



A Nationwide Lifesaving Network

Establishing a BLS Training Center within Direzione Sanità - RFI (Gruppo FS):
Training Lay and Healthcare Personnel to Enhance Public Safety

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Direzione Sanità - RFI

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Agenda



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| Section 1 |  | The Challenge: Cardiac Arrest in Public Spaces |
| Section 2 |  | Our Unique Environment: Italian Railways as a High-Footprint Arena |
| Section 3 |  | The Strategic Response: The Direzione Sanità Initiative |
| Section 4 |  | The Training Center: Structure, Equipment, and Courses |
| Section 5 |  | Target Audiences: Lay Responders and Healthcare Professionals |
| Section 6 |  | The "Chain of Survival" in a Railway Context |
| Section 7 |  | Goals, Metrics, and Expected Impact (KPIs) |
| Section 8 |  | Future Perspectives and European Collaboration |



The Challenge: Why BLS Here? Why Now?

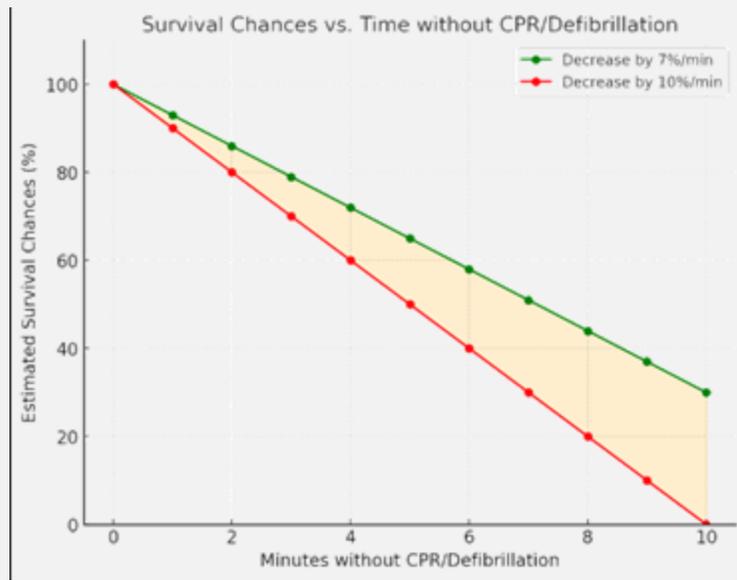
The unmet need. Out-of-Hospital Cardiac Arrest (OHCA)



In Europe, over **300,000 people** suffer an OHCA annually.

Survival rates often remain **below 10%**.

For **every minute** without CPR and defibrillation, survival chances decrease by **7-10%**.



Key Concept:

Bystander intervention is critical.

Time to defibrillation is the single most important modifiable factor.

The Arena: Italian Railways – A Nationwide Health Platform

Our training ground – the Italian Railway Ecosystem

Italian FS manages over 2.000 stations, serves more than 2 million passengers daily, employs around 100.000 people

Railway stations and connected workplaces are community hubs: a microcosm of society



We're not just a company, we're a pervasive national infrastructure, making us the ideal vector for disseminating lifesaving skills

The Strategic Vision: Direzione Sanita's Mission

From Corporate Health to Public Health: expanding our mission

Direzione Sanita's traditional focus has always been occupational health

The paradigm shift: expanding our mandate to become an active agent in public health

Safety is our core business, and health security is its natural extension.



The BLSD Training Center is a strategic pillar of this vision



Introducing the BLSD Training Center

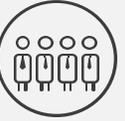
The Hub of Lifesaving Excellence



Faculty with the ability to move on-demand

Facilities: equipped theoretical classrooms and a dedicated practical area

Accreditation: by the Italian Resuscitation Council (IRC) and/or relevant local health authorities



Cutting-Edge equipment and methodology

How we train – technology and pedagogy



High fidelity CPR manikins with feedback technology

AEDs: trainer automated external defibrillators

Methodology: blended learning (theory available online and live + mandatory hands-on sessions)



Scenario Based Training

Target Audience: Lay Responders and Healthcare Professionals

Empowering our first line: training FS Staff and Healthcare Professionals in house



Who: train drivers, station masters, security personnel, train crew, commercial staff. Healthcare prof. from Direzione Sanità

Why: they're always on site, often the first to witness an emergency

Hopefully, they are the «first first-responders»



