

## Why Should Every College, University Require CPR to Graduate?

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If every state required CPR as a requirement to graduate, we would have more students in Saudi Arabia who have the ability and confidence to step up and save lives!

Based on the American Heart Association recommendation in Hands-Only (Compression-Only) Cardi-

opulmonary Resuscitation: A Call to Action for Bystander Response to Adults Who Experience Out-of-Hospital Sudden Cardiac Arrest, which is a Science Advisory for the Public from the AHA: All victims of cardiac arrest should receive, at a minimum, high-quality chest compressions (ie, chest compressions of adequate rate and depth with minimal interruptions). To support that goal and save more lives, the AHA recommends that when an adult suddenly collapses, trained or untrained bystanders should — at a minimum — activate their community emergency medical response system and provide high-quality chest compressions by pushing hard and fast in the center of the chest, minimizing interruptions (Class I). We started establishing this process within a larger educational community in Saudi Arabia, King Saud University (KSU), and in doing so exposed some emergency medical services concerns throughout the university campus.

KSU is a public university in Riyadh, Saudi Arabia, founded in 1957 by King Saud bin Abdulaziz, and is known as the first university in the kingdom. Today's KSU student body consists of roughly 35,810 students of both sexes. KSU is also considered one of the 200 best universities from around the world according to the famous world university ranking, ARWU (2013). The QS World University Rankings marked it as the 197th best in the world, 159th for Life Sciences & Medicine, and 108th for Arts & Humanities. Webometrics gave it an overall ranking of 288th best university in the world for January 2014, 42nd in all of Asia, and the 1st in the Arab World.

The university holds 23-24 colleges, starting with the Preparatory Year Program. The PY Program is the first academic year (2 semesters + an exceptional summer semester) for new students and each student has to complete all of the requirements in that academic year.

In order to pass, they will need to possess a GPA of no less than 3 out of 5. Upon successful completion of the program, students will be delegated - according to the set criteria - to a college (subject to the approval of the Admission and Registration Deanship).

One such college is the Prince Sultan Bin Abdulaziz College for EMS, which received approval to launch the project known as "KSU Save a Life." The aim of this project is to increase the awareness of cardiovascular disease and first aid by conducting Heartsaver First Aid with CPR and AED ®-first-aid-cpr-aed in the Preparatory Year Deanship at King Saud University. The projected number of PY students that will be trained on AHA Heartsaver First Aid CPR AED ®-first-aid-cpr-aed is roughly 11,000 per year. As a mandatory assignment to the health and fitness curriculum of PY College, this course will give each student 10 credits towards graduation. We have been working on this project since early 2013 and have now completed the first phase of a four phase process. As part of the preparation, during the last two years we have increased our instructor capability to a total of 40 basic instructors. These instructors are part of the Paramedic – Semester 7 (along with internship students) as part of the Community Outreach Program to integrate the EMS system within the community.



Ultimately, the dean's vision is to educate the Paramedic Internship student before graduation; to be Basic Life Support Instructors and conduct high quality courses to acknowledge public education as a critical activity for EMS. It is also a goal to collaborate with other community resources and agencies to determine public education needs.

The Prince Sultan Bin Abdulaziz College for EMS envisions making King Saud University the best in the Middle East to preserve life, prevent further injury, promote recovery, and provide life support training and awareness.

We hope the "KSU Save a Life" project brings us closer to our goal.

## ACKNOWLEDGEMENTS/REFERENCES

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Photo for this article was taken by PSCEMS students.

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