



# KIDS SAVE LIVES

Bernd W. Böttiger

Department of Anaesthesiology and Intensive Care Medicine, University of Cologne



EUROPEAN  
RESUSCITATION  
COUNCIL

YOUR HANDS CAN SAVE LIVES!



**What touched me most in the last years ...**



EUROPEAN  
RESUSCITATION  
COUNCIL

YOUR HANDS CAN SAVE LIVES!



**What touched me most in the last years ...**



**Nic, 12 years**



**Kea, 16 years**



EUROPEAN  
RESUSCITATION  
COUNCIL

YOUR HANDS CAN SAVE LIVES!



## My (further) Conflicts of Interest

♥ Director Science and Research,  
European Resuscitation Council (ERC)



♥ Chairman, German Resuscitation Council (GRC)



GERMAN RESUSCITATION COUNCIL  
DEUTSCHER RAT FÜR WIEDERBELEBUNG

♥ Board Member, DGAI & DIVI



Deutsche Gesellschaft für Anästhesiologie & Intensivmedizin



EUROPEAN  
RESUSCITATION  
COUNCIL

YOUR HANDS CAN SAVE LIVES!



## Of What Will We Die ?

### Cardiac Arrest: A Public Health Perspective

Dawn Taniguchi, MD<sup>a</sup>, Amy Baernstein, MD<sup>b</sup>,  
Graham Nichol, MD, MPH<sup>c,\*</sup>

