



Heimlich Heroes™ for Kids

A Case Study on Training Retention



Executive Summary

Heimlich Heroes' mission is to end preventable choking deaths by training people to save lives with the Heimlich Maneuver®. Our organization is digging deeper into providing data to support our program's success and retention of program material.

Challenge: Finding Training Resources

First-aid training like the Heimlich Maneuver is not a curriculum requirement in all schools, or even a majority of schools across the country.

Before using the Heimlich Heroes program, teachers, nurses, and youth organization leaders did not have access to age-appropriate training materials or training dolls. Instead, program users were doing their own research on how to teach the maneuver—and typically without hands-on training materials.

The Setup

Six schools across the nation participated in our first case study on retention. With more than 400 students ranging from grades 3-8, we tested their retention of the information presented during the training. At each school the nurse administered a pretest, 1-week posttest, and 3-month posttest to all participants. The same five questions appeared on each test.

THE RESULTS

Summary

Overall, we saw significant improvement from each grade from the pretest to the one-week posttest. We saw only slight variations of improvement or non-improvement based on grade level from the one-week posttest to the three-month posttest.

What We Learned

From our study, we found that in each grade level the percentage of correct answers from the one-week posttest to the three-month posttest varied only slightly. The number of students taking the test at any given stage was inconsistent, which affected our percentage outcomes.

For example: The percentage of fifth graders who could identify the correct hand placement to perform the Heimlich Maneuver:

- Before the training: 68% (17 of 25)
- One week after the training: 96% (25 of 26)
- Three months after the training: 83% (25 of 30)

Additional Results, Three Months After Training

86%

Of participants (86%) could identify three signs of choking

89%

of case study participants identified correct hand placement

89%

could identify the correct first action in saving a choking victim

While the percentage of correct answers declined from the one-week posttest to the three-month posttest, the number of correct answers did not change—only the number of students changed.

Points of Interest

What can users and medical experts take away from our case study? This case study data supports our belief that kids are able and capable. We provide the materials, and students as young as third and fourth graders retain the program information.

Kids are retaining important information from our program that saves lives in a choking emergency. Not only are kids retaining information, but also this indicates to us that we are effectively presenting information.

We also offer a solution to improve areas of non-improvement from the one-week posttest to the three-month posttest.

Our solution is this: Train an elementary grade level (3rd, 4th, or 5th) each year at your school using Heimlich Heroes for kids. Then, train a high school grade level each year using Heimlich Heroes for teens and adults.

By the time a student graduates high school they will have received Heimlich Maneuver training twice, and are more likely to save a life than someone who has never received proper training.

Data By Grade

Click [here](#) to read the full case study and data by grade.

Thank You

Many thanks to the schools that participated in the first Heimlich Heroes case study. The nurses at the participating schools went above and beyond a regular Heimlich Heroes training, to help us collect data. The data collected was critical for a successful case study, and will help us in presenting future case studies. Thank you!



For further information, please contact us at:
330 Straight Street
Suite 330
Cincinnati, OH 45219
513-559-2468

HeimlichHeroes@deaconess-cinti.com

“I loved the program. It was easy to carry out. The instructional materials were very easy to follow. I liked the balance between getting the information and getting to practice it.”

-Tommie Lou, school nurse

