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Didactic methodology for training in cardiopulmonary resuscitation in kindergarten

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The training of cardiopulmonary resuscitation given to children was criticized in a study published in the *British Medical Journal* 2007, based on lack of sufficient strength in children to carry out effective chest compressions and the right depth. This study concluded that even though the best age to carry out an effective cardio pulmonary resuscitation was from 13 years of age. The training of younger children give them the knowledge and perspective to achieve greater skills in future. With our work, we wanted to present didactic guidance for teaching cardio pulmonary resuscitation to children based on the sequence, repetitions and frequency, adapting the content to the age of the child. Having trained in cardiopulmonary resuscitation, the whole environment of the child (teachers, parents and family) felt the learning is of greater use. The result of the work made us consider the simple game techniques that involve repetition and songs as diffusion tools with greater acceptance by the child and his/her environment.

Biography

Ismael Martinez Villegas studied nursing in Valme's Hospital in Seville, in 2001. He later joined the primary care District Emergency Nursing Team of Cadiz Bay la Janda. His research focuses on Emergency - giving greater importance to training the first aiders, which took him to take part in training the police, fireman and nursing colleagues, but it was in the training of school children where he found his bigger challenge.

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