

EXTENSION PROJECT AND THE POTENTIAL FOR TRAINING IN CARDIOPULMONARY REANIMATION**PROYECTO DE EXTENSIÓN Y POTENCIAL DE FORMACIÓN EN REANIMACIÓN CARDIOPULMONAR****PROJETO DE EXTENSÃO E O POTENCIAL PARA FORMAÇÃO EM REANIMAÇÃO
CARDIOPULMONAR**

Angela Amorim de Araújo¹
Ivanilda Lacerda Pedrosa²
Marcia Virginia Di Lorenzo Florêncio³
Ronny Anderson de Oliveira Cruz^{4*}

¹Doutora em Gerontologia Biomédica pela Pontifícia Universidade Católica do Rio Grande do Sul. Docente do Centro Profissional e Tecnológico (UFPB), João Pessoa, Paraíba, Brazil. ORCID: <https://orcid.org/0000-0002-8286-4931>

²Doutora em Gerontologia Biomédica pela Pontifícia Universidade Católica do Rio Grande do Sul. Docente do Centro Profissional e Tecnológico (UFPB), João Pessoa, Paraíba, Brazil. ORCID: <https://orcid.org/0000-0002-3642-6623>

³Doutora em Gerontologia Biomédica pela Pontifícia Universidade Católica do Rio Grande do Sul. Docente do Centro Profissional e Tecnológico (UFPB), João Pessoa, Paraíba, Brazil. ORCID: <https://orcid.org/0000-0001-9139-898X>

⁴Doutor em Enfermagem pela Universidade Federal da Paraíba. Docente do Centro Profissional e Tecnológico (UFPB), João Pessoa, Paraíba, Brazil. ORCID: <https://orcid.org/0000-0001-6443-7779>

Corresponding Author

***Ronny Anderson de Oliveira Cruz**

Universidade Católica do Rio Grande do Sul. Docente do Centro Profissional e Tecnológico. Rua Tabelaão Stanislau Eloy, Castelo Branco, João Pessoa, PB - Brazil. CEP: 58050585. E-mail: ronnyufpb@gmail.com

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Sudden cardiac death is the abrupt and unexpected progression to death. Heart disease is the leading cause of death worldwide, followed by stroke. It is a serious public health problem, particularly due to the impact it has on families and society, as it is a premature and naturally unexpected event, such as those associated with terminal conditions, old age, and complications from other chronic non-communicable diseases.

In Europe and the United States of America (USA), approximately 300,000 to 400,000 people die from sudden death. In Brazil, based on information collected by the Department of Information Technology of the Unified Health System (DATASUS) between 2015 and 2023, a substantial increase of 64% in cases was observed, and in the state of Piauí, the percentage was 77.21%. In this context, the project "Cardiopulmonary Resuscitation for All: Saving Lives and Teaching CPR to the Community" emerges, taking on a strategic role by teaching the community maneuvers that can be the deciding factor between life and death. International and national experiences show that training laypeople substantially increases the chance of survival in out-of-hospital cardiac arrest situations.



This university outreach project aims to extend beyond the university walls through community education, utilizing the Rapid Cycle Deliberate Practice (RCDP) methodology. This simulation-based technique differs from traditional realistic simulation practices in that it involves the repetitive execution of a simulation by students, with interspersed micro-debriefings by faculty. The project combines scientific rigor with a proposal for democratizing knowledge that differs from traditional simulation.

Activities are conducted on demand, and approximately 482 people have been trained (from February to August 2025), including healthcare professionals and members of the community. The project has already been implemented at bus terminals, gyms, primary care units, hospitals, and schools. Regarding schools, the Lucas Law No. 13,722, of October 4, 2018,³ stands out, making basic first aid training mandatory for teachers and staff at public and private elementary and secondary schools and children's recreation facilities.

The team consists of four professors with doctorates, one monitor, and 12 staff members. All equipment used, including adult and pediatric CPR simulators and automated external defibrillators, is recommended by the American Heart Association and funded by the Federal University of Paraíba. By democratizing access to this vital training, the project not only saves lives but also promotes a culture of prevention and care, strengthening community resilience in the face of unexpected cardiovascular events.

By training the population with cutting-edge equipment, including simulation mannequins (adult and pediatric) and automated external defibrillators, in addition to relying on a qualified team, the project transcends the merely technical aspect. This enables it to foster a culture of solidarity and prevention.

Teaching the community how to perform this maneuver can make the difference between life and death. For this reason, community CPR training initiatives have proven extremely beneficial, as the chances of survival outside the hospital environment significantly increase.⁴ Therefore, empowering the population with this knowledge provides the opportunity to save lives, especially by enabling laypeople to act promptly, providing first aid until emergency services arrive. Furthermore, disseminating this skill within the community creates a network of "lay rescuers" with the potential to make a difference in critical situations.

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Scientific Editor: Italo Arão Pereira Ribeiro. Orcid: <https://orcid.org/0000-0003-0778-1447>

