



Education Resources
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Lesmahagow High School

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Dear Parent/Carer

S1 Out-of-Hospital Cardiac Arrest (OHCA) Workshop

What is an OHCA?

An OHCA is an Out-of-Hospital Cardiac Arrest. This is when someone suffers a cardiac arrest outwith a hospital environment. "Out-of-Hospital Cardiac Arrest: A Strategy for Scotland" is a campaign that was launched by the Scottish government in 2015, with the aim of the country becoming an international leader in positive OHCA outcomes by 2020. The strategy aims to increase survival rates by 10% across the country within five years. This would mean around 300 more lives being saved each year.

The strategy also aims to provide an additional 500,000 people with CPR skills by 2020. This increases the likelihood of "bystander CPR". This is hugely important, as prompt and effective CPR can increase someone's likelihood of survival significantly.

A defibrillator is a piece of life-saving equipment used in the event of a cardiac arrest. It delivers an electric current to the heart with the hope of restoring natural heart rhythm. This is done in between thirty chest compressions and two rescue breaths.

Why do we want our first-years to attend an OHCA workshop?

Your children are the future; they are the bystanders who could potentially save a life by knowing CPR. It is an easy skill to learn, but its importance is immeasurable. In November 2016, a YouGov survey showed that 76% of Scottish adults said they would not feel confident using a defibrillator and 51% said they would not feel confident delivering chest compressions and rescue breaths.

Therefore, a group of Lesmahagow High S6 Working With Others students have planned an OHCA workshop for S1 pupils. With the help of volunteers from St. Andrew's First Aid, the group hopes to develop its own leadership, teamwork, creativity, problem-solving and organisational skills as well as deliver future bystanders with necessary skills to save lives.

The S1 workshop will be held on Thursday 01 March 2018, during periods 4 and 5. The year group will be split into two, with half attending period four and the other half attending period five. Pupils will be told in due course as to which period they will be attending.

From this event, we hope to help our S1 pupils can become:

- Confident individuals by having the confidence to deal with a potentially life-threatening situation.
- Successful learners by learning a new skill that they will have for the rest of their lives.
- Effective contributors by having the necessary skills to assist someone in the event of cardiac arrest.
- Responsible citizens by having the knowledge to recognise the warning signs of a cardiac arrest.

CPR is such an important life skill to have. We are very excited about putting this workshop on with the help of volunteers from St. Andrew's First Aid.

We hope that our S1 are looking forward to this exciting event, and we look forward to observing them in action.

Yours sincerely,

Jamie Gourlay, 6M
S6 Working with Others Class

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