

Research proves accessible community AEDs and CPR training is effective



Research published in the European Resuscitation Council's official journal "Resuscitation" examines community's out-of-hospital Cardiac Arrest data, both before and after running widespread CPR instruction programs and making AEDs available.

The research discovered that after the communities had made CPR training and AEDs readily available, **out-of-hospital victims of Cardiac Arrest were four times more likely to receive CPR and twice as likely to receive defibrillation before emergency services arrived.**

"Chest compressions and AED placement are critical first steps in the chain of survival that can be performed by citizens and first responders, so engaging the public is crucial," said Lori Boland, lead author of the study.

The study examined 294 out-of-hospital Cardiac Arrest events across 17 communities. 120 out-of-hospital Cardiac Arrest events were studied before the communities had widespread AEDs and CPR training available, and 174 events afterwards. Bystander CPR rates increased from 83% to 95%, and bystander Defibrillation increased from 63% to 77% - with a recorded rise in survival rates.

"This paper confirms our belief that training the public results in increased bystander CPR and AED rates," said Dr Charles Lick, co-author of the report.