



Impact of a 3-Hour BLS Workshop on Confidence among Basic Training Soldiers

A Pre-Post Intervention Study

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Capt. Shahar Ronen, M.D.

Disclosure

Capt. Shahar Ronen, M.D. has no conflicts to report.



The Problem: Low OHCA Survival

Israel's OHCA Survival Rate

~6%

A gap that underscores the urgent need for better-trained first responders.

Why Soldiers?

- Military training reaches a **young, widely distributed population** across Israel - amplifying public health impact far beyond their service years.
- Structured BLS instruction is **neither standardized nor consistently implemented** in military training frameworks.



First Responder Training Role

- Prompt, confident intervention by the first responder can **double survival chances** for out-of-hospital cardiac arrest victims.
- **Confidence** directly determines whether a bystander acts or freezes.

Reduce Fear

Build Readiness

Extend Impact



Objective



To evaluate changes in **self-reported confidence** in chest compressions and AED use following a brief, structured BLS training session among basic training soldiers.



Methodology

Pre-post intervention study using self-administered questionnaires immediately before and after the workshop.

Study Population

271

Total Soldiers

Across 3 independent training cohorts

97

97

77

December 2023 – June 2024 across different locations



Methodology

The BLS Workshop: Three Hours, Four Components

1

Lecture

Structured presentation on cardiac arrest, CPR, and AED.

2

Demonstration

AED instructional video + live manikin chest compression demo.
compression demo.

3

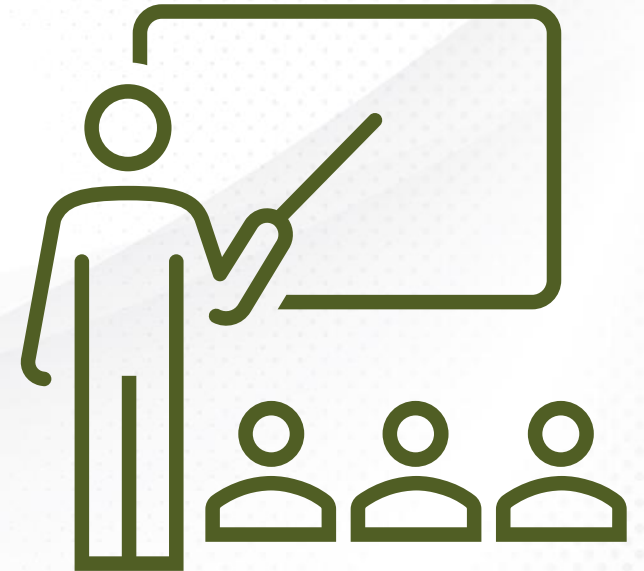
Hands-On Practice

Supervised compressions with real-time feedback

4

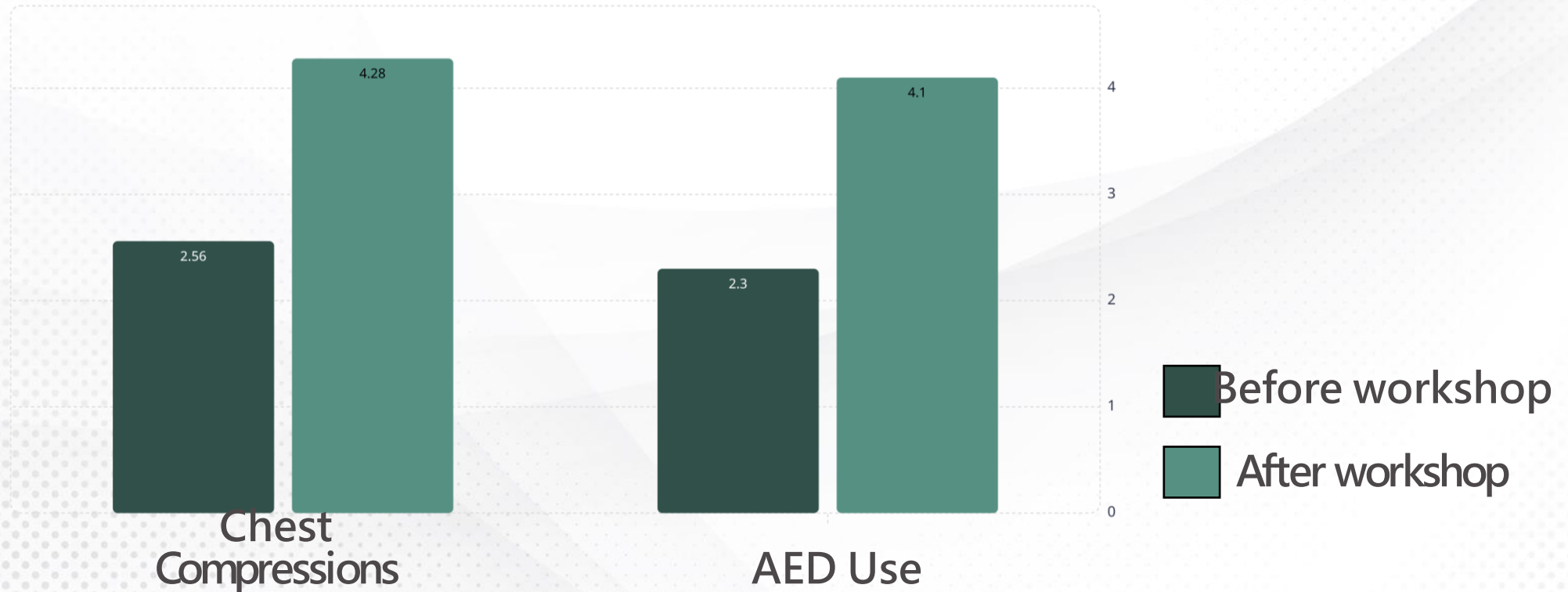
Assessment

Practical checklist exam + multiple-choice theoretical
theoretical evaluation to confirm proficiency.

