



First Aid/CPR/AED Training in a Senior Living Community

Melodie J. Kolmetz, MPAS, PA-C, EMT-P



Purpose

Residents of senior living communities are at greater risk of experiencing or encountering the medical emergencies covered in traditional First Aid/CPR/AED training programs. Anecdotal experience has shown that this population is less likely to access and attend this type of program although they could benefit greatly from the information contained in such a program.

Description

The objective of this program was to engage the audience in a traditional First Aid/CPR/AED training program with the addition of dialogue focusing on prevention of the emergencies discussed in the program. Seven Emergency Medical Technicians (EMTs) from the local volunteer fire department were recruited to assist with the program. These individuals were trained at First Aid/CPR/AED instructors through the Emergency Care and Safety Institute. In order to increase enrollment, the course was conducted in the community center of the local 55 and older community. One member of the senior living community helped with advertisement and coordinated with the PA conducting the training.

Results

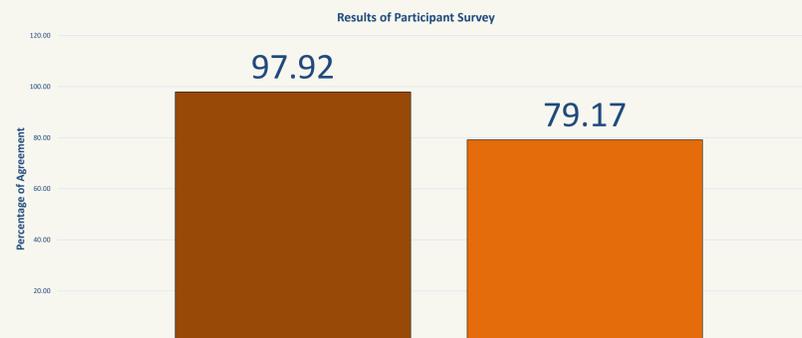
Initially, 20 residents signed up for the training, with 16 residents (80%) actually participating in the training. There was one couple and the remainder were single individuals. With 94 households in the community, this resulted in 17% of households attended the training. The addition of fall prevention training, medication reconciliation training, and advance directives training empowered these senior community residents to be more engaged in their own health and this group intervention promoted a stronger social support network among the residents.



<https://www.ecsinstitute.org/>

Conclusions

Participants found the discussions about fall prevention, medication reconciliation, and advance directives to be particularly beneficial. They also stimulated a discussion about different care locations (office, urgent care, free-standing emergency room, hospital) that was well-received. Two of the participants were relatively new members of the community and both expressed gratitude for this opportunity to become more actively involved in the community. Additional community outreach training sessions are planned for this and other local senior living communities, including Mental Health First Aid. We are in discussions about having a "topic of the month" presentation to include topics such as hypertension, diabetes, heart disease, stroke, etc. Two of the sixteen attendees volunteered to become instructors because they have previous life experience as members of the healthcare team that they can utilize in their community. This will help our community outreach become more diverse and hopefully help to engage younger community members in training as well.



- Attended because class was at my home.
- Would have taken the class elsewhere.

This was a unique opportunity to reach an often overlooked yet vulnerable population in the community. All engaged in the project are anxious to engage in additional partnership opportunities. A post-training survey was conducted and an additional survey is planned for six months after the training. This additional survey will help us to evaluate long-term impact of the program and help us identify other educational opportunities for this population.



References

AARP [Pamphlet]. Preventing Falls Checklist. (2007). Retrieved August 1, 2018, from https://assets.aarp.org/external_sites/caregiving/checklists/checklist_preventFalls.html.

Burton, J., Dodd, A., & Dowds, E., (April, 2017). First Aid Training for Seniors: Preventing Falls and Medical Morbidity in the Elderly. *BCM J*, 59(3), 189-191. doi:<https://www.bcmj.org/mds-be/first-aid-training-seniors-preventing-falls-and-medical-morbidity-elderly>

Thygeson, A. L., & Thygeson, S. M. (2017). *Standard First Aid, CPR, and AED* (7th ed.). Burlington, MA: Jones & Bartlett.

National Council on Aging [Pamphlet]. (2017). <https://www.ncoa.org/healthy-aging/falls-prevention/preventing-falls-tips-for-older-adults-and-caregivers/take-control-of-your-health-6-steps-to-prevent-a-fall/>.

United States, Centers for Disease Control and Prevention, National Association of Chronic Disease Directors. (n.d.). *Advance Care Planning: Ensuring Your Wishes Are Known and Honored If You Are Unable to Speak for Yourself*. Retrieved August 1, 2018, from *Advance Care Planning: Ensuring Your Wishes Are Known and Honored If You Are Unable to Speak for Yourself*. <https://www.cdc.gov/aging/pdf/advanced-care-planning-critical-issue-brief.pdf>.

Yetzer, E. A., Goetsch, N., & Paul, M. (2011). Teaching Adults SAFE Medication Management. *Rehabilitation Nursing*, 36(6), 255-260. doi:10.1002/j.2048-7940.2011.tb00091.x. <https://onlinelibrary.wiley.com/doi/10.1002/j.2048-7940.2011.tb00091.x>.



