

# Compression Only CardioPulmonary Resuscitation in telephone-assisted bystanders (COCPR III)

<b>Submission date</b>	<b>Recruitment status</b>	<input checked="" type="checkbox"/> Prospectively registered
01/05/2014	No longer recruiting	<input type="checkbox"/> Protocol
<b>Registration date</b>	<b>Overall study status</b>	<input type="checkbox"/> Statistical analysis plan
14/05/2014	Completed	<input checked="" type="checkbox"/> Results
<b>Last Edited</b>	<b>Condition category</b>	<input type="checkbox"/> Individual participant data
14/08/2019	Circulatory System	

## Plain English summary of protocol

### Background and study aims

High quality chest compressions are vital for survival after a cardiac arrest. Therefore bystanders are encouraged to act decisively in presence of a cardiac arrest victim. Telephone instructions are given by the emergency services responding to emergency calls. Unfortunately the quality of chest compression is usually inefficient because bystanders are often not trained. The aim of this study is to improve the quality of chest compression by comparing different instruction techniques.

### Who can participate?

Your participation is voluntary. You need at least 18, give an informed consent and your blood pressure should be less than 150 mm Hg before the study starts.

### What does the study involve?

Participants are randomly allocated to one of three groups: standard instructions given by emergency services over the phone, metronome over the phone, voice metronome over the phone.

If you take part two questionnaires are requested. The first one is about demographic data (age, smoking habits etc). The second questionnaire evaluates your physical fitness. Afterwards, you are requested to perform a skill test evaluating fine motor skills (you need to put pegs into holes with your non-dominant hand). Before the study starts your blood pressure and your heart rate are measured.

The main study is a simulated 10-minute cardiopulmonary resuscitation on a manikin (as for a cardiac arrest victim at home). Over the telephone, emergency services will give you instructions on how to resuscitate the victim (chest compression only resuscitation). During the resuscitation we will ask you for your subjective perceived exertion. After you have finished the simulated resuscitation scenario we will measure your heart rate and your blood pressure again. Also, you are requested to repeat the skill test.

### What are the possible benefits and risks of participating?

There are no anticipated risks. The benefit will be improved basic life support skills.

Where is this study run from?

This study is organised by the Department of Emergency Medicine of the Medical University of Vienna. The study venue is a large shopping hall. Verbal instructions are given by a member of emergency services located in an emergency dispatch centre.

When is the study starting and how long is it expected to run for?

June 2014. Your participation will take only 15 minutes.

Who is funding the study?

The study is being funded by Laerdal Austria which will provide the Laerdal manikin.

Who is the main contact?

Dr. Raphael van Tulder

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## Contact information

**Type(s)**

Scientific

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## Additional identifiers

**Protocol serial number**

V1.0

## Study information

**Scientific Title**

Effect of a (voice) metronome on chest compression depth and compression rate in telephone-assisted cardiopulmonary resuscitation: a randomized three-armed simulation study

**Acronym**

COCPRIII

**Study objectives**

Compression depth can be improved by a continuously repeated voice metronome sequence: 'deep-deep-deep-deeper'.

**Ethics approval required**

Old ethics approval format

**Ethics approval(s)**

Medical University of Vienna Ethics Committee, 21/05/2013, 1318/2013

**Study design**

Prospective randomized investigator-blinded parallel-group simulation trial

**Primary study design**

Interventional

**Study type(s)**

Other

**Health condition(s) or problem(s) studied**

Cardiopulmonary resuscitation

**Interventions**

The scenario is planned as an out of hospital, telephone assisted, bystander CPR. Substantial information about circumstances (at home, compression only, telephone assisted bystander CPR) is given prior to participation. Outcome is blinded to the participants. After informed consent, participants are guided to a simulation room where the manikin is prepared. Only minimal study staff will have access to the scenario room to avoid distractions. The study staff's assignment is documentation of parameters and not to be involved in bystander CPR. Participants will be staffed with a telephone to call the Emergency Dispatch Centre (EDC). In the EDC, a professional emergency dispatcher will be providing verbal prompts via telephone to the bystander.

Every participant will perform closed-chest compression for 10 minutes on a slightly modified Resusci Anne® Manikin (Laerdal, Norway) without giving rescue breaths. Participants will be randomized to one of three groups:

1. Standard instructions will be given by the emergency medical dispatcher via telephone following the AMPDS protocol V12.0 provided by the IAED.
2. A metronome with a rate of 110 bpm will be transmitted via telephone.
3. A voice metronome will continuously prompt: 'deep-deep-deep-deeper!' at a rate of 100 beats per minute.

Data will be collected using the Laerdal® PC Skill-Reporting System - a software used with the adult size Laerdal® Resusci® Anne SkillReporterTM manikin to collect the subjects' CPR performance.

**Intervention Type**

Other

**Phase**

Not Applicable

### **Primary outcome(s)**

Chest compression depth, measured continuously via the pc skillmeter software of the Resusci® Anne skillmeter

### **Key secondary outcome(s)**

1. Quality of ECC defined as number of percent of adequately achieved compression depth, continuously assessed via skillmeter pc
2. Time to measurable decay in chest compression depth, continuously assessed via skillmeter pc
3. Frequency of chest compression, continuously assessed via skillmeter pc
4. Correct recoiling of the manikin's chest, continuously assessed via skillmeter pc
5. Heart rate/systolic blood pressure ratio reflecting physical strain, measured before and immediately after chest compression
6. BORG rate of perceived exertion measured at 2nd, 4th, 6th and 10th minute of chest compressions
7. Systolic and diastolic blood pressure, measured before and immediately after chest compression
8. Nine Hole Peg Test, measured before and immediately after chest compression

### **Completion date**

10/06/2014

## **Eligibility**

### **Key inclusion criteria**

1. Voluntary participants
2. Informed consent
3. Age over 18 years
4. Blood pressure less than 160 mmHg (systolic) before starting CPR simulation

### **Participant type(s)**

Patient

### **Healthy volunteers allowed**

No

### **Age group**

Adult

### **Lower age limit**

18 years

### **Sex**

All

### **Total final enrolment**

36

### **Key exclusion criteria**

1. Healthcare professionals
2. Basic Life Support course performed within the last 6 months
3. Pregnancy
4. Blood pressure over 150 mm Hg (systolic) before starting CPR simulation

**Date of first enrolment**

10/06/2014

**Date of final enrolment**

10/06/2014

## Locations

**Countries of recruitment**

Austria

**Study participating centre**

**Department of Emergency Medicine**

Vienna

Austria

1090

## Sponsor information

**Organisation**

Medical University of Vienna (Austria)

**ROR**

<https://ror.org/05n3x4p02>

## Funder(s)

**Funder type**

Industry

**Funder Name**

Laerdal (Austria)

## Results and Publications

## Individual participant data (IPD) sharing plan

### IPD sharing plan summary

Not provided at time of registration

### Study outputs

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
<a href="#"><u>Results article</u></a>	results	01/11/2015	21/01/2019	Yes	No
<a href="#"><u>Participant information sheet</u></a>	Participant information sheet	11/11/2025	11/11/2025	No	Yes