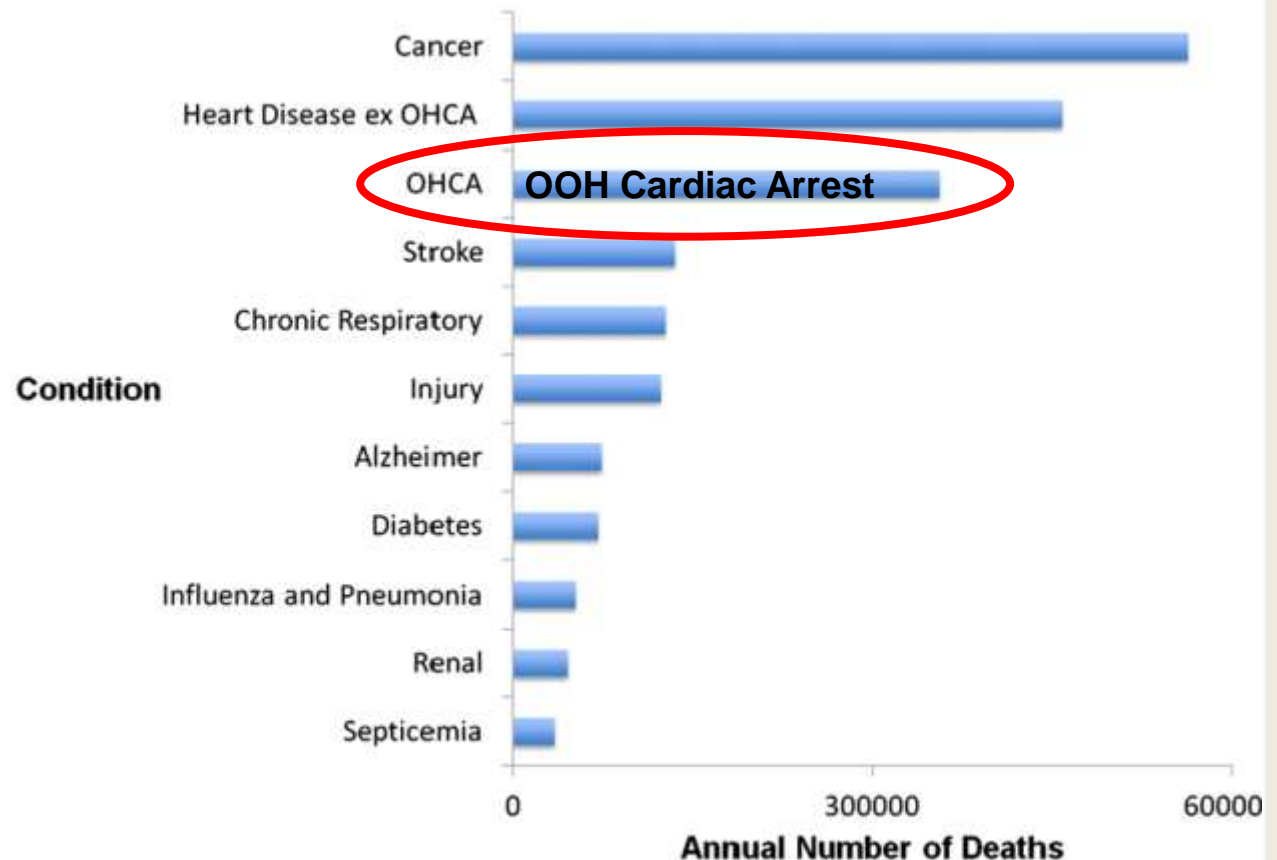


Fig. 2. Leading causes of death in United States.



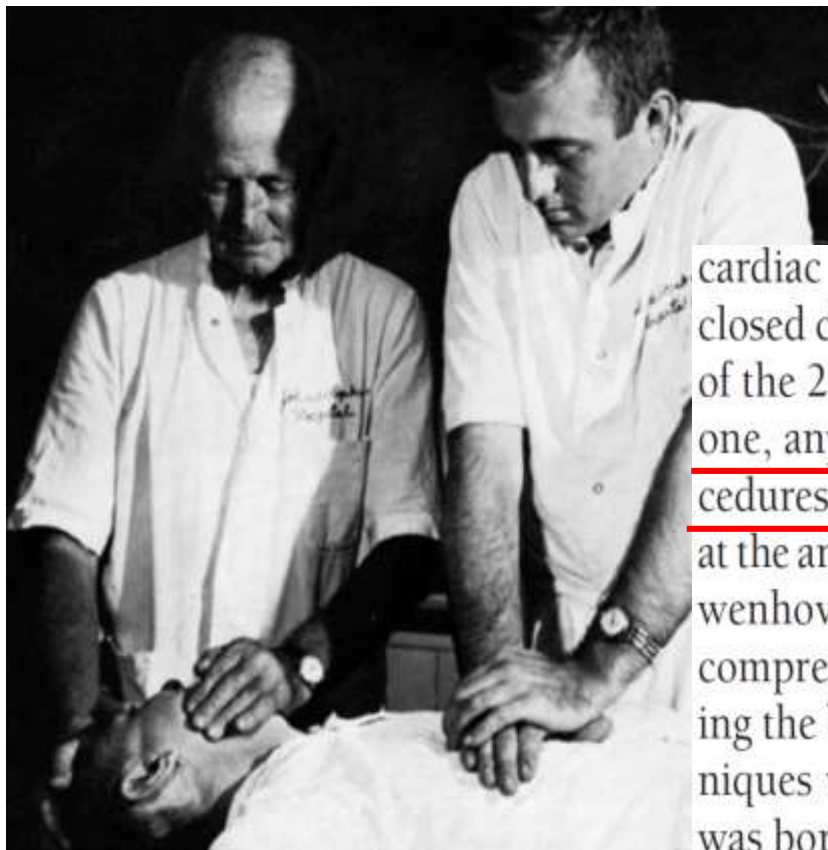


EUROPEAN  
RESUSCITATION  
COUNCIL

YOUR HANDS CAN SAVE LIVES!



## Cardiopulmonary Resuscitation (CPR)



♥ 1961 – Baltimore:  
W. Kouwenhoven, G. Knickerbocker

cardiac arrest. Using their newly discovered technique of closed chest compression, they successfully resuscitated 14 of the 20 patients. The authors write in their article: “Anyone, anywhere, can now initiate cardiac resuscitative procedures. All that is needed is two hands.”<sup>1</sup> Two months later at the annual meeting of the Maryland Medical Society, Kouwenhoven and Jude demonstrated the technique of chest compression and Peter Safar, MD, shared his data supporting the benefit of mouth-to-mouth ventilation. The 2 techniques were combined at that meeting, and modern CPR was born.



EUROPEAN  
RESUSCITATION  
COUNCIL

# What is Most Important ?

YOUR HANDS CAN SAVE LIVES!



