

INTRODUCTION

Remote island communities in Scotland face significant challenges in accessing timely emergency medical care (1). These challenges make early bystander intervention crucial in improving outcomes during life-threatening events. Immediate initiation of CPR can double out of hospital cardiac arrest survival rates (2). A locally delivered Basic Life Support (BLS) and emergency response training session was implemented to increase residents' confidence and capability in managing life threatening emergencies.

METHODS

The practice medical team supported by two local members of Scottish Fire and Rescue Service delivered community first response workshops to residents, covering cardiopulmonary resuscitation (CPR), automated external defibrillator (AED) use, choking management, and early recognition of sepsis. Participants completed pre- and post-training surveys capturing self-reported confidence levels across core skills and willingness to intervene during emergencies. Qualitative feedback was also collected to evaluate perceptions of training relevance and value within a remote-island context.



RESULTS

Post-training data demonstrated substantial increases in participant confidence across all skills taught with confidence in performing CPR and use AED showing the greatest improvement. Qualitative feedback highlighted the benefits of hands-on practice with a request to have further sessions to refresh knowledge and develop skills.

CONCLUSIONS

Locally delivered BLS and emergency response training can meaningfully empower remote island communities, enhancing confidence, preparedness, and resilience. This model demonstrates how collaborative, community-centred education can address challenges and empower local populations, supporting early intervention in emergencies to improve outcomes through community engagement.



REFERENCES

- [NICE Cardiac arrest out of hospital care](#)
- [Remote and Rural Healthcare Inquiry | Scottish Parliament](#)