

Authorities agree that CPR skill retention becomes an issue once initial training is complete.

CPR Skills are Perishable Skills

Studies published in peer-reviewed medical journals shows that CPR skills decline within two months of initial training. A controlled, randomized study observed overall performance declined by 12-15% after two months for adult learners.

Another study (McKenna and Glendon, 1985) supported these findings and found that only 12% of those tested were capable of performing CPR correctly in an occupational setting. Shockingly, that means 88% of the trained people could not perform CPR! The study also identified consistent, substantial skills' loss in the 6 months after training.

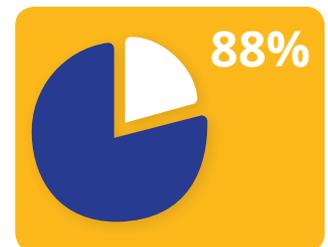


Regular Refresher Training is Essential for Skills to be Retained

Multiple studies conclude that refresher training is beneficial for people to retain their skills and to feel confident in performing CPR correctly when the need arises.

Highlights of the Study done by WorkSafe BC - CPR and First Aid Skill Retention

- ✓ Repetition of training appears to be a significant variable in skill retention, and hence, strategies for the repetition of training to retain skills and knowledge should be explored.
- ✓ As skills deteriorate rapidly simply changing the frequency of certification is not necessarily the most effective choice to increase retention of skill and knowledge. Methods of regularly "refreshing" a skill should be explored. A frequency of every 90 days was suggested.
- ✓ Simple and cost-effective skill updating strategies need to be investigated to reduce the rate of skill deterioration



Refresher classes held more frequently and at shorter intervals increased subjects' self-assessed confidence, possibly indicating greater preparedness to use an AED in a real emergency. A randomized, controlled trial, with a focus on optimal refresher training, concluded refresher-training intervals should not exceed 7 months in order to minimize skill deterioration.

Additional sources present significant evidence that skill decay is rapid after initial training is completed (Safar et al. 1981, Cullen 1992, Handley 1997, Eisenbuger 1999, Larsson et al. 2005). They indicate that frequent refreshers can contribute to greater skill and knowledge retention.

The AED Smart® Station offers easy, quick, affordable, refreshers to maintain CPR / AED skills

According to the Institute of Education Sciences (2015), 14.9 million students attended 26,400 public high schools in the USA. That's an average of 564 students per school. An AED Smart® Station costs \$849 US (approx.) more than a standard cabinet. If each school had 1 AED Smart® Station it would cost \$1.50 to train each student at that school. PLUS, any new students or refresher training would be FREE once the AED Smart® Station is installed. That is a huge value!!

As School boards announce new CPR programs, these great initiatives need to be supported by a program that delivers regular refreshers. Make the **AED Smart® Station** part of your program.

