

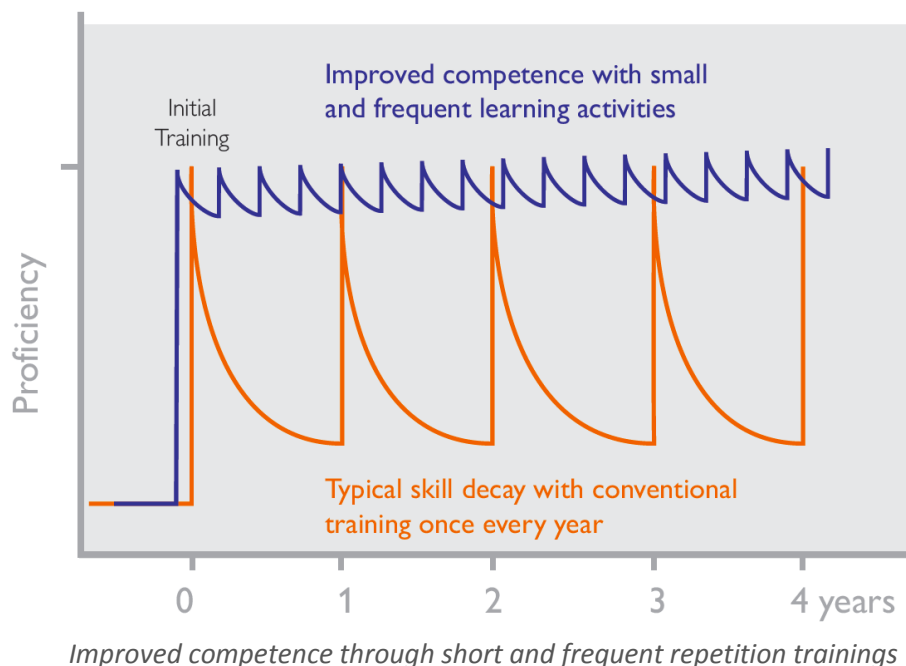
## The Swedish Resuscitation Council aims for higher quality of CPR through the Resuscitation Quality Improvement (RQI) Programme

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All healthcare personnel are expected to perform cardio-pulmonary resuscitation (CPR) should someone suffer sudden cardiac arrest. To maintain competence in CPR, frequent refresher training is important – both for individual skill training as well as simulation-based team training.

Today, staff typically refresh their CPR skills on an annual basis. Courses are most often held at an off-site location away from the workplace, making them challenging and costly to schedule and arrange. It is also difficult for organizations to free up sufficient time for staff to attend the courses. Finally, there is rarely any documentation or analysis of the quality of staff's CPR performance from these courses.

Numerous scientific studies have provided strong evidence that the quality of CPR (i.e. chest compressions and ventilations) is of high importance for the patient survival and outcome from sudden cardiac arrest. Furthermore, it has been proven that short, frequent refresher training – also known as low-dose, high-frequency training – leads to higher quality of CPR, compared to more conventional refresher courses done on an annual basis.



To enable frequent repetition training of CPR skills and thereby higher quality of CPR in the in-hospital as well as pre-hospital setting, the Swedish Resuscitation Council is now – together with Laerdal Medical – launching the RQI (Resuscitation Quality Improvement) Program in Sweden.

RQI is a system that includes one or more mobile stations for skill training for adult and infant CPR, as well as an administrative system that enables documentation and analysis of data from the CPR training sessions. To ensure high quality CPR, the skill stations provide live feedback to staff during the training sessions. The system also enables an easy way to frequently repeat and refresh the cognitive part of the CPR course. For instructors and administrators, the system provides a live overview of the compliance to the assigned CPR training sessions, as well as analysis of the quality of the staff's CPR training performance.

The mobile skill stations are placed for shorter periods of time in the different departments where CPR training is to take place. The stations allow the staff to train for as little as 5-15 minutes during their regular work shift, without requiring any additional scheduling or need to go to a CPR class at an off-site location.

RQI is a licence-based system, with a licence fee per user. The system is cost effective, as the on-site, on-the-job training model reduces time staff need to be away from the workplace.

The Swedish Resuscitation Council believes that the system will lead to an improvement in the quality of CPR performance in the healthcare system in Sweden, and that it will enable an easier way of doing CPR training and frequent refresher courses. The Council also hopes that an improvement in the quality of CPR will lead to more lives saved.

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The Swedish Resuscitation Council's vision is to increase survival from sudden cardiac arrest. The Council develops guidelines and training programs cardiac arrest treatment, shares knowledge of CPR in the community and in the professional healthcare sector, and also supports research related to CPR and cardiac arrest. Since 1983, more than 80,000 CPR instructors have been trained, who in turn have trained about 3 million people in Sweden in CPR.

Laerdal Medical, one of the world's leading providers of healthcare solutions, is dedicated to helping save lives with products and services for Simulation, Airway Management, Immobilization, Basic Life Support, Advanced Life Support, Patient Care, Self-Directed Learning, and Medical Education. Laerdal is pleased to serve all healthcare providers and educators, from the lay rescuer to the medical professionals.