

Introduction

Date and time: May 1, 2021; 1000-1100 & 1100-1200

- Virtual Session #1: Coos Health and Wellness, Coos Bay, Oregon
- Virtual Session #2: Community Members in Oregon and California

Target Audience:

• Community members from diverse backgrounds including members in healthcare, social work, real estate, business and retirees.

Background/Content

Learning Objectives:

- Describe the physiology behind CPR in cardiac arrest
- Identify three benefits of bystander compression-only CPR versus the tradition CPR
- Recall the rate and depth of successful compression-3. only CPR
- List the 2 basic steps in bystander CPR 4.
- Explain where to locate information about CPR guidelines and training

Problem:

- Out-of-hospital cardiac arrest (OHCA) is leading cause of death in US totaling **350,000 cases** per year with only **38.2%** CPR performed.
- Estimated survival rate of out-of-hospital cardiac arrest between 6.7% and 8.4% globally.

Compression-Only CPR, Outreach and Education to Improve Bystander CPR Community Outreach Project

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Purpose

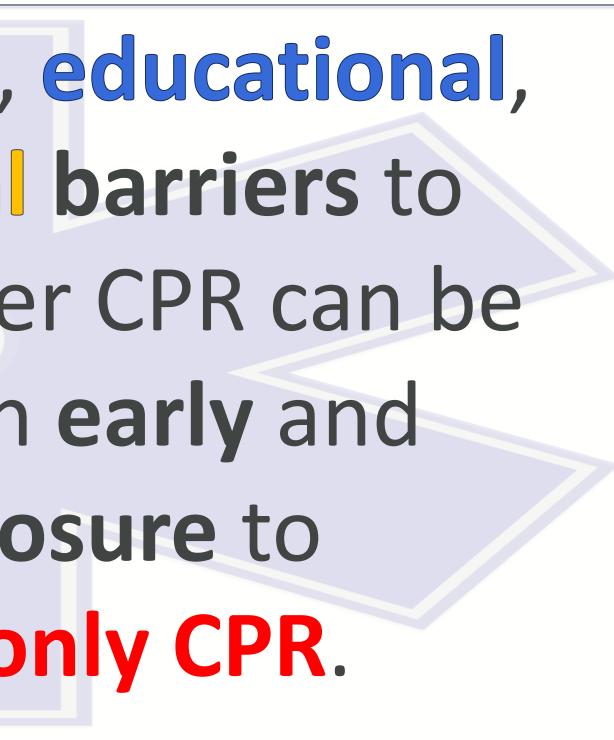
Prompt delivery of bystander CPR **DOUBLES** a victim's chances of survival from cardiac arrest.

Social, economical, educational, and psychological barriers to successful bystander CPR can be **OVERCOME** with early and repeated exposure to compression-only CPR.

Discussion

- The barriers to CPR were easily recognized by all the participants, regardless of their prior medical training. Although few members were CPR certified, none have ever performed CPR.
- Participants asked many questions and were engaged although none had sought more information on their own prior to the presentation.
- My objectives were to educate and inform people of the available educational material and hopefully propagate discussion within their own social circles.
- 100% of participants who completed the survey felt the objectives were effectively addressed.
- "Every adult should be trained in this CPR method" Anonymous survey





- aware of the problem.
- participants.
- contact.



References/Acknowledgements

Scan the QR code for the full paper complete with references and PDF copy of my presentation.

Conclusion

• This presentation was well received and I left with a sense of accomplishment that people were now

• To my surprise, I enjoyed presenting and teaching, which was commented on by

• The downside to online learning is the absence of non-verbal communication and limited eye

• This project also taught me how to be a better researcher and appraiser of information.

