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The same result for less money?

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Situation

- ◆ Beaches are crowded during summer season
- ◆ Ambulance have difficulties with reaching victims on beaches
- ◆ Lifeguards are first responders with a duty to respond

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How to keep lifeguards competent

Initial BLS/AED course

Before the start of the season

Are there alternatives?
Who has to pay?

The diagram consists of a central yellow box containing the text 'Are there alternatives? Who has to pay?'. Above this box is a pink rounded rectangle containing 'Initial BLS/AED course', which is connected to a yellow box containing 'Before the start of the season' by a vertical line. The entire content is set against a grey background with a red vertical bar on the left containing the 'doczero' logo and the website 'www.doczero.nl' in the top right corner.

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Alternatives

- ◆ More students per instructor
- ◆ Webbased training
- ◆ Self training with Video/DVD
- ◆ Self training without Video/DVD

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The slide features a grey background with a red vertical bar on the left containing the 'doczero' logo and the website 'www.doczero.nl' in the top right corner. The title 'Alternatives' is in purple. Below it is a list of four alternatives, each preceded by a blue diamond symbol. The last item, 'Self training without Video/DVD', is circled in red. The name 'Wiebe de Vries' is in the bottom right corner.

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Self-instruction

- ◆ Poster
- ◆ Manikin
- ◆ AED training device

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Research question

- ◆ Is retraining in BLS/AED skills by a poster and manikin equally effective as retraining in BLS/AED skills by an instructor .

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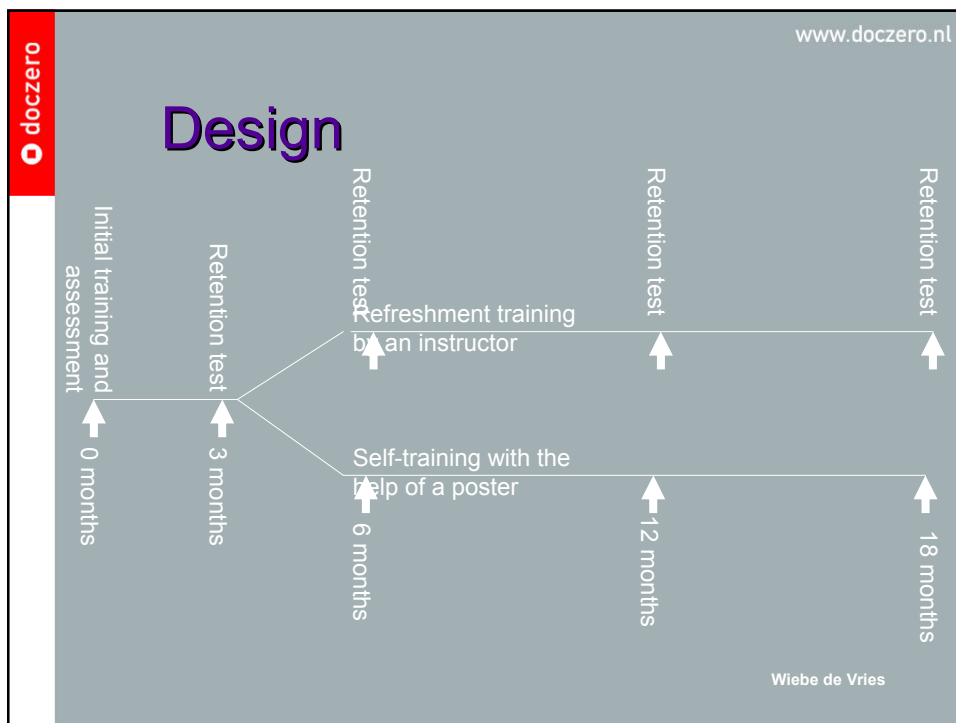
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Participating lifeguard stations

The map shows a coastline with several lifeguard stations marked in red. Two arrows point to stations labeled 'Self-instruction' and 'Instructor based'. A yellow circle highlights a specific area on the map. The map includes a scale bar and a compass rose.

