

## Baseline Cardiopulmonary Resuscitation Skill Performance of Nursing Students Is Improved After One Resuscitation Quality Improvement Skill Refresher

### Importance of Conclusion

Less than half of 467 nursing students who had previously completed a CPR instructor-led course could adequately demonstrate the skills of compressions and ventilation. After one training session with RQI, learners showed significant improvements in being able to demonstrate both skills.

### Key Points

- Nursing students in this study had recently completed a CPR course with an instructor and received BLS certification but, when measured objectively, were not able to meet AHA guidelines for correct demonstration of compressions and ventilations.
- Post a traditional BLS course, only 59% of nursing students demonstrated correct compression depth and 42% demonstrated correct compression rate. Overall compression scores increased by 81% post one RQI training session.
- Overall ventilation scores with the use of a bag-mask device increased by 273% (19% to 70%) after one RQI training session. This includes the ability to demonstrate adequate volume increasing by 30% and learners decreasing their ventilation rate from a pretest mean of 24.86/min to a posttest mean of 13.90/min.
- Learner outcomes in this study support prior research that indicates CPR skills are difficult to master and retain without frequent guided expert practice

### Post a traditional BLS course

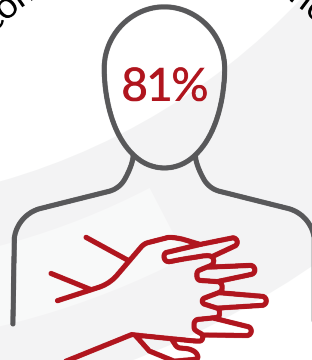
**59%**  
demonstrated  
correct  
compression  
depth



**42%**  
demonstrated  
correct  
compression  
rate



Overall compression scores increased by  
**81%**  
post one RQI training session



Kardong-Edgren, Suzan PhD, RN, ANEF, CHSE, FSSH, FAAN; Oermann, Marilyn H. PhD, RN, ANEF, FAAN; Jastrzemski, Tiffany S. PhD; Krusmark, Michael A. MA; Gluck, Kevin A. PhD; Molloy, Margory A. DNP, RN, CNE, CHSE; Miller, Carrie Westmoreland PhD, RN, CNE, CHSE, IBCLC; Webb, Suzanne MSN, RN, CHSE; Frost, Erica MSN, RN, CNE, CCRN-K; Sarasnick, Janice A. PhD, RN, CHSE-A Baseline Cardiopulmonary Resuscitation Skill Performance of Nursing Students Is Improved After One Resuscitation Quality Improvement Skill Refresher, Journal for Nurses in Professional Development: 3/4 2020 - Volume 36 - Issue 2 - p 57-62 doi: 10.1097/NND.0000000000000614

[https://journals.lww.com/jnsdonline/Abstract/2020/03000/Baseline\\_Cardiopulmonary\\_Resuscitation\\_Skill.2.aspx](https://journals.lww.com/jnsdonline/Abstract/2020/03000/Baseline_Cardiopulmonary_Resuscitation_Skill.2.aspx)