How to Increase Engagement in Bystander CPR Training: Suggested Do’s and Don’ts

Combat these statistics with educational best practices and the appropriate technology.

**DO**

- Incorporate real-time feedback devices into your hands-on instruction. Not only is this a mandate by the American Heart Association and a recommendation by the American Red Cross, but it is also proven to improve retention.

- Create a healthy level of competition. Applying gamification principles can go a long way in motivating participation.

- Provide positive reinforcement. Learners who may be struggling will appreciate the additional coaching.

- Use technology to your advantage. By using feedback technology to aid your skills assessments, you can maximize the number of students you train at one time.

- Remind learners (and yourself) of your #1 course objective. The more engaged learners are during their training, the more likely they are to act in an emergency.

**DON’T**

- Assume your learners know what to expect. Learners new to CPR might not expect a lengthy, didactic portion in the course.

- Let learners lose their passion. Laypeople who register for CPR training often have a powerful, unique, or personal reason behind their decision. Offer reassurance that they made the right choice.

- Neglect the benefits of objective real-time feedback. Though many don’t like to admit it, human error exists. Technology provides a consistent measure for all students.

- Lose sight of the need to build student confidence. Learners can ace their hands-on exam and still not feel confident enough to perform on a real victim.

- Forget to stress the importance of retaining the skills students have learned. Remind them that refreshing their skills is critical.

**ATTENTIVENESS**

- 40% of learners are actively paying attention

**RETENTION**

- 70% of what they hear in the first 10 min.
- 20% of what they hear during last 10 min.