Integrating with the chain of survival

We strengthen the entire chain of survival

1. Early recognition & call
2. Early CPR
3. Early defibrillation



Making up time for saving lives

Goals, metrics and Impact (KPIs)

Measuring success: our Key Performance Indicators



Output (short-term): number of personnel trained per year

Outcome (mid-term): increase in deployed AEDs, increase in reported bystander CPR within railways premises

Impact (long-term): increase in OHCA survival rates in transport environments

But also: scientific production

The Human Factor in the Chain of Survival: a neuropsychological proposal to evolve BLS training through the lens of cognitive load, acute stress, and decision making

Pitzalis E.¹, Nicoletti G.², Fioto G.³, Paoletta F.⁴, Ferraro P.⁵, Ceccarelli G.⁵
Saffioti G.⁶

Knowledge and perceptions of the use of the semi-automatic external defibrillator (AED) and of BLS courses among users accessing the Territorial Health Units (UST) of the Italian Railway Network (RFI)

Bolzonella F.¹, Ciampalini F.², Matzuzzi N.³, Mencattini G.², Stoppoloni V.⁴, Ruggiero V.⁴, Ceccarelli G.⁴, Saffioti G.⁵

Digital innovation in training: gamification and virtual reality for BLS learning

Franca Ciampalini¹, Marco Rissone², Carlotta Amantea³, Gianluca Ceccarelli⁴, Pietro Ferraro⁴ and Giuseppe Saffioti⁵

Measuring success: our Key Performance Indicators



The Human Factor in the Chain of Survival: a neuropsychological proposal to evolve BLSD training through the lens of cognitive load, acute stress, and decision making

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Results

Most respondents reported a substantial improvement in emotional readiness post-course, despite the absence of explicit psychological content. Specifically, 70% noted increased ability to manage fear, anxiety, and self-doubt. This improvement appears to stem from the course's experiential structure. Notably, 84% expressed a desire for enhanced content on stress management, decision-making under pressure, and post-event emotional recovery, signaling a strong interest in a more human-centered training experience.

Conclusions

While the current BLSD methodology effectively fosters emotional confidence through its pedagogical and experiential strengths, the demand for deeper psychological preparation suggests potential for growth. The addition of a structured training focused on cognitive load, acute stress, and emotional reactions may represent a significant enhancement. Such a module could further strengthen the course by helping trainees build a resilient mindset, ultimately improving intervention outcomes in high-pressure situations.

Measuring success: our Key Performance Indicators



Knowledge and perceptions of the use of the semi-automatic external defibrillator (AED) and of BLS-D courses among users accessing the Territorial Health Units (UST) of the Italian Railway Network (RFI)

Bolzonella F.¹, Ciampalini F.², Matzutzi N.³, Mencattini G.², Stoppoloni V.⁴, Ruggiero V.⁴, Ceccarelli G.⁴, Saffioti G.⁵

Results

A total of 660 questionnaires were collected. More than 90% of participants reported knowing the function of the AED; among them, about 40% had attended at least one BLS-D course, while over 60% expressed interest in participating in one. Most respondents believed that the AED could only be used by individuals who had completed a BLS-D course, while only 30% knew that its use is allowed even without specific training. Seventy-three percent knew the single European emergency number. Among women, 70% were interested in attending a BLS-D course. In the over-60 age group, theoretical knowledge of the AED was good, but more than 70% had never attended a BLS-D course. The vast majority of respondents considered the presence of AEDs in workplaces and schools to be necessary.

Conclusions

The surveyed population showed good theoretical knowledge of the AED, but the mistaken belief persists that it can only be used by those who have attended a BLS-D course. Practical training remains limited, although the importance of spreading AEDs in public places and workplaces is widely acknowledged. The population is informed but not adequately trained: it is necessary to intensify awareness campaigns, make BLS-D courses more accessible, and promote them starting from compulsory school.

The future track: expansion and collaboration



Become a national reference center for BLS training in transport.

Develop specific protocols for emergencies in transport settings.



Call for Collaboration:

"We aim to create a European network of transport medicine training centers.»

Conclusions

Building a culture of rescue

OHCA is a major public health issue where time is critical.

Mass transport systems are key arenas for intervention.

The Direzione Sanità is leveraging its position to create a BLS Training Center.

We are strengthening the Chain of Survival by training both lay and professional personnel.

Our goal is to save lives and create a safer travel environment for all.



Questions?



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Thank You