

# First Aid Education European Network

Prague, October 2011

Please use this form to share with others any research or testing that your national Society is doing with regard to first aid education.

<b>National Society</b>	Austrian Red Cross
<b>Project name</b>	Is an audioplayer a useful “coach” in treating cardiac arrest
<b>Summary of project: what is being tested or researched?</b>	<b>Background</b> Bystander first aid is important for survival in cases of cardiac arrest. Acoustic first aid instructions could increase the quality of cardiopulmonary resuscitation (CPR), however, insufficient studies have been performed. <b>Material and methods</b> In this study 110 participants were confronted with a manikin-based situation of sudden cardiac arrest. The participants were randomly assigned to a test group and a control group. The participants of the test group received an audioplayer with first aid instructions for performing CPR.
<b>Timing of project (has it just started, how long will it run, has it finished etc?)</b>	finished
<b>Results (if your project has finished)</b>	The audioplayer had no effect on the primary endpoint and the hands-off time was 59% in both groups. The participants of the test group controlled consciousness and tilt of the head to check for a free airway significantly more often (93% versus 33% and 44% versus 15%, respectively). No significantly different results were found in the number of performed calls for help (53% versus 55%), compressions (100% versus 100%) and ventilation (98% versus 96%). The control group started chest compression significantly earlier (38 s versus 67 s; $p < 0.001$ ). Furthermore the control group performed significantly deeper chest compressions (39 mm versus 34 mm; $p = 0.008$ ). <b>Conclusion</b> The use of an audioplayer did not improve the effectiveness of bystander first aid in simulated cases of cardiac arrest.  Published at <a href="http://www.springerlink.com/content/6654337841873810/">http://www.springerlink.com/content/6654337841873810/</a>
<b>Next steps: what do you plan to do next?</b>	not using audio devices / handy apps, etc in emergency situations,
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