

2020 American Heart Association Guidelines for CPR and ECC:

Education Science

Effective education is an essential contributor to **improved survival outcomes** from cardiac arrest.



Training Interventions That Improve CPR Skill Acquisition and Retention



Deliberate practice and mastery learning model



Addition of booster training



Spaced-learning approach



CPR feedback devices



Teamwork and leadership training



In situ training



High-fidelity manikins



Gamified learning and virtual reality

Targets to Increase Community-Based Lay Rescuers



Self-Directed CPR Training
For lay rescuers, self-directed CPR training represents a reasonable alternative to instructor-led training.

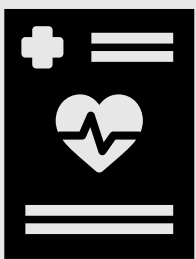


Training for Future Community-Based Lay Rescuers
Middle school- and high school-aged children should be taught high-quality CPR.



Tailored CPR Training to Increase Bystander CPR Rates
CPR training should be tailored to ethnic communities where there are currently low bystander CPR rates.

Priorities for Future Resuscitation Education Research



Define outcomes of clinical relevance.



Establish links between performance outcomes in training and patient outcomes.



Evaluate the cost-effectiveness of interventions.



Develop instructional design tailored to acquisition of specific skills.