

Confidence to initiate CPR on a family member

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Background

- A minority of bystanders will initiate cardiopulmonary (CPR) when a family member collapses in the home



Aim

This study sought to:

- better understand the psychological barriers to family-initiated CPR
- to determine whether socio-demographic variables are associated with the confidence to initiate CPR

Method

- Cross-sectional descriptive study using an omnibus survey format
- Administered via 10 station Computer-Assisted-Telephone-Interview (CATI) system
- Population Research Laboratory (PRL) at Central Queensland University
- Ethics approved by CQU HREC

Sampling

- Study population randomly selected from CQ residents > 18 years
- Random sample of phone numbers drawn from a telephone data base
- One person from each household invited to 20 min interview
- 3090 phone calls made- 1208 people interviewed

Questionnaire

- Pilot tested
 - Final survey 3 sections
1. Standard introduction
 2. Specific research questions

"I am confident to initiate CPR should a family member of mine collapse"

" My greatest concern about performing CPR on a family member is : Performing correctly, hurting the person, fear of failing, contracting a disease or no concern at all"

3. Demographic questions

Sample

	% (n)	Mean (SD)
Males	48.9% (602)	
Females	50.2% (606)	
Age		47 (14.9)
Marital Status		
Married/De facto	77.2% (928)	
Separated/Divorced	6.8% (83)	
Widowed	3.6% (45)	
Single	12.3% (154)	
Years of Schooling		13.5 (9.2)

Findings

	n (%)
Learnt CPR	
Never learnt	308 (25.7)
Learnt	891 (74.3)
CPR Confidence	
Not Confident	379 (31.6)
Confident	820 (67.2)

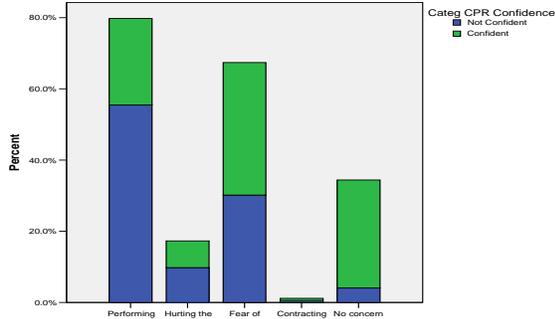
CPR Skills

- Majority (74%) had learnt CPR
- Males (53%; n=474) more likely to have learnt CPR than females (47%; n=418) (p=0.001)
- 35-44 age group most likely to have learnt CPR
- 65 plus age group least likely have learnt CPR and least confident to initiate CPR

CPR Confidence

- Majority (68%;n=820) confident to initiate CPR
- Males more confident to initiate CPR
- People learnt CPR more confident to initiate CPR
 - 20% of people who have learnt CPR were not confident
 - 30% of people who have **NOT** learnt CPR were confident to initiate CPR

Barriers to Initiating CPR



Discussion

- Penetration of CPR training and confidence to initiate CPR on family member high
- Middle aged men with CPR training most confident- CPR updates in workplaces
- The more recent the training- the more willing to initiate
- Persons 65 years > less likely to have learnt and least confident

- Age and lack of training is well established in the literature-
 - not knowing where to obtain training,
 - too busy,
 - inaccessibility of courses,
 - not interested,
 - physical limitations.



- Many with no CPR confident to initiate- possibly because media portrayal, internet
- Fear of failing or correctly performing were barriers



Summary

CPR training relatively high in CQ

Length of time since training

Type of training

People are confident to initiate CPR

Males most confident

Older age group least likely to have CPR skills or confidence to initiate CPR



Recommendations



- Examination of where CPR teaching is targeted
- Review of fees with CPR- free
- Wide publication/ posters/media/internet of new guidelines
 - 2 breaths/ 30:2 (100 comp/min)
- Message that any attempt is better than no attempt