

WCC 2018 Abstract Submission

Epidemiology / Prevention / Health Promotion / Physical Activity / Advocacy

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"SCHOOL FOR LIFE" (LIFE STYLE FOR LIFE PROJECT): CULTURE OF PREVENTION OF CARDIOVASCULAR DISEASES, EARLY RESUSCITATION AND DEFIBRILLATION IN SCHOOLS.

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I agree with the above statement: Yes

I want my abstract to be consider for: Eposter only

I would like to apply for a Early Career Investigator Award: No

Introduction: In western countries, cardiovascular diseases is still the leading cause of death. Most of these are due to coronary and risk factors and are modifiable, such as poor nutrition, sedentary life, smoking and alcohol. Particularity in Italy every year 60 thousand people die of sudden cardiac death, 70% of whom are due to coronary heart disease. Cardiopulmonary resuscitation CPR and early defibrillation (within 5 minutes) are the principal interventions that affect survival

Objectives: School for Life is an innovative training project to raise awareness and educate student on 3 principles: following correct lifestyles, learning to use AED and finally learning BLS/D manoeuvres

Methods: School for life is aimed at both teachers and pupils in primary, secondary and high schools for 12 hours in three years, with the aim of making the school autonomous and training teachers so that they can independently repeat each year the teaching BLS/D maneuvers to pupils. By joining the campaign WHO's "25by25" campaign students are taught about cardiovascular risk factors and the right lifestyles, by creating digital media and posters. The learners learn through interactive activities, class lessons and practical sets diversified for different school levels with aed trainer; they also receive the teaching material to continue lessons independently and the certificate of participation. To verify who you are given a background and learned knowledge, pre/post-questionnaire is delivered

Results: From February 2014 to March 2018, 2300 teachers were trained by installing 196 AEDs were installed in schools. The project involved 250 high school classes with 5500 students, 145 middle school classes with 3069 students as well as 276 classes and 5852 primary school. 14425 students have correctly learned BLS/D, thanks to one hour of training. After two years of 560 student out of 600 of primary and secondary schools were able to correctly perform BLS/D. The 24,8% said they started smoking at the age of 12. The 50,1% of high school don't practice sports or any physical activity and 52,8% of them eat breakfast correctly. The 53,5% said healthy eating was "quite"

Image/graph I:



Image/graph II:



Conclusion: School for life is an important method of engagement to spread the importance of prevention of cardiovascular diseases, early resuscitation and defibrillation in schools, with a view improving public health

Disclosure of Interest: None Declared