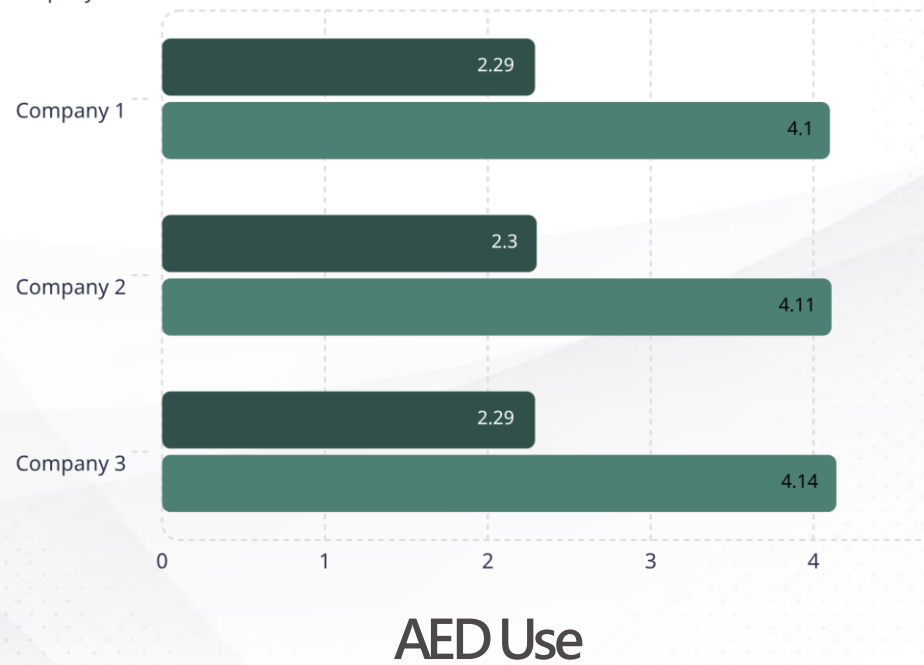
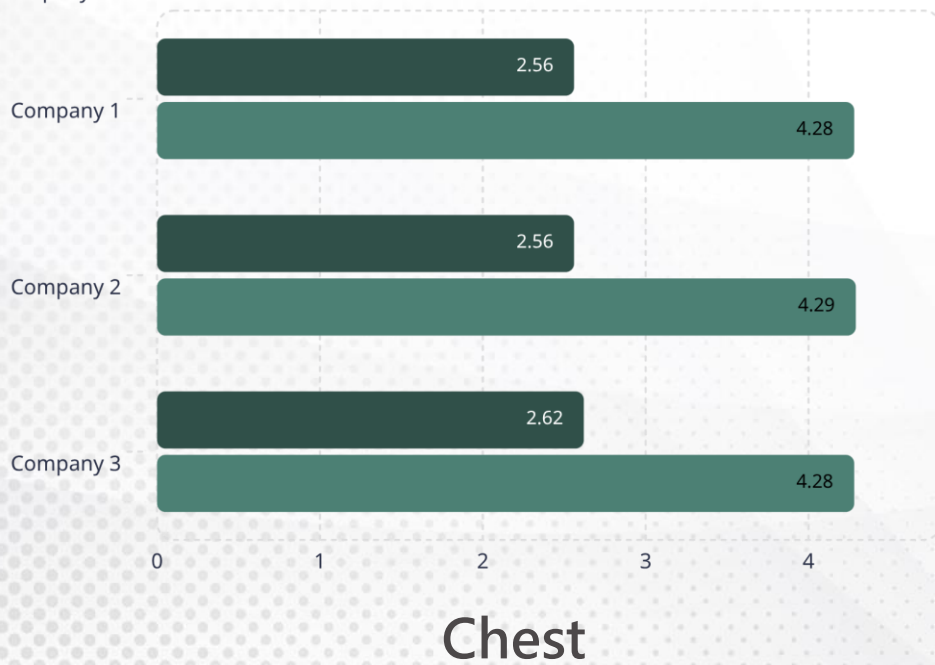


Results: Significant Confidence Gains

Both skill areas showed **highly significant improvements** ($p < 0.001$) across all three companies



Consistency Across All Three Companies



Before workshop
After workshop



Discussion

Confidence Drives Action

In OHCA, confidence determines whether a bystander intervenes. The observed gains suggest soldiers are better prepared to act decisively.

Consistent with Prior Literature

This study extends previous observations to a **non-non-clinical**, military population.

Public Health Multiplier

Given Israel's ~6% OHCA survival rate, scaling BLS training could meaningfully improve national outcomes.

Feasible Within Military Constraints

A three-hour workshop fits within basic training schedules, making it a practical, scalable model.



Limitations



- Self-reported confidence only
- No comparison group with alternative training formats or durations
- Short follow-up



Conclusions

A short, intensive three-hour BLS workshop significantly enhances confidence in chest compressions and AED use among basic training soldiers.

Military Readiness

Civilian Impact



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THANK YOU



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