



COMMUNITY-ENGAGED LEARNING

BYSTANDER CPR

PATHWAY: FIRST RESPONSE

Initiative Description

Bystander CPR is a training outreach program. Students are trained in Bystander CPR and train others in the community how to respond to situations ranging from a cardiac arrest, and choking to extreme bleeding requiring tourniquets. In addition, students ride along with Hampton Roads Fire and Rescue Squads to see firsthand some of the challenges first responders face. They perform needs-assessment surveys and use GIS mapping to determine training areas of greatest priority.

Annual Student Activities

- 70-80 students in the initiative thus far.
- Bystander CPR students ride along with Norfolk Fire and Rescue (NFR) personnel—first-hand challenges experience.
- Over 2,000 Community Members trained, over 1,000 responding to knowledge surveys.
- Norfolk City Hall employee trained by EVMS witnessed an arrest, responded, and saved a life the day after our Bystander CPR training. Research recently accepted to the American Heart Association Scientific Sessions Conference.
- Helped to increase Bystander CPR Rate from 12% in 2013 to over 26% today.

Community Outcomes/Results

- ↓ Hampton Roads cardiac arrest deaths
- ↑ Bystander CPR trained people in target communities and Hampton Roads
- ↑ Current Bystander CPR rate

Facilitator

Philip McCoy, MD, MPH
Barry Knapp MD, RDMS, FACEP

Partners

- City of Norfolk
- Norfolk Fire Rescue
- Brock Institute of Community and Global Health
- American Heart Association (AHA)
Pulse Point Foundation
- Norfolk Public Schools

The Need

- Local Bystander CPR assist rate: 12%
- National Rate: 32%
- Norfolk rate of return of spontaneous circulation: 16%
- National average: 34%
Cardiopulmonary resuscitation (CPR) can greatly improve the odds of neurologically intact survival from cardiac arrest

Certification or Qualification

BLS Instructor Certification