Effective education is an essential contributor to improved survival outcomes from cardiac arrest.

**Training Interventions That Improve CPR Skill Acquisition and Retention**

- Deliberate practice and mastery learning model
- Addition of booster training
- Spaced-learning approach
- CPR feedback devices
- Teamwork and leadership training
- In situ training
- High-fidelity manikins
- Gamified learning and virtual reality

**Strategies to Enhance Resuscitation Training**

**Targets to Increase Community-Based Lay Rescuers**

- **Self-Directed CPR Training**
  For lay rescuers, self-directed CPR training represents a reasonable alternative to instructor-led training.

- **Training for Future Community-Based Lay Rescuers**
  Middle school- and high school-aged children should be taught high-quality CPR.

- **Tailored CPR Training to Increase Bystander CPR Rates**
  CPR training should be tailored to ethnic communities where there are currently low bystander CPR rates.

**Priorities for Future Resuscitation Education Research**

- Define outcomes of clinical relevance.
- Establish links between performance outcomes in training and patient outcomes.
- Evaluate the cost-effectiveness of interventions.
- Develop instructional design tailored to acquisition of specific skills.

---

*Infographic by Kim Vella, MD, and Sonja Wakeling, MD. Template designed by Sparsh Shah, MD. Edited by Sparsh Shah, Alvin Chin, MD, MSc; and Comilla Sasson, MD, PhD.*

*Guidelines provided by CPR.heart.org*