EUROPEAN  
RESTART  
A HEART  
— DAY —

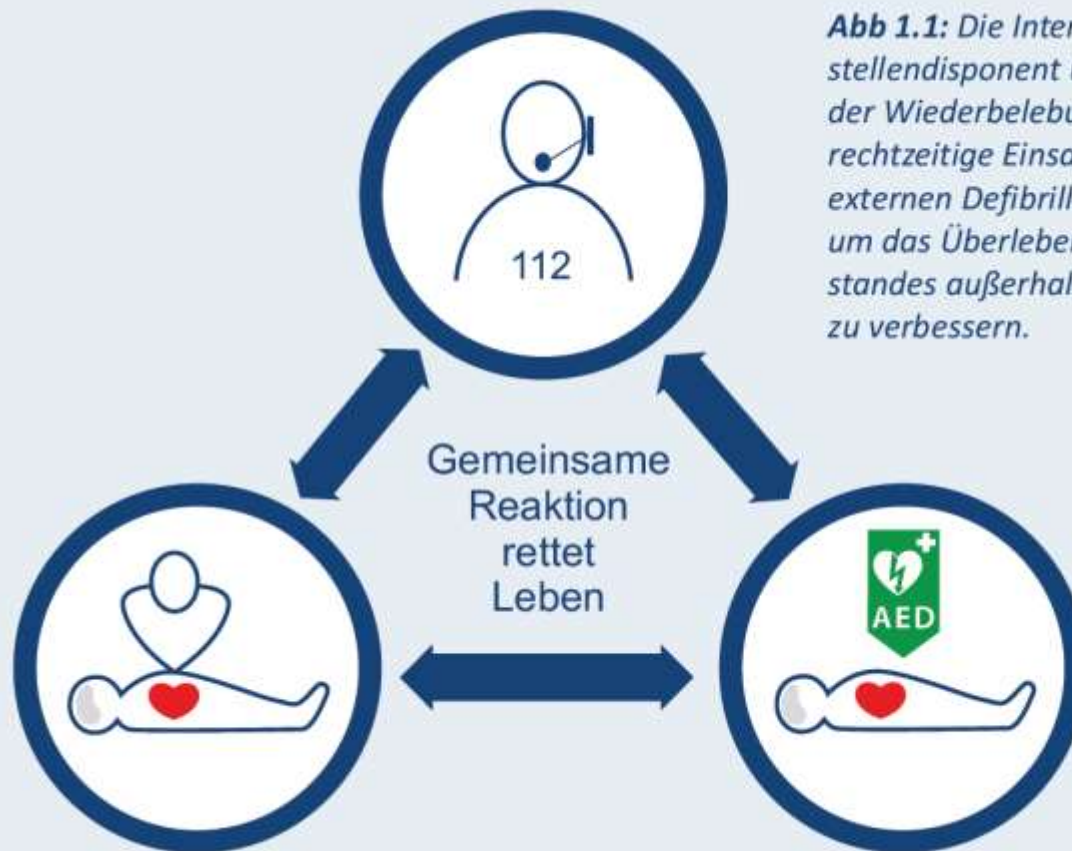


EUROPEAN  
RESUSCITATION  
COUNCIL



## Avoidance of Brain Damage With Lay-Resuscitation

*Abb 1.1: Die Interaktion zwischen Leitstellendisponent und dem Notfallzeugen, der Wiederbelebung durchführt, sowie der rechtzeitige Einsatz eines automatisierten externen Defibrillators sind der Schlüssel, um das Überleben eines Kreislaufstillstandes außerhalb eines Krankenhauses zu verbessern.*



**New in  
ERC-  
Guidelines  
2015**





EUROPEAN  
RESUSCITATION  
COUNCIL



YOUR HANDS CAN SAVE LIVES!



