How do you improve resuscitation training?

Mastery learning and deliberate practice
- Practice until learners demonstrate mastery of skills

Spaced practice
- Shorter, more frequent learning sessions

Contextual learning
- Use of “real world” training experiences recognized by learners

Feedback and debriefing
- Providing structured opportunities for reflection and feedback

Assessment
- Measuring competency throughout a course with a variety of tools

Innovative educational strategies
- Exploration of gamification, social and digital platforms to make learning “stick”

Faculty development
- Continuous coaching and training of instructors

Knowledge translation and implementation
- Localize programs to fit learners’ needs

Source: Resuscitation Education Science: Educational Strategies to Improve Outcomes From Cardiac Arrest (Circulation, June 21, 2018)
www.heart.org/EducationStatement
“If all training programs and resuscitation instructors implement the guidance from this statement, it will improve performance and increase survival from cardiac arrest.”—Adam Cheng, M.D., Chair, AHA Scientific Statement Development Committee

Moving the Needle on Cardiac Arrest Survival Rates
(American Heart Association 2020 Impact Goals)

Statistics above are referenced from the Resuscitation Outcomes Consortium (ROC) and the Cardiac Arrest Registry to Enhance Survival (CARES). ROC data is sourced from the United States and Canada. CARES data is sourced from the United States.