

## PROGRAM OVERVIEW

Research has shown that psychomotor skills decay rapidly, and the current two-year certification model does not lend itself to the maintenance of high-quality CPR skills that can lead to improved patient outcomes.

*“Two-year retraining cycles are not optimal. More frequent training in basic life support (BLS), and retraining in advanced life support (ALS) may be helpful for providers who are likely to encounter a cardiac arrest.”*

— 2015 AHA Guidelines Update for CPR & ECC

The American Heart Association Resuscitation’s Quality Improvement Program® (AHA RQI® Program) offers an innovative approach to maintenance of competency for sustaining high-quality CPR skills and the AHA course completion cards.

The AHA RQI Program has been developed through a unique collaboration between the AHA and Laerdal Medical, wherein the AHA provides expertise in evidence-based research and best-practice guidance, and Laerdal provides proven simulation/learning technology. Together, these two entities provide the exclusive RQI Program solution that delivers and manages the “more frequent training... and retraining” recommended in the 2015 Guidelines.

Utilizing a variety of learning tools with an emphasis on skills mastery through low-dose, high-frequency training and performance feedback, the RQI Program offers three training components: cognitive, psychomotor skills, and simulated patient cases.

- **Cognitive** may involve interactive lectures, videos, or web-based content and are targeted to specific provider groups within the hospital and in other healthcare settings.
- **Psychomotor Skills** sessions monitor and report CQI metrics and equipment used in the healthcare setting, utilizing performance measurements completed within the healthcare facility’s clinical units.
- **Simulated Patient Cases** require students to assess and treat a virtual patient, and are integral to assessing a student’s ability to apply their RQI skills to a real patient case.

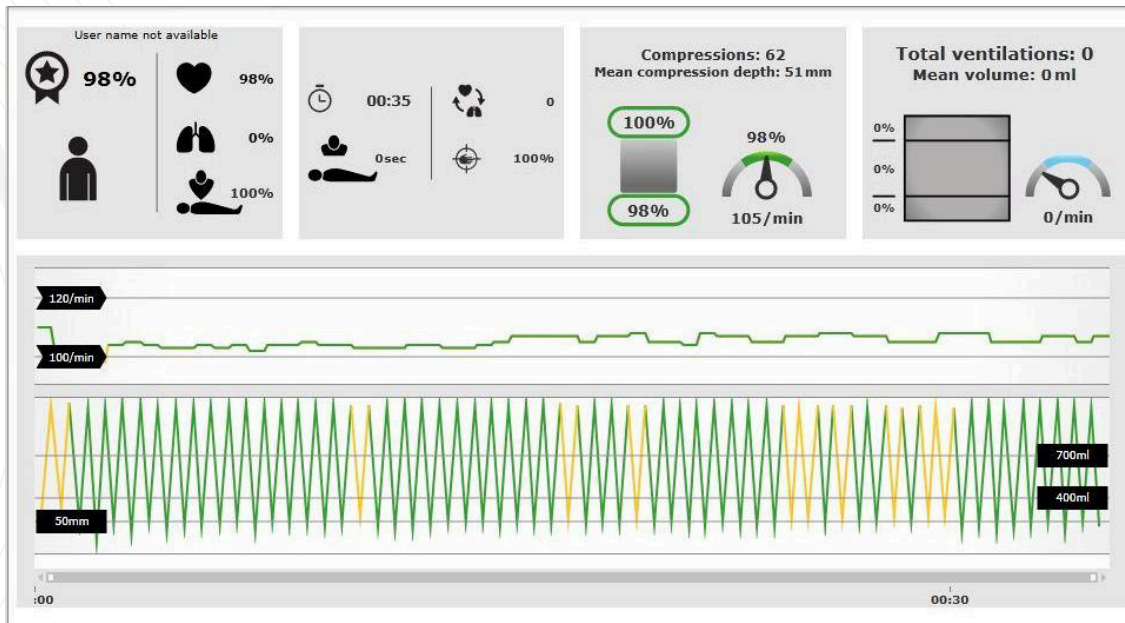
## Simulation Stations

Special Simulation Stations are deployed within the hospital at locations that are conveniently accessed 24/7 by students, allowing quarterly training modules to be completed in an average of 10 minutes. Each Station contains an adult and infant manikin and a laptop with Internet connectivity.



## Real-time Feedback and Adaptive Learning

During the skills training/assessment, students are provided real-time audio/visual feedback through the laptop, and student performance data is archived in a learning management system (e.g. compressions of adequate rate and depth, full chest recoil, minimal interruption to compressions, avoidance of excessive ventilation). This data is used to track and document individual student performance.



Example of a student debriefing screen from a ventilation skills exercise, showing the student's overall score (98%) with the key performance metrics (e.g. rate, depth, hand-placement)

### Perpetual Course Completion

Students enter the RQI Program with a current AHA course completion card – ideally, with no fewer than six (6) months remaining until card expiration. As students successfully complete each quarterly activity, their certificate expiration date is “rolled-forward” for an additional 90 days. Through their ongoing participation in RQI, students effectively achieve a perpetual card – **the focus is shifted from course completion to competency in CPR skills.**

### Evidence-Based Quality Improvement

Utilizing patient outcome information from management tools such as Get With The Guidelines (GWTG®) for Resuscitation, hospitals may assess the potential impact of the RQI Program and further adapt learning events at the group level. Such activities may include instructor lectures, videos and specific group simulations (e.g. physicians, nurses, therapists).

The regular assessment and reinforcement of skills through the RQI Program helps ensure high-quality CPR skills that can lead to improved patient outcomes. The Program also offers standardization of CPR training records and includes reporting functions for documentation. RQI is an essential tool in helping to raise the quality of resuscitation across the enterprise by providing a self-serve, cost-effective learning experience.

The American Heart Association’s evidence-based resuscitation education is considered the “gold standard” in healthcare training with over 90% of hospitals utilizing the AHA BLS and ACLS programs for their resuscitation education. The AHA RQI Program is the only solution available for maintenance of competency, integrating the AHA BLS and ACLS materials and course completion cards.