## Low Rates of Bystander-CPR

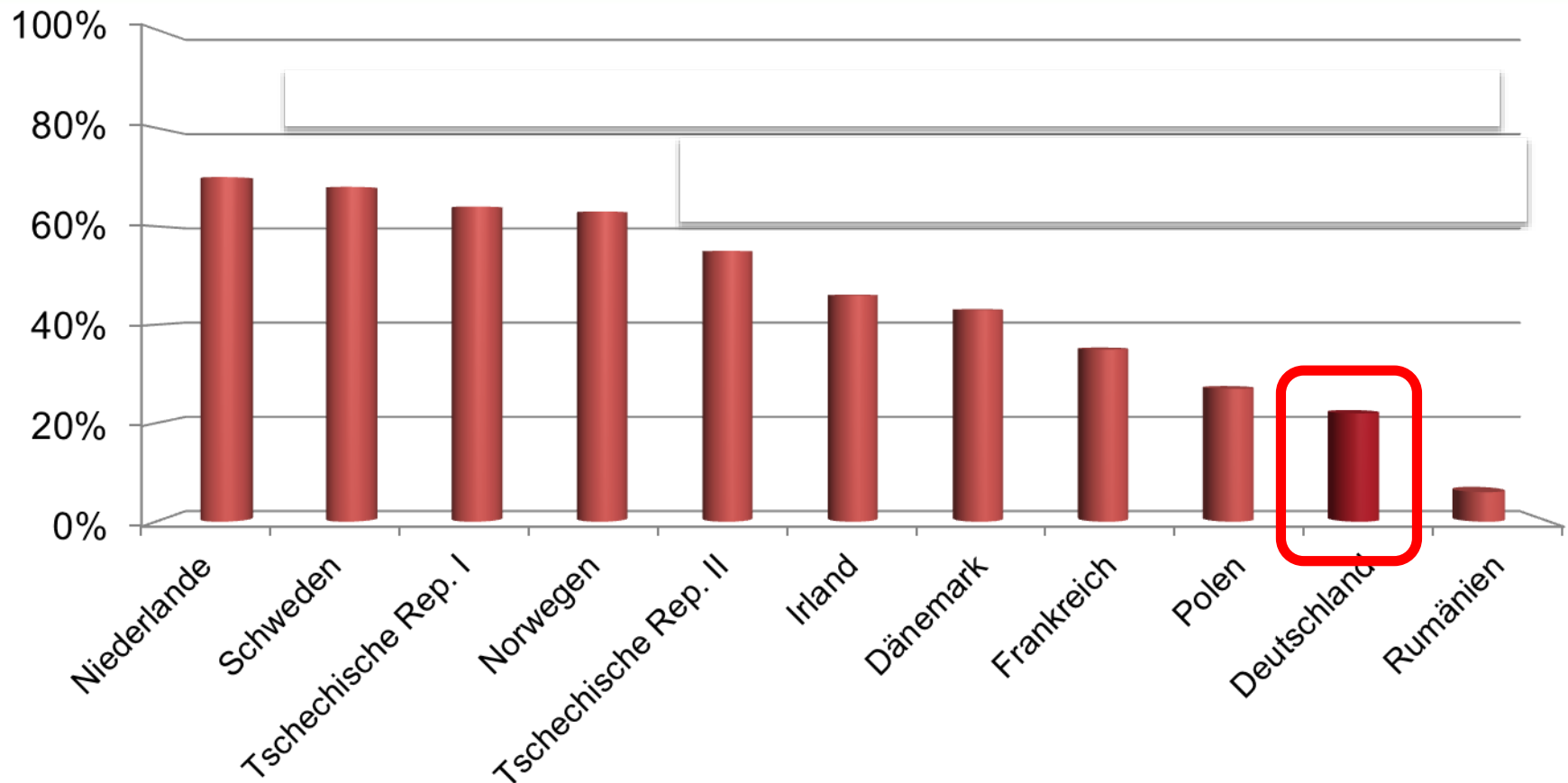


Figure 3. Survival Following Out-of-Hospital Cardiac Arrest, 2001-2010

Increase

Mand  
in ele

Percentage

40

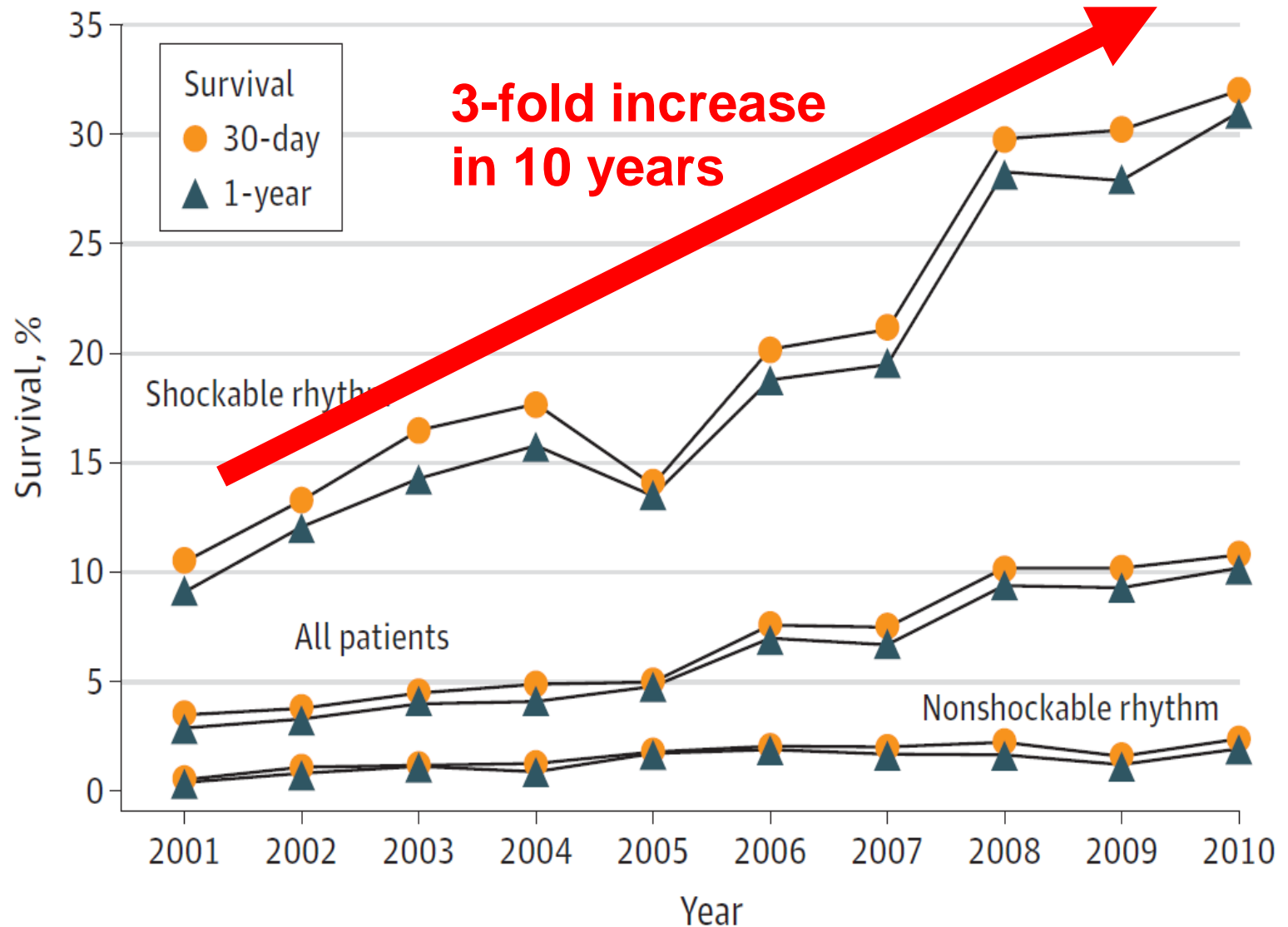
30

20

10

0

2000





EUROPEAN  
RESUSCITATION  
COUNCIL

YOUR HANDS CAN SAVE LIVES!



## The Most Important Approach ...





EUROPEAN  
RESUSCITATION  
COUNCIL

YOUR HANDS CAN SAVE LIVES!



EUROPEAN  
RESTART  
A HEART  
— DAY —



**Kea Metje: „I just have taken my  
friend and we have started ...“**



# Education Must Start Early ...



YOUR HANDS CAN SAVE LIVES!



# CPR and Politicians ...



EUROPEAN  
RESUSCITATION  
COUNCIL



YOUR HANDS CAN SAVE LIVES!



ein Leben  
retten

100 Pro  
reanimation







EUROPEAN  
RESUSCITATION  
COUNCIL

YOUR HANDS CAN SAVE LIVES!



## POSITIVE Social Side Effects

♥ A belgium male pupil following CPR training  
in a social hot spot:



UNIKLINIK INTERN

ZEITUNG FÜR DIE MITARBEITERINNEN UND MITARBEITER DER UNIKLINIK KÖLN - OKTOBER 2013

„For the first time  
have touched a heart  
him or her immediately



# School Commission of German Ministers of Education, June 6, 2014:

„2. The School Commission recommends the nationwide implementation of modules of **2 hours / year** on the topic „resuscitation“ in all schools **from class 7 on** and suggests to train teachers accordingly.“

