

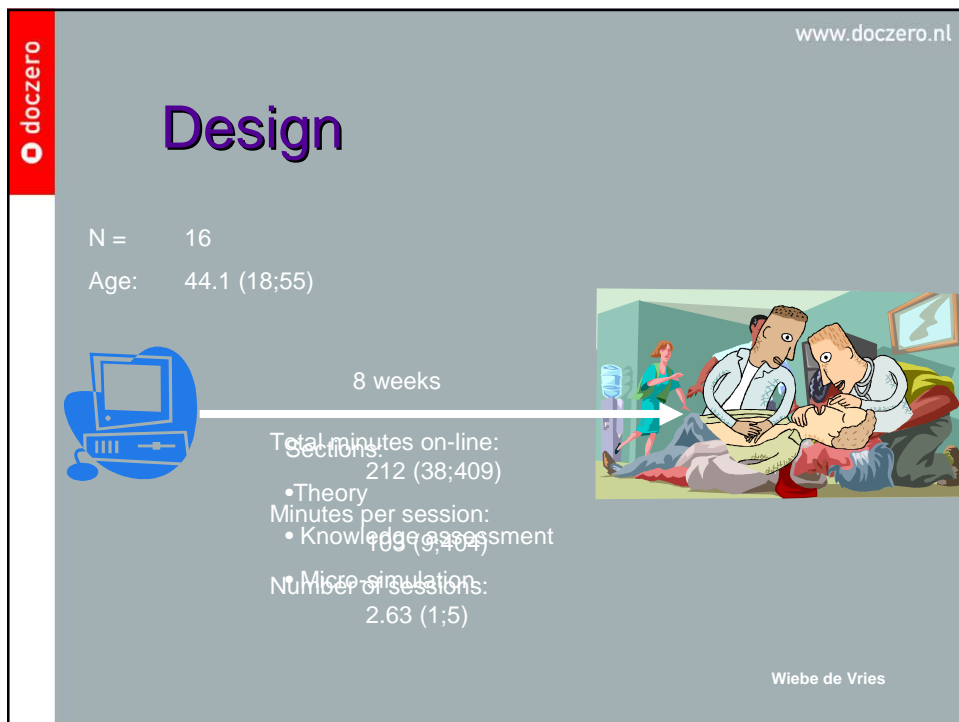
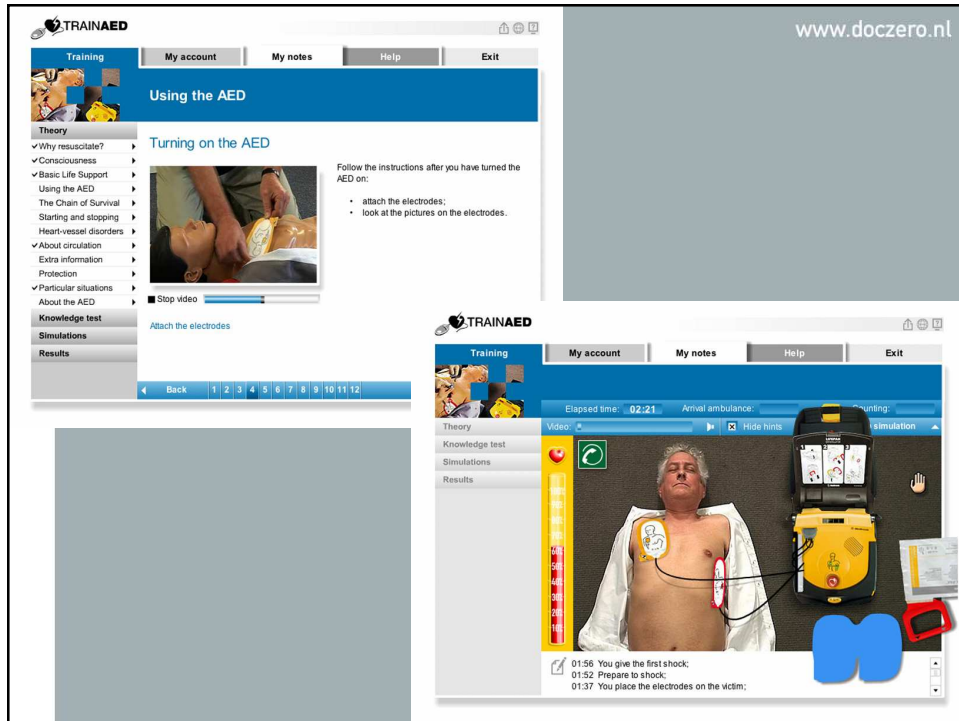
www.doczero.nl

**Can laypeople train themselves
without a manikin?**

Wiebe de Vries MSc RN
Anthony J. Handley MD FRCP

Wiebe de Vries





www.doczero.nl

Whitfield RH, Newcombe RG, Woollard M.
Resuscitation 2003;59:291-314

Cardiff Test

- ◆ Safe approach
- ◆✓ Check Responsiveness
- ◆ Airway & Breathing
- ◆✓ Open Airway
- ◆✓ Phone 112
- ◆✓ Perform CPR
- ◆✓ Hand positioning for chest compressions
- ◆ Compression rate
- ◆ Compression depth
- ◆ Ventilation number
- ◆ Ventilation volume
- ◆✓ Ratio 30:2
- ◆✓ Switch on AED
- ◆✓ Remove clothing
- ◆✓ Time interval receipt AED to switch on
- ◆✓ Defibrillator electrode pads attached correctly
- ◆✓ Time interval receipt AED to attach electrodes
- ◆✓ Analysis, attitude Rescuer
- ◆✓ Shock button pushed as directed and shock safety
- ◆✓ Check signs of circulation
- ◆✓ Breathing
- ◆✓ Chest compression

Wiebe de Vries

www.doczero.nl

On-line training

	With	Without
Safe approach	3/16	0
Airway & Breathing	6/16	0
Compression rate	83.1 (56;115)	41.0 (3;79)
Compression depth	41.6 (12;55)	15.5 (0;31)
Ventilation number	.2 (0;.6)	0
Ventilation volume	.5 (0;3)	0

Wiebe de Vries

www.doczero.nl

Lessons for the instructor

- ◆ It is relative easy for lay persons to use an AED
 - ◆ Monsieus KG, et al. Resuscitation 2005;64:41-7
 - ◆ Usatch BR, Cone DC. Prehosp Emerg Care. 2002;6:325-9
 - ◆ Kooij FO, et al. Resuscitation 2004;63:33-41
- ◆ Skills related to ventilation (open the airway effectively)
 - ◆ Berden HJ, et al. Ann. Emerg. Med. 1994;23:1003-8
 - ◆ Wenzel V, et al. Resuscitation 1997;35:129-34
 - ◆ Chamberlain D, et al. Resuscitation 2002;53:179-87
- ◆ Number of correct compressions per minute
 - ◆ Abella BS, et al. JAMA 2005;293:305-10
 - ◆ Einav S, et al. Resuscitation 2006;69:209-16

Wiebe de Vries

www.doczero.nl

Thank you.

 www.wiebedevries.eu

Wiebe de Vries