

# One minute of CPR video training could save lives

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Just one minute of CPR video training for bystanders in a shopping mall could save lives in emergencies, according to research presented at the American Heart Association's Scientific Sessions 2013.

Researchers used a one-minute CPR video to improve responsiveness and teach compression only CPR to people with no CPR experience.

Participants were divided into two groups: 48 adults looked at the video, while 47 sat idle for one minute. In a private area with a mannequin simulating a sudden collapse, both groups were asked to do "what they thought best." Researchers measured responsiveness as time to call 9-1-1 and start [chest compression](#) and CPR quality reflected by chest compression depth, rate and hands-off interval time.

Adults who saw the CPR video called 9-1-1 more frequently, initiated chest compression sooner, had an increased chest compression rate and a decreased hands-off interval, researchers said.

"Given the short length of training, these findings suggest that ultra-brief video training may have potential as a universal intervention for public venues to help bystander reaction and improve CPR skills," said Ashish Panchal, M.D., Ph.D. lead researcher of the study.

Provided by American Heart Association

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