Es wird beso

1. Der Sch  
Pflichtur  
und nim

2. Er befür  
in dem  
gangsstu  
lassen.



Deutscher  
Rat für  
Wiederbelebung



German  
Resuscitation  
Council



**Curriculum for  
school children education**  
Ausbildungskonzept für einen  
Reanimationsunterricht  
innerhalb der Schul-Curricula  
in Deutschland\*

Mai 2013

[www.grc-org.de](http://www.grc-org.de)

Dieses Ausbildungskonzept wird gemeinsam getragen von den im Deutschen Rat für Wiederbelebung – German Resuscitation Council (GRC) e.V. zusammen arbeitenden Organisationen:

Kids



World Health  
Organization

20, AVENUE APPIA – CH-1211 GENEVA 27 – SWITZERLAND – TEL CENTRAL +41 22 791 2111 – FAX CENTRAL +41 22 791 3111 – WWW.WHO.INT

Resuscitation 94 (2015) A5–A7



Contents lists available at ScienceDirect

Resuscitation

journal homepage: [www.elsevier.com/locate/resuscitation](http://www.elsevier.com/locate/resuscitation)



Editorial

Kids save lives –  
Training school children in cardiopulmonary resuscitation worldwide  
is



**... for the first time  
in the Guidelines now !**

granted on the following conditions:





