

Hands-Only Cardiopulmonary Resuscitation Program Peer Training Yields Increased Knowledge and Familiarity

The CPR in Schools: University Program has been designed based on the proven high school program from the American Heart Association (AHA) that has trained millions of students within the U.S.. It is unclear if the methodologies used at the high school level will be as effective for a university population. One of the primary limitations to administering bystander CPR is lack of knowledge about the process and reasoning behind the methodology. Once individuals have been properly trained in Hands-Only CPR, they are more likely to be confident enough to assist a cardiac arrest victim and understand details about the methodology.

During this academic year, 119 undergraduate students (age ≥ 18 years old) on OSU's Main Campus were trained using the AHA - Training in Schools Program. Of the students trained, 14 were disqualified due to refusal to complete the survey or based on prior CPR training. Before the training program was initiated, a pre-survey was given which covered demographic information, knowledge about CPR, and willingness to perform bystander CPR. After a 30-40 minute training, which included both lecture and hands-on experience, the participants were given a post survey to complete. The post survey is a duplicate of the pre-survey questions to gauge their increase in CPR knowledge and willingness to perform bystander CPR due to the training they received.

Based on the data collected, a significant increase was seen in both knowledge about CPR and personal willingness to perform CPR after peer-to-peer trainings. Of the five hands-only CPR knowledge questions asked, the data shows an average increase of 33.48% in correct responses demonstrating an increased factual understanding of hands-only CPR. Willingness to help also increased significantly with 86.67% of respondents indicating they would be very comfortable/somewhat comfortable performing CPR in contrast to the 20.95% that responded the same way in the pre-test.

The pre-survey and post survey comparison allows for evaluation of the American Heart Association - Training in Schools Program. The results can be used to gauge areas where the participants did not gain the appropriate knowledge and to improve future programs.