Top 5 Changes to Resuscitation Education

1. **High-fidelity manikins for ACLS**
   The guidelines now recommend the use of high-fidelity manikins for training Advanced Life Support in places that have the infrastructure to support this. For low resource environments, use standard manikins.

2. **More BLS/AED instruction**
   BLS skills seem to be learned as well through self-instruction (video or computer based) with hands-on practice as compared to traditional instructor-led courses. Reduces cost and resources. Increases potential rescuers. If including AED training, add hands on component.

3. **More frequent re-training**
   Two-year retraining cycles are not optimal and more frequent training may be helpful for providers likely to encounter a cardiac arrest.

4. **Team & leadership training in ACLS**
   Inclusion of team and leadership training as part of ACLS has potential benefit, and very small risk for harm. All benefit, no risk!

5. **Train bystanders in hands-only CPR**
   Communities may consider training bystanders in compression-only CPR for adult OHCA as an alternative to training in conventional CPR.


* 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.