



**Service Priorities and Programmes**  
**Electronic Presentations**

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**Quality of Continuous Chest Compressions on Adult Manikin performed in 1 and 2 minutes for 12 minutes by Qualified Nurses in Hong Kong**

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**Introduction**

Cardiac arrest cases are one of the most common and challenging resuscitation cases encountered in Hong Kong Accident and Emergency departments everyday. It is believed that good qualities of continuous chest compressions are keys to successful treatments (Return of spontaneous circulation) of cardiac arrest cases. The study recruited qualified nurses in Hong Kong to perform continuous chest compressions on manikin to investigate the quality of chest compressions in different time intervals

**Objectives**

Although AHA advise rescuers to change roles in CPR every 2 minutes. Asians might not be strong enough to maintain good quality of CPR for the entire 2 minutes especially in prolonged resuscitation. This study aims to evaluate the quality of continuous chest compressions performed on an adult manikin in 1 and 2 minutes for 12 minutes by trained Asian rescuers in Hong Kong.

**Methodology**

The study was a prospective, randomized crossover study. The design was chosen to show the quality of chest compressions by using each subject as his or her own control. Each rescuer is invited to investigate the difference in quality of continuous compressions on adult manikin while changing roles for every 1 and 2 minutes for 12 minutes.

## **Result**

It is suggested to perform chest compressions with one-minute interval role changing in order to maintain a regular, sustainable and efficient chest compressions on patients especially in prolonged resuscitation in Asia. It is advised rescuers to monitor their pace during cardio-pulmonary resuscitation.