Top 5 Changes to CPR

1. Compression rate: 100-120
   A higher upper rate limit was added as CPR as quality decreases with >120 compressions per minute.

2. Maximize compression time
   Increased emphasis has been placed on minimizing the time without compressions to maximize coronary perfusion.

3. Deep, but not too deep
   An upper limit on the depth of chest compressions has been added. They should be between 5cm (2") and 6cm (2.5"). Deeper can be harmful.

4. Directive dispatchers
   Callers can receive increased guidance from emergency dispatchers regarding when to begin CPR. Dispatchers can also utilize social media applications to direct nearby assistance.

5. Audiovisual feedback
   Feedback to lay-providers may improve CPR. When available, audiovisual devices may be used to optimize CPR quality.

* For more Canadian content by the HSFC, check out http://goo.gl/fHu81c

This infographic has been brought to you by the BoringEM.org Team.

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