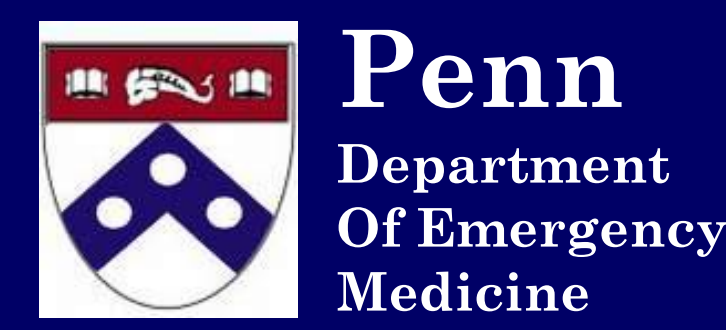




# Feasibility of Using Hospital Personnel to Create a Sustainable CPR Training Program for Family Members of Hospitalized Patients



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## BACKGROUND

- Less than 30% of lay witnesses to cardiac arrest attempt cardiopulmonary resuscitation (CPR).
- While recent studies have evaluated using the hospital as a unique “point of capture” for family member CPR training using paid research staff, there is a crucial need to develop a low cost, sustainable, CPR education program for patient families.

## OBJECTIVES

We sought to evaluate the feasibility of using hospital personnel (nurses and volunteers) to implement our CPR Anytime Hospital-Initiated Training Program (CHIP) using an established video self-instruction (VSI) kit for family members of hospitalized adult patients with coronary disease or significant cardiovascular risk factors.

## METHODS

In an ongoing multicenter trial of CPR educational strategies, hospital personnel were recruited to implement the CHIP program. After training, hospital personnel (trainers) and family member (trainees) impressions on training were assessed using mixed quantitative and qualitative survey instruments.

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## Subject Demographics

Trainees		n=277
	Female gender	75%
Age		51.8 ±15
Race	White	51%
	Black	35%
	Other	14%
Education	High School or Less	38%
	Some College	21%
	College	26%
	Graduate School	15%
Prior CPR Training	No	50%
	Yes –within 2 years	5%
	Yes-2 to 5 years	11%
	Yes-6 to 10 years	11%
	Yes-> then 10 years	23%
Relationship	Spouse	38%
	Immediate Family	41%
	Other	20%
	No response	1%
Trainers		n=41
Classification	Staff Nurse	54%
	Educator/Manager	15%
	Pre-Med Volunteer	27%
	Other	4%

## Trainer thoughts towards program n=41

	Nurse:	Volunteer:
Family members were receptive to me:	76%	83%
Appropriate person to conduct the program:	100%	100%
Comfortable conducting the program:	90%	100%
Should the hospital implement this program for all patients begin discharged with cardiac risk factors:	79%	100%
Encountered challenges administering the program:	30%	25%

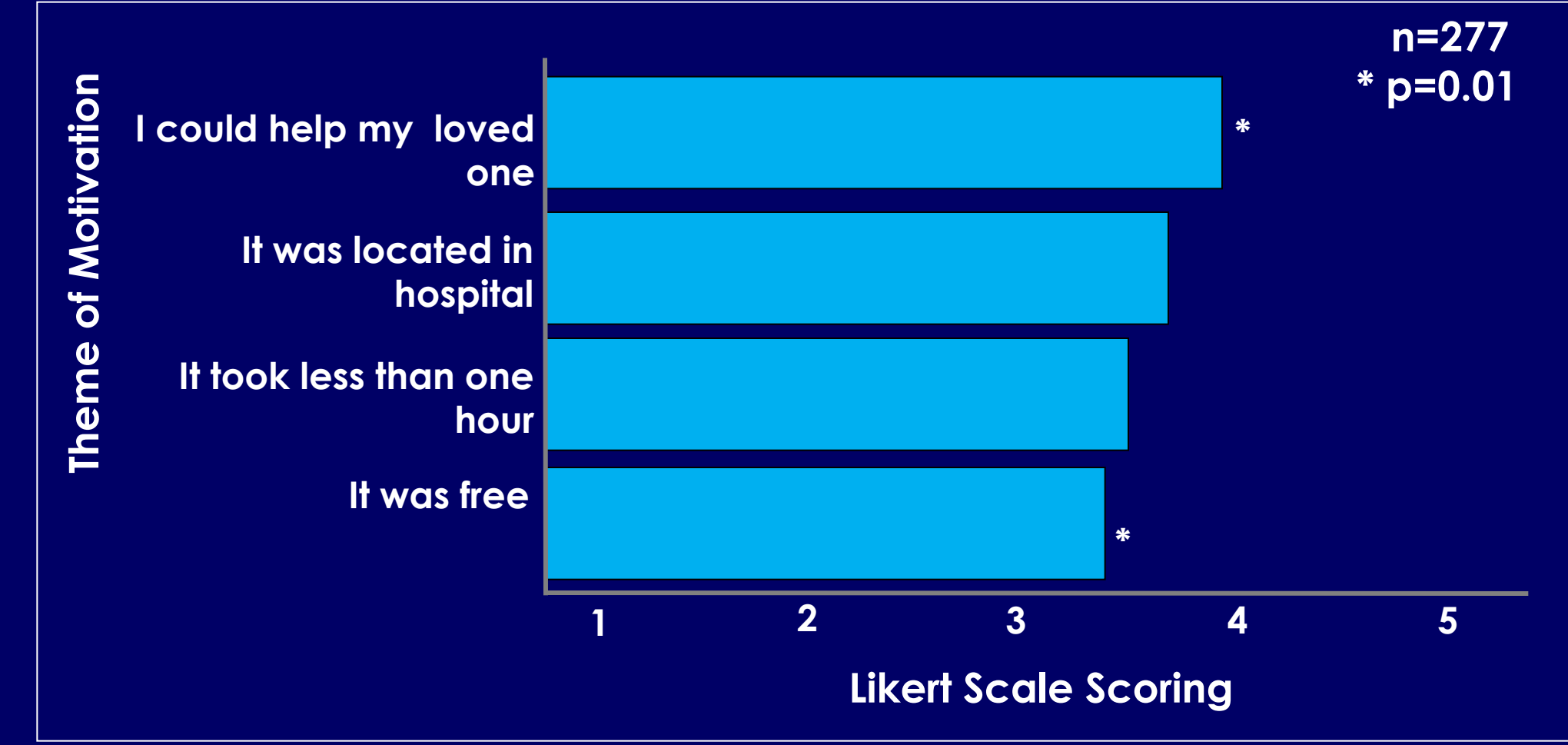
Percentages represent amount of enrollees that agreed with the statement

## Trainer open-ended themes towards widespread implementation of program n=27\*

	Nurse:	Volunteer:
Training program effectively targets “at risk” family members for CPR training:	46%	57%
Training program is an easy way to empower individuals with lifesaving skills:	36%	35%
The current program has barriers to implementation such as cost and time:	18%	8%

\*Not all subjects responded to this open-ended question

## Trainee motivation to learn CPR



## RESULTS

- From 02/2012 to 09/2012, hospital personnel from 5 institutions trained 277 family members in CPR;
- When queried about the program, 266/277 (96%) of the trainees indicated that they felt comfortable learning CPR skills in the hospital environment, and 233/277 (84%) of trainees felt confident using their new skills in a real-life situation. Overall, 98% of the trainers felt that the service was beneficial to families and patients.

## CONCLUSIONS

- The hospital setting offers a unique “point of capture” to provide CPR instruction to an important, under trained population.
- This work suggests that implementation of VSI training programs using hospital personnel is feasible and may confer broader dissemination of life-saving skills.