

# North Lanarkshire Council Report

## Education and Families Committee

approval  noting

Ref DB/DC/KM

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## Review of Emergency Lifeskills Programme

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### Executive Summary

The Education and Families Directorate has long established high quality programmes of delivery of Heart Start in all secondary schools and throughout the primary school estate. The programmes, while well established, can be further enhanced through a structured partnership with the British Heart Foundation (BHF).

This will enable increased capacity within the system to support the training of our young people in each of the 23 secondary schools, with the aspiration to ensure every young person leaving school has had access to the necessary skills to carry out Cardio Pulmonary Resuscitation (CPR).

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### Recommendations

It is recommended that Education and Families Committee:

- (1) note the content of the report
- (2) acknowledge the outstanding contribution of the Healthy Lifestyle Project
- (3) approve the continuance of the Heartstart Programmes, now to be supported by resources from the British Heart Foundation
- (4) move to a position where all young people are trained in Heartstart on leaving school

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### Supporting Documents

- Council business plan to 2020** Improve the health and care of communities
- Support more people to be able to look after their own health and wellbeing and self-manage health conditions.

## **1. Background**

- 1.1 For the past 10 years staff, children and young people of NLC have received training in Emergency Lifeskills (Heartstart). This training is coordinated through the St Andrew's Ambulance service and is built on well-established practice in North Lanarkshire schools.
  - 1.2 The Healthy Lifestyle Project has throughout this time co-ordinated the training and development of the programme into one of the best in the country.
  - 1.3 Supported by both NLC and NHS Lanarkshire, funding has been made available to ensure all schools who wished to become involved, could do so with little or no cost to individual establishments. All secondary schools are involved and offer the programme.
  - 1.4 In June 2013 NLC began an ambitious programme to site a Defibrillator (AED) in every Secondary and ASN establishment. This was completed within two years.
  - 1.5 Since 2017 the costs of ongoing maintenance and training has been passed to individual schools. While this has not impeded the offering to young people, it is acknowledged that strengthened partnerships will secure the long term viability and increased capacity of the programme.
  - 1.6 The British Heart Foundation has approached the Council to offer support to enhance our programmes, in the form of a number of specific resources for training and kit for use in bespoke training activities.
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## **2. Report**

- 2.1 The Scottish Government has established an aim is to increase the rate of bystander CPR and to equip an additional 500,000 people with CPR skills by 2020, thus creating a nation of lifesavers.
- 2.2 The British Heart Foundation has for many years sought to help and support schools to improve the teaching of CPR skills.
- 2.3 Schools in NLC are in an ideal position to support this national initiative, given the outstanding programme already in place, co-ordinated by the Healthy Lifeskills Project and supported by the St Andrew's Ambulance Service.
- 2.4 This programme links closely to Curriculum for Excellence (CFE) and supports children and Young People achieve the appropriate experiences and outcomes.
- 2.5 The British Heart Foundation is offering a range of support services to Secondary schools free of charge. This will require to be implemented in such a way that it will augment existing practice.

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### **3. Equality and Diversity**

#### **3.1 Fairer Scotland**

The increased levels of trained young people and staff should enable more effective support for those in critical need, thus supporting improved health outcomes in North Lanarkshire Council.

#### **3.2 Equality Impact Assessment**

An EIA has been established for this.

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### **4. Implications**

#### **4.1 Financial Impact**

The new training and support package highlighted in the report is directly funded by the British Heart Foundation. There is no financial impact on current Service budgets.

#### **4.2 HR/Policy/Legislative Impact**

The developments supports steps to enable North Lanarkshire Council to fulfil national planning objectives for CPR.

#### **4.3 Environmental Impact**

Greater awareness of health factors will enable a more positive, healthy environment in North Lanarkshire.

#### **4.4 Risk Impact**

The risk relates to the relationship between planned developments and existing programmes.

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### **5. Measures of success**

5.1 Increased numbers of people leave school in 2020 with the ability to save a life.

5.2 Increased numbers of staff in schools are also trained in CPR.

5.3 Increased number of senior students receive training in using an AED

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**Joint Interim Executive Director of Education and Families**