

# WORLD RESTART A HEART DAY 2023-2024

ENHANCING BYSTANDER CPR AND AED TRAINING OPPORTUNITIES AT MCMASTER UNIVERSITY

This project aims to increase the accessibility of bystander CPR and AED training on campus. Since prompt bystander intervention is one of the most important factors in determining survival from cardiac arrest, these skills can empower students, staff, and faculty to learn lifesaving skills.



Overall, over 7,000 students, staff and faculty were reached through our initiatives. We also obtained coverage in the greater Hamilton community, with CHCH doing a story on our work.

Since prompt CPR provision and the application of an AED are two of the most important factors in determining survival from cardiac arrest, learning these skills helps to create a safer campus.



**7,148**  
STUDENTS



**25**  
CLASSES TRAINED



**250**  
MINUTES TRAINING



**24**  
INSTRUCTORS

Colin Fife	Science	Advocacy	Reema Mohammed	Science	Events	Ahmed Abdalla	Science	Finance/Fundraising
Ayush Patel	Health Sciences	Advocacy	Matthew Olejarz	Health Sciences	Events	Andrew Xia	Health Sciences	Finance/Fundraising
Gabriela Masri	Science	Advocacy	Anjali Chauhan	Health Sciences	Events	Neel Cargill	Health Sciences	Marketing
Dylan Stanislaus	Science	Advocacy	Om Thakar	Science	Events	Negar Halabian	Health Sciences	Marketing
Tasfia Uddin	Health Sciences	Advocacy	Elaina Piliouras	Science	Events	Angelica Sestito	Science	Marketing
Aditya Misra	Science	Advocacy	Parth Thakar	Science	Events	Taniya Sonawane	Science	Marketing
Yonathan Belayneh	Science	Community Engagement	Bob Yan	Science	Events	Mahnoor Moin	Health Sciences	Marketing
Enoch Yu	Health Sciences	Community Engagement	Michael Jin	Health Sciences	Events	Fatemeh Ilkhani	Science	Volunteer
Aurora Bruno	Science	Events	Sasha Sharma	Science	Events	Eman Zahra	Science	Volunteer
Ethan Schmidt	Science	Events						

## Challenges and Future Directions

- Balancing consciousness with ensuring we were still providing valuable information. To address this, we ensured that we focused on providing people with hands-on training, with the thought that this would be easiest to retain
- Organizing a large event with many individuals and moving parts. To solve this, the entire team made sure to stay organized, and communicate well.
- Future directions will focus on sharing more information focused on first aid/resuscitation while also sharing information regarding equity considerations in resuscitation.



### Project Leads:

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