**C**heck



**C**all



**C**ompress

746 Mio.

Overall spreading of the campaign

4.600

Mal wurde der Aktionskoffer  
heruntergeladen

9 Every inhabitant was reached –  
in mean – 9 times

838

Beiträge in Print, Online  
und TV

22.000

Interaktions on  
Facebook with fans

360.000

People were trained in CPR

74%

Der Beiträge enthalten  
mind. eine Kernbotschaft

14

TV-Beiträge während  
der Aktionswoche

50.000

Visitors on website since January 2013

100.000

Views on YouTube since August 2013

519.000

Hits on Google

300

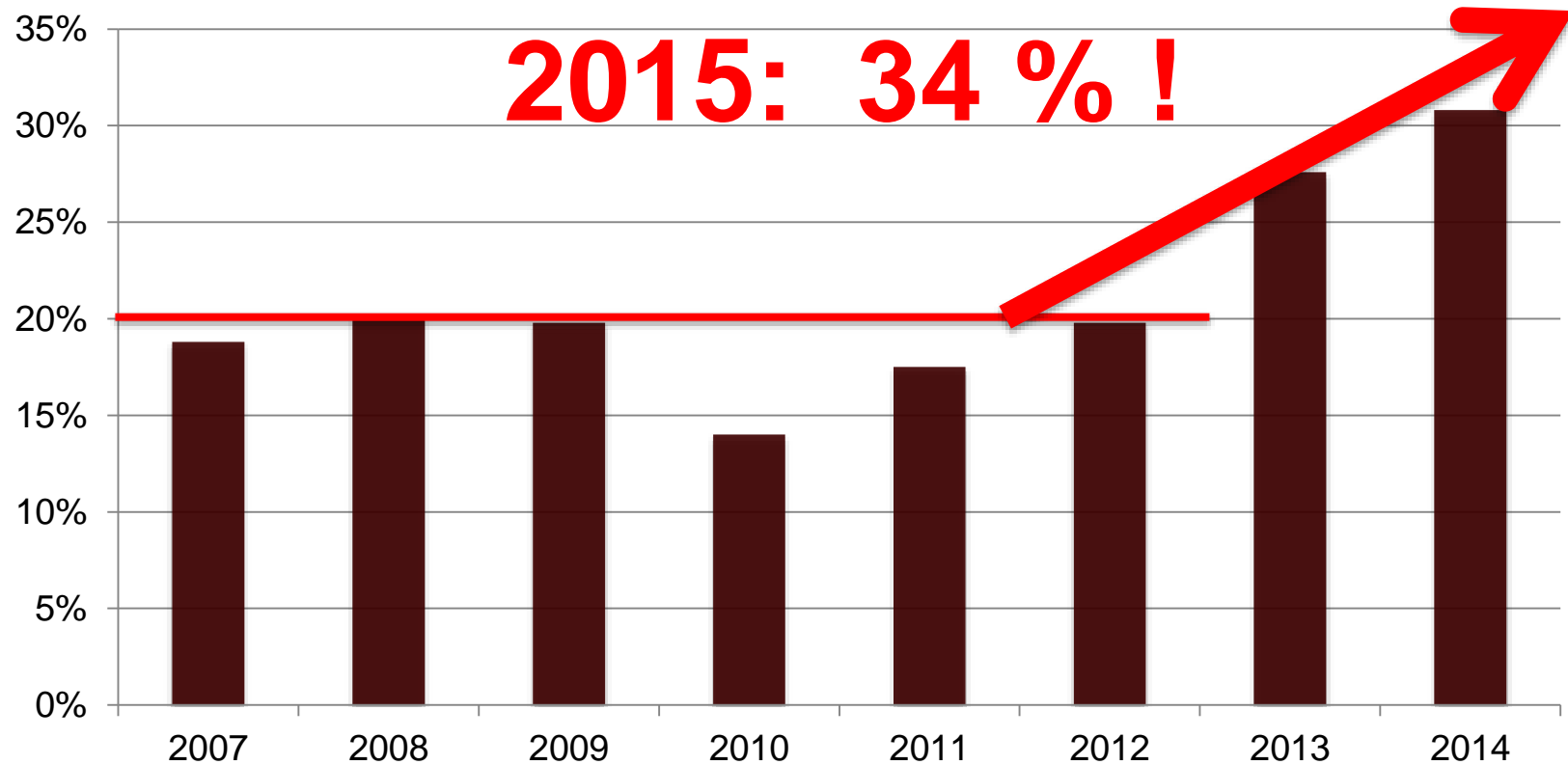
External Tweets on Twitter

13.000

Fans on Facebook



Did this help in Germany ?



**Lay-CPR rates**











EUROPEAN  
RESUSCITATION  
COUNCIL

YOUR HANDS CAN SAVE LIVES!



KIDS  
SAVE  
LIVES



#### A LEGISLATION

Belgium  
Denmark  
France  
Italy  
Portugal



#### A SUGGESTION

Cyprus  
Czech Republic  
Germany  
Hungary  
Luxembourg  
Malta  
Netherlands  
Norway  
Poland  
Romania  
Russia  
Serbia  
Slovenia  
Swiss/Ticino  
Turkey  
United Kingdom

The countries with kids with green hair have a legislation about CPR education, the countries with kids with yellow hair have CPR education as a suggestion.

Semeraro F et al.,  
ERC Research NET,  
Resuscitation 2016



## Editorial

### Kids Save Lives - ERC position statement on school children education in CPR.

"Hands that help – Training children is training for life"

Sudden out-of-hospital cardiac arrest (OHCA) with unsuccessful cardiopulmonary resuscitation (CPR) is the third leading cause of death in industrialised nations.<sup>1</sup> After OHCA, the overall survival rates are 2–10%.<sup>2–4</sup> In Europe and in the US together, 700,000 people die of OHCA every year. The same applies to other industrialised regions of the world. Many of these lives could be saved if more lay people provided immediate CPR.<sup>2</sup> Emergency medical services (EMS) response times can be several (6–12) minutes or even longer. Unfortunately, following cardiac arrest, the brain starts to die after only 3–5 min without blood flow.<sup>5</sup>

Up to 70% of OHCA are witnessed by family members, friends and other bystanders.<sup>2,5</sup> Thus, the potentially lethal gap in time before EMS personnel reach the patient can be successfully bridged by laypeople. During the first minutes after OHCA in adults there is



... in 11 languages at  
<http://restartaheart.eu>

Resuscitation (ILCOR) and the World Federation of Societies of Anesthesiologists (WFSA).<sup>6,10,11</sup> This statement recommends two hours of CPR training annually from the age of 12 years in all schools worldwide. At this age, children are more responsive to instructions and they learn more easily to help others.<sup>9</sup> Starting at a young age

**Fig. 1.** The "KIDS SAVE LIVES" logo has been developed by the Italian Resuscitation Council (IRC). We very much appreciate and acknowledge that the IRC is providing this logo for free to all participating in the "Kids Save Lives" campaign in Europe.

Böttiger BW et al.,  
Resuscitation 2016







**& School Children CPR**





# 74 Nationalities CPR Relay in Cologne ...

„KIDS SAVE LIVES“ et al. ...



We will save + 100.000 EU lives

KIDS  
  
SAVE  
  
LIVES





**Resuscitation**  
28|29|30 September

**2017**

Freiburg | Germany

## **SOCIETY SAVING LIVES**

The European Resuscitation Council invites you to its **2017 Scientific Congress**.  
This will be held in Freiburg, Germany 28 - 30 September 2017.