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Image NASA
Streaming 100%

Doczero logo



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Assessment

The image shows a detailed assessment form titled 'AMC-AED-Comptest Meting 1'. It contains 12 rows, each representing a different skill or safety aspect. Each row has a small icon, a description, and a performance scale with three levels: 'Hetzelfde best effectief of geschikt', 'Twijfel', and 'Zeer effectief'. The items are numbered 1 through 12. At the bottom of the form, there is a 'WATCH' logo and the text 'Water Attendance Training for Circulation Help'.

- ◆ Assessors: ambulance nurses
- ◆ Video taped
- ◆ Supervised by WdV

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Items of assessment

- ◆ Safety
- ◆ Workspace
- ◆ Shout and shake
- ◆ Check breathing
- ◆ Raise an alarm
- ◆ Rescue breathing
- ◆ Check for signs of circulation
- ◆ Handposition for chest compression

- ◆ Depth of chest compression
- ◆ Rhythm of chest compression
- ◆ Ratio ventilation : compression
- ◆ AED position
- ◆ CPR integration
- ◆ Position of electrodes
- ◆ Clearing during analysis
- ◆ Clearing before shock

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AED skills

- ◆ No differences
- ◆ Most perform well
- ◆ All deliver a shock in 90 seconds

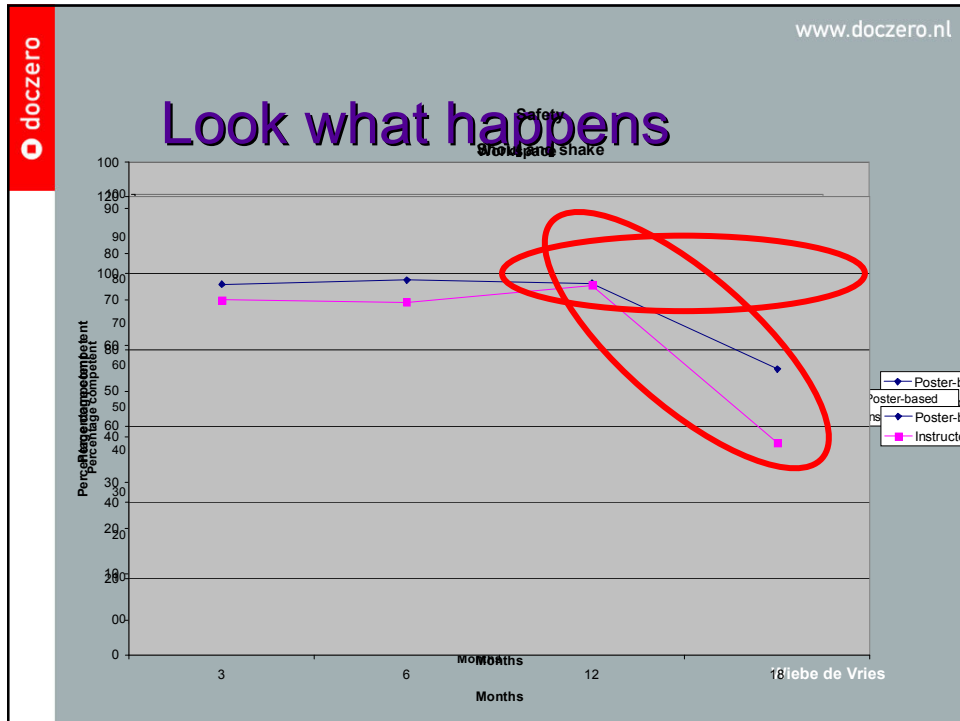
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BLS skills

◆ Rhythm of chest compression	Instructor: 100% competent Poster: 90.0% competent
◆ CPR integration	Instructor: 80.0% competent Poster: 96.7% competent

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Retrieval problem or disorder

- ◆ Stable
 - ◆ Safety
 - ◆ Check breathing
 - ◆ Raise an arm
 - ◆ Hand position
- ◆ Decrease
 - ◆ Workspace
 - ◆ Sign of a patient
 - ◆ Check for signs of a circulation
 - ◆ Handposition for chest compression
 - ◆ Depth of chest compression
 - ◆ Ratio ventilation : compression
 - ◆ Rhythm of chest compression
 - ◆ CPR integration

Yearly motivation

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