



# Compression-Only CPR, Outreach and Education to Improve Bystander CPR

## Community Outreach Project

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Two steps to save a life:



### 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:

1. Describe the physiology behind CPR in cardiac arrest
2. Identify three benefits of bystander compression-only CPR versus the tradition CPR
3. Recall the rate and depth of successful compression-only CPR
4. List the 2 basic steps in bystander CPR
5. 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.

### 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

### Conclusion

- This presentation was well received and I left with a sense of accomplishment that people were now aware of the problem.
- To my surprise, I enjoyed presenting and teaching, which was commented on by participants.
- The downside to online learning is the absence of non-verbal communication and limited eye contact.
- This project also taught me how to be a better researcher and appraiser of information.



### References/Acknowledgements

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

