

Real CPR Help

Real CPR Help® technology gives you **real-time rate and depth CPR feedback** while you deliver CPR, providing guidance that can improve **CPR resuscitation** quality.

Why Real-Time CPR Feedback Matters

The [*2005 American Heart Association Guidelines for Cardiopulmonary Resuscitation \(CPR\) and Emergency Cardiovascular Care*](#) make it clear – in most emergencies, the quality of CPR resuscitation provided by the rescuer can make the difference between life and death. Yet, even trained professionals often do not perform CPR optimally and can benefit significantly from monitoring and support. A new study by Abella *et al* shows that [audio-visual CPR feedback improves the quality of chest compressions](#) delivered by healthcare providers.¹

CPR Resuscitation Feedback Technology

ZOLL was the first to introduce technology to help improve [CPR resuscitation](#) performance in 2002, and Real CPR Help is now a standard feature on all of ZOLL's defibrillators. This gives rescuers the best real-time **CPR feedback** and the confidence that they are providing the best CPR possible.

How Real CPR Help Works

With ZOLL products, all rescuers receive the following **CPR feedback and prompting** for help in providing effective manual CPR:

- **Compression Depth Indicator** to achieve the AHA-recommended compression depth of 1.5 to 2 inches (3.8 - 5.1 cm)
- **Compression Rate Indicator** to achieve the AHA-recommended compression rate of 100 CPM through a metronome beep that is easy to follow

- **Lapse Time Indicator** raises awareness of CPR interruptions by displaying the elapsed time from when the last compression was delivered.
- **CPR Index™** combines the important functions of compression rate, depth and interruption times all into one visual indicator. Maintaining maximum value (full indicator) guarantees performance to AHA Guidelines.
- **Audio/Message Prompting:** Voice and message feedback such as “PUSH HARDER” helps accomplish quality compressions quickly, resulting in a reinforcing message, “GOOD COMPRESSIONS.” To minimize CPR idle time, “CONTINUE CPR” is another important feedback reminder.
- **Data Transmission:** All our product lines have the capability to transmit CPR data, offering the ability for complete resuscitation review and playback.

Real CPR Help is accomplished with our quick and easy to apply [OneStep™ Electrode Pads](#), [CPR-D•padz®](#), and [CPR-Stat•padz](#). There is no compromise to code readiness with cumbersome extra electrodes to manage and position on the patient before you get valuable real CPR resuscitation data.

¹Peberdy et al. Effect of caregiver gender, age, and feedback prompts on chest compression rate and depth. Resuscitation (2009), doi:10.1016/j.resuscitation.2009.07.003