

Supplement 1 – CPR-skill assessment test

(European Resuscitation Council CPR/AED course assessment document)



**EUROPEAN
RESUSCITATION
COUNCIL**

2016.V2

BLS assessment record

Candidate Name: _____

Date: _____

Instructor: _____

Skill	The candidate	Achieved		Comments
		Yes	No	
Check response	Demonstrates gently shaking and shouting to establish responsiveness			
Assess breathing	Demonstrates head tilt and chin lift			
Assess breathing	Demonstrates look, listen and feel for normal breathing for no more than 10 sec (does not count aloud)			
Call emergency services (Get help)	Describes how to phone for emergency services: 112, unresponsive and non-breathing victim, AED			
Chest compressions	Demonstrates effective chest compressions; rate 100-120/min, depth 5-6 cm; hand position: centre of the chest. Minimises interruptions in chest compressions			
Rescue breaths	Demonstrates rescue breaths sufficient to cause the chest to rise and fall			
Compression : ventilation ratio	Demonstrates ratio of 30 compressions to 2 ventilations			
Activate AED	Switch the AED on or, if a helper is present, ask him/her to do it			
Attach pads	Demonstrates attaching pads in correct position			
Stand clear	Allows rhythm analysis whilst making sure that nobody touches the victim (including visual sweep and verbal instruction)			
Deliver shock	Demonstrates rapid and safe delivery of a shock (including visual sweep and verbal instruction to stand clear)			
Follow AED instructions	Demonstrates listening to and executing AED instructions			
CPR	Minimises interruptions in chest compressions and demonstrates correct sequence in ratio of 30 compressions to 2 ventilations			

CPR: Cardiopulmonary resuscitation; AED: Automated external defibrillator.

Supplement 2 – Questionnaire for study participants

Study number & instructor (to be completed by investigator)		
E-mail address*		
Sex	<input type="radio"/> Female <input type="radio"/> Male <input type="radio"/> Do not wish to disclose	
Age		
Weight		
Highest level of education	<input type="radio"/> Primary education <input type="radio"/> Secondary education <input type="radio"/> Short cycle tertiary education <input type="radio"/> Bachelor or equivalent <input type="radio"/> Master or equivalent	
Healthcare professional	<input type="radio"/> Yes <input type="radio"/> No	
Have you used any drugs/narcotics in the past 24 hours, besides alcohol?	<input type="radio"/> Yes, which: <input type="radio"/> No <input type="radio"/> Do not wish to disclose	
<i>Previous CPR experience</i>		
CPR course	<input type="radio"/> No <input type="radio"/> Yes, which level <input type="radio"/> BLS <input type="radio"/> BLS+AED <input type="radio"/> ALS <input type="radio"/> Other: Date last course:	
Witnessed a cardiac arrest	<input type="radio"/> No <input type="radio"/> Yes, ... times <input type="radio"/> Only as a witness <input type="radio"/> CPR performed as bystander/layperson <input type="radio"/> CPR performed as healthcare professional	
The victim was	<input type="radio"/> A stranger <input type="radio"/> A relative or other acquaintance	

* If you want to be approached for a follow-up study or receive the information digitally

