

志愿者对呼吸心搏骤停患者实施现场救治的意愿分析：心肺复苏培训前后结果比较

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【摘要】 目的 评价心肺复苏(CPR)培训对呼吸心搏骤停患者实施现场救治意愿的影响。方法 通过问卷调查,分析2017年1月至2018年6月来自云南省急救中心364名志愿者(含14例复训人员)在CPR培训前后不愿意实施CPR现场救治的原因,评价培训对志愿者CPR意愿的影响。结果 共发放364份调查问卷,回收有效问卷364份,回收率为100%。调查问卷内容分析显示,与培训前比较,志愿者在CPR培训后下列6种不愿意实施现场CPR的比例均显著降低,差异均有统计学意义[对自己操作技能无信心:20.3%(74/364)比83.2%(303/364),无法识别哪类患者需要CPR:25.5%(93/364)比87.1%(317/364),害怕口对口人工呼吸会感染传染病:30.2%(110/364)比82.4%(300/364),担心胸外按压导致骨折:23.4%(85/364)比86.8%(316/364),担心胸外按压定位不准确:12.4%(45/364)比82.4%(300/364),害怕承担后续的法律风险:14.3%(52/364)比89.8%(327/364),均 $P < 0.05$];而下列3种愿意实施现场CPR的比例与培训前比较均显著增高,差异均有统计学意义[志愿者在培训后愿意对陌生人现场实施CPR:83.2%(303/364)比54.9%(200/364),愿意对朋友、同事、同学等熟人现场实施CPR:83.5%(304/364)比58.2%(212/364),愿意对家人现场实施CPR:84.6%(308/364)比61.8%(225/364),均 $P < 0.05$]。结论 对志愿者进行CPR培训后可明显提高其对呼吸心搏骤停患者实施现场救治的意愿,但部分志愿者对陌生人仍存在实施CPR意愿的障碍。

【关键词】 心肺复苏培训; 心搏骤停; 救治意愿; 志愿者

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Willingness analyses on volunteers to perform on-site rescue for patients with apnea and cardiac arrest: comparison of results before and after cardiopulmonary resuscitation training Zhu Yongfu, Li Xuemei, Che Yinghua, Luy Yuan, Zhong Lin

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【Abstract】 Objective To evaluate the impact of cardiopulmonary resuscitation (CPR) training on the willingness to perform on-site rescue for patients with apnea and cardiac arrest. **Methods** Through questionnaire survey, the analyses on the differences in the results of evaluating various indicators in *CPR Willingness Questionnaire* in 364 willingness (including 14 recurrent training personnel) of Yunnan Emergency Center from January 2017 to June 2018 before and after CPR training were carried out in order to observe the impact of training on willingness CPR willingness. **Results** A total of 364 questionnaires were distributed and 364 valid questionnaires were recovered, with a recovery rate of 100%. Compared with those before the CPR training, the analyses of the contents of the questionnaire showed that the proportions of following 6 types of volunteer who were reluctant to implement CPR on site before training were significantly lower after CPR training [no confidence in their own operational skills: 20.3% (74/364) vs. 83.2% (303/364), being impossible to identify the patients requiring CPR: 25.5% (93/364) vs. 87.1% (317/364), fear of mouth-to-mouth artificial respiration to contract infectious diseases: 30.2% (110/364) vs. 82.4% (300/364), worried about chest compressions leading to bone fractures: 23.3% (85/364) vs. 86.8% (316/364), worried about the inaccurate positioning of chest compressions: 12.4% (45/364) vs. 82.4% (300/364) and fear of taking legal responsibility: 14.3% (52/364) vs. 89.8% (327/364)], and the differences were statistically significant (all $P < 0.05$); after training, the following 3 kinds of proportions of carrying out CPR were much higher than those before training [volunteers were willing to implement CPR on site for strangers: 83.2% (303/364) vs. 54.9% (200/364), volunteers were willing to implement CPR on site for friends, colleagues, classmates and other acquaintances: 83.5% (304/364) vs. 58.2% (212/364), volunteers were willing to implement CPR on site for family members: 84.6% (308/364) vs. 61.8% (225/364)], the differences being statistically significant (all $P < 0.05$). **Conclusion** CPR training for volunteers can improve their willingness to perform on-site rescue for patients with apnea and cardiac arrest, but there are still partial barriers of CPR willingness for strangers.

【Key words】 Cardiopulmonary resuscitation training; Cardiac arrest; Willingness to rescue; Volunteer

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心搏骤停又称突发性心跳停止,是指患者心脏在无重大病变或正常状态下,遭受严重打击使有效泵血和收缩功能骤然停止,引发机体严重缺氧缺血,导致患者在短时间内死亡的疾病^[1]。心肺复苏

(CPR)救治意愿是指在公共环境中,行为主体在目击呼吸心搏骤停事件发生后,对心搏骤停伤者进行现场CPR行为的思想 and 动机倾向。有研究表明,对志愿者进行CPR培训可提高其对呼吸心搏骤停患

对志愿者进行 CPR 培训,增强了志愿者对呼吸心搏骤停患者的救治意愿、对自己操作技能的信心、识别需要 CPR 的患者,降低害怕承担后续的法律风险、担心胸外按压定位不准确、胸外按压可能导致骨折,对家人、熟人(朋友、同事、同学)、陌生人实施 CPR 的意愿显著增强。研究显示,实施 CPR 现场救治意愿不高的主要原因除了担心被传染疾病外,还担心 CPR 会对呼吸心搏骤停患者造成伤害^[10-11]。因此在 CPR 培训过程中需加强培训质量,明确 CPR 演示过程中各项步骤,此次愿意接受 CPR 培训的志愿者多为中青年,大部分志愿者是抱着有备无患、以防万一的目的接受 CPR 培训,说明 CPR 急救措施的普及同时需要面向高危行业、机关、社区、学校,对急救知识的培训需面向重点人群,同时多部门配合实施^[12-13]。以汕头大学医学院 2001 级和 2002 级实习生为调查对象的研究显示,给医学生设计科学、详细的 CPR 培训计划,强化医学生对 CPR 的训练,让学生早期接触临床患者,将 CPR 的教学模型应用于临床教学,提高医学生的急救技能质量,对我国未来急救事业的发展有重要意义^[14]。

综上所述,对志愿者进行 CPR 培训可提高其对呼吸心搏骤停患者实施现场救治的意愿,但仍有进一步提升的空间。

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