

# Video-only CPR education noninferior to manikin training

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(HealthDay)—For high-risk cardiac patients, video-only (VO; no

manikin) cardiopulmonary resuscitation (CPR) training is noninferior to training with a video self-instruction kit (VSI; with manikin), according to a study published online Oct. 4 in *Circulation: Cardiovascular Quality and Outcomes*.

Audrey L. Blewer, M.P.H., from the University of Pennsylvania in Philadelphia, and colleagues conducted a prospective, cluster randomized trial of CPR education for family members of patients with high-risk cardiac conditions on hospital cardiac units. Eight hospitals were randomized to offer VO or VSI training before discharge. At six months post-training, CPR skills were assessed. A total of 1,464 subjects were enrolled from February 2012 to May 2015; 522 subjects completed a skills assessment.

The researchers found that the mean chest compression (CC) rate was 87.7 and 89.3 CC per minute with VO and VSI, respectively; based on a mean difference of  $-1.6$ , VO was found to be noninferior. The mean CC depth was 40.2 and 45.8 mm for VO and VSI, respectively (mean difference,  $-5.6$ ). After multivariate regression adjustment the results were found to be similar.

"These findings suggest a potential trade-off in efforts for broad dissemination of basic CPR skills; VO training might allow for greater scalability and dissemination, but with a potential reduction in CC depth," the authors write.

One author disclosed ties to the Medtronic Foundation and Laerdal Medical Corporation.

**More information:** [Abstract](#)  
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