

Review of the Jan. 2016 American Red Cross (ARC) "Proceedings"

by George Young 8/22/2016

As I review the Jan. 2016 American Red Cross (ARC) "Proceedings" --The Journal of the ARC Scientific Advisory Council (I know I have no life...) I got really excited about some of the studies and conclusions released.

The first topic is something that is dear to me and the findings were very mixed in my eyes. The topic is Does swim lessons reduce drowning? The ARC asked all ARC instructors to take a survey. The day the survey came out is the day I took it. It was long and took me almost an 1/2 hour to finish. I said to myself this is too long and most people will not finish or even start to take this survey. The results produced no statistically data to come up a conclusion on whether swim lessons reduce drowning. The ARC stated that some potential problems were identified in the study design itself, notably the length of the survey and the phrasing of the questions. I like the fact that the ARC reviewed and excepted the potential problem and will regroup. I think this would be great data to have.

The minimum age for swim lessons question came up. This is another topic that is interesting and one article from one group may vary in how old a youngster should be with an article from another organization. The articles will differ from age 3 month to age 4 years old as the starting age for introducing swim lessons. The study stated, "No conclusive research has been established for a minimum age which swim lessons will provide a benefit." The sub council did make slight modifications to its previous guidelines and optional recommendations. The guideline modification was the phrase "Swim Lessons are an important drowning prevention strategy." And the recommendation options "Swimming acclimatization can be undertaken from ages of one to four." & "No benefits have been shown to offering swimming lessons for children prior to the age of one." WOW just reinforcing what most of us already knew. The City of San Gabriel Fire Department in the recent City's Grapevine recommended four years and older as does the American Academy of Pediatrics marks four years or older the age to start swim lessons. I find this is funny that organizations are trying to put an age on when swimming lessons should be taught. For me the bottom line is swimming lessons will and does help prevent drowning emergencies from happening.

Four other bit and pieces:

- ✓ The study of jellyfish stings will be done and reviewed.

- ✓ Good evidence in the scientific literature supports the findings that bystander CPR (hands only CPR) improves neurologically favorable survival in cardiac arrest following a drowning. I am reading more and more about the benefits of bystander CPR.
- ✓ If an epinephrine is used and is the one that the physician prescribed no need to worry as a first aider. The physician will have the responsibility of making sure no heart disease or possible allergies are to be concerned. So if one reads between the linesIf no prescribed epinephrine then that's a different story.
- ✓ The ARC is reviewing the five rescue breaths for treatment of water immersion - related cardiac arrest. The five rescue breaths is what the European council recommends. Currently the ARC recommends two rescue breaths.

All so interesting.....

Nothing on backboarding procedures for the new lifeguarding class that will be released soon. I was hoping to read about that. The ARC usually releases the science findings after the release of the new lessons.