out before and after the lesson concerning General knowledge about the argument, the skills of CPR and AED and the personal behavior and attitude towards Resuscitation.

Results: In a 36 months study, a total of 1200 pupils, Ages between 16-20 years, were included in this One-Center-Study (n=1200). 85% before the lesson had never received clear information concerning the argument Cardiac Arrest and Resuscitation skills. 85% had never been instructed of how to perform CPR and so felt themselves not ready to do so. 95% Before the lesson had never obtained clear information about the AED and so never thought of themselves to be able to be in a position to use the AED to save a Life. Before the lesson only 15 % of the pupils would have performed CPR on a person in Cardiac Arrest and only 5 % would have used the AED. After the lesson: All pupils were adequately informed about the argument. From the pre-lesson percentage of the pupils who would perform CPR it rose after the instructive lesson to 90%. And of the initial percentage to use an AED of 5%, it rose to 85%. The behavior and the attitude changed significantly before and after the lesson.

Conclusion: Informing and instructing pupils attending lessons at driving schools, using the fact of these lessons being mandatory is feasible and can immensely increase their knowledge about Cardiac Arrest and Resuscitation, how to perform CPR and use an Automated External Defibrillator and, in our eyes most importantly: affect significantly positive, their behavior and attitude towards their individual and that of others' important role in Saving Lives. The two most important factors that lead to this attitude shift were: simply INFORMING these pupils (lay persons) and giving them the possibility to PRACTICE on a manikin.

Two positive observations, not intended by the study, was that through this period of the study, a number of Driving School owners-instructors themselves- felt encouraged to acquire Defibrillators and to locate them in the driving schools offering them to be for Public use in case of need. It has shown to be a win-win situation for the Community and for the Driving school itself concerning its' Visibility of the didactic role of driving schools in Saving Lives and public health in addition to the Respect of Traffic laws and the know-how of driving. The second observation was that a lot of pupils asked if the driving school offered other informative lessons so they could bring/inform/encourage friends and family members to attend.

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The Co-author has decided to republish the article with another personal title.

