

TERESA FAYKUS, Dept. of Nursing, West Liberty University, West Liberty, WV 26074 and TAYLOR CURRY, Dept. of Nursing, West Liberty University, West Liberty, WV 26074 and AUSTIN RAINES, Dept. of Nursing, West Liberty University, West Liberty, WV 26074. The impact of two-minute training sessions on confidence level for providing compression-only cardiopulmonary resuscitation

Studies have shown that bystander compression-only resuscitation for adult, out-of-hospital cardiac arrest victims improve overall survival rates. Unfortunately, 70% of Americans do not know how to administer resuscitation attempts or are afraid of hurting the victim. Therefore, only 27-41% of sudden cardiac arrest victims receive immediate resuscitation attempts.

The research question is: Can simplified performance steps, simplified training, and elimination of mouth-to-mouth contact help bystanders feel more confident in taking the appropriate actions for saving a life?

Objectives include training college students, staff, and faculty in chest-compression only resuscitation for an adult sudden cardiac arrest victim; measuring self-reported confidence levels before and after the training by using a Likert scale, and gathering self-reported confidence level factors.

Nursing students included staff, faculty, and students to randomly participate. Data was gathered, a two-minute training and a return demonstration was completed, and post confidence levels were recorded.

Of the total 134 participants, 85% reported a positive change in confidence levels. Of those, 55% had positive differences in their confidence of 2, 3, or 4 levels. When dissecting the confidence factors, three of the six options stood out as being the most chosen: "I feel that I may hurt someone if I don't do it correctly", "I don't know the steps of CPR", and "I'm afraid that I would get in trouble or get sued". By understanding how confident the public is in initiating CPR and what influences these confidence levels, training can be better guided.