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Cardiopulmonary Resuscitation Prescription Program: A Prospective Randomized Pilot Study

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Cardiopulmonary Resuscitation Prescription Program: A Prospective Randomized Pilot Study

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Objective:

The American Heart Association wants to increase the number of citizens who know how to perform Cardiopulmonary Resuscitation (CPR). It is unknown whether prescribed advice to patients to learn CPR is effective. We sought to determine if patients with, or at risk for, heart disease and their families were more likely to follow prescriptive advice to buy a **CPR** Anytime [™] kit than take a CPR class.

Methods:

This was a prospective randomized pilot study of a convenience sample of 162 patients who presented to one of three recruiting sites: a suburban community emergency department, an office based primary care or cardiology setting.

After consent, CPR naïve participants aged > 44 years old were randomized. One group received a prescription for a CPR Anytime[™] self learning kit which consists of a portable CPR mannequin, and a

22 minute training DVD. The comparator group was prescribed a traditional **CPR class. One-way (ANOVA) was** used to compare the three groups for continuous data and Pearson's chisquare for categorical data.



CPR Prescription

The Lehigh Valley Hospital Emergency Department Cedar Crest & I-78 Allentown, PA 18104	Lehigh Valley Health Network	The Lehigh Valley Hospital Emergency Department Cedar Crest & I-78 Allentown, PA 18104	Lehigh Valley Health Network
NAME		NAME	
ADDRESS		ADDRESS	
CPI	R Any time		
for Family		CPR Class	
CPR Anytime for Family and Friends			
Signature	Dispense as Written	Signature	Dispense as Written
It is important because of your personal risk factors for heart disease (circle all that are appropriate DM, HTN, H/L, CAD, smoking, etc) that you and your family know how to perform CPR.		It is important because of your personal risk factors for heart disease (circle all that are appropriate DM, HTN, H/L, CAD, smoking, etc) that you and your family know how to perform CPR.	
70 – 80% of the cases that require CPR occur in and around the home – so it is going to be up to each one of us to save our loved ones		70 – 80% of the cases that require CPR occur in and around the – so it is going to be up to each one of us to save our loved ones	
The best time to learn CPR was yesterday – tomorrow may be too late. CPR is easy to learn do it today!		The best time to learn CPR was yesterday – tomorrow may be too late. CPR is easy to learn do it today!	



At the primary care office, 7/29 (24%), at the cardiology office 3/25 (12%), and at the Emergency Department 2/23 (9%), purchased the CPR kit. Across all investigational arm participants, 15% (12/81) were motivated to follow prescriptive advice to purchase the CPR kit. No subjects (0/79) took a CPR class. Cumulatively a participant was significantly more likely to purchase a kit than take a class (p=.0004). The participation refusal rates were 19% (Cardiology), 52% (Primary Care) and 51% (Emergency Department). Cardiology was statistically different from primary care and Emergency Department (both comparisons p=0.0001) but Primary Care and Emergency Department refusal rates were not statistically different (p=.895). Two subjects were excluded from analysis and 5 were lost to follow up (2 kit, 1 class at Emergency Department and 2 kit at Primary care site). Only 10% of the Emergency Department patients repoted having a primary care physician or a cardiologist.

Conclusions:

There is some evidence that motivation of patients to purchase **CPR** Anytime[™] kits can occur from prescribed advice in the outpatient setting. Prescribed advice to take a CPR class does not appear to be effective at motivating patients to learn CPR.

A PASSION FOR BETTER MEDICINE.

