

An Open Educational Resource for minimal online resuscitation training

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ABSTRACT SUBMISSION

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Abstract **Purpose of the study:** When a cardiac arrest occurs it is vital that bystanders act immediately. As a minimum bystanders should be able to check consciousness, call 112 and perform chest compression of sufficient depth and speed until an ambulance or other professional support arrives. The majority of people however do not have these skills. Courses in Basic Life Support are available in all European countries on average 2 hour including a practice session. Research shows (1) these courses are effective and both immediate and short-term (4-6 months) retention is high. These courses are however a too time-consuming and costly option when our aim is to train the vast majority of people and maintain their skill level.

Materials and methods: Some studies (2) indicate that a short (60 sec.) instruction video already has a marked effect on abovementioned skills. It is our aim to show that a short (5 min.) interactive online training is sufficient to ensure students are able to perform compressions of sufficient quality. The basis for the work is a more extensive (30-40 minute) on line educational game that was evaluated with Dutch secondary school learners. The 5-minute course, which will be available in four languages as open educational resource (OER), consists of:

- - A short (30 sec) video showing how to handle in case of a cardiac arrest;
- - A short explanation of the procedure;
- - An chest compression exercise where learners can manipulate speed and depth of compression on a realistic video of a reanimation.

The effectiveness of the short course will be tested using the following experimental setup. Immediately after completing the course students will be asked apply what they learned on a manikin. They will be asked to do this a second time 6-8 weeks later. Data on the rate and depth of compression will be gathered and analysed. The results of this experiment will be compared with the effectiveness of viewing a short (30 sec.) video only.

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