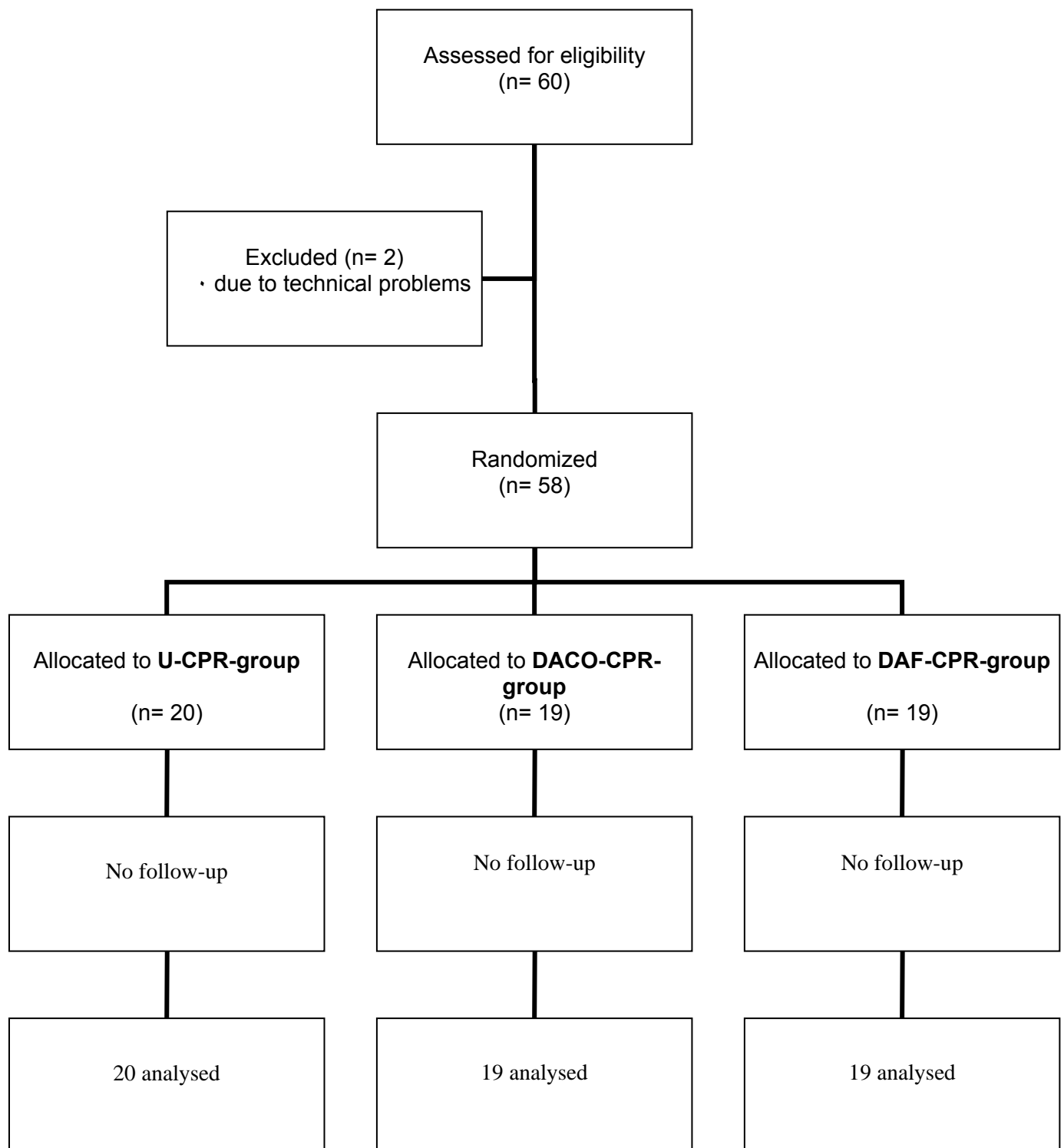


CONSORT Flow Diagram



Supplemental tables

	n	MEAN	SD	p-value: CPR vs. CO-CPR	p-value: CPR vs. T-CPR	p-value: CO-CPR vs. T-CPR
CPR	16	40.6	13.0	0.92	0.71	
CO-CPR	16	41.0	12.2	0.92		0.64
T-CPR	18	38.8	15.8		0.71	0.64

Tab. 1 : Results compression depth in mm.

	n	MEAN	SD	%	p-value: CPR vs. CO-CPR	p-value: CPR vs. T-CPR	p-value: CO-CPR vs. T-CPR
CPR	16	79.88	99.1	27.2	0.0445	0.0555	
CO-CPR	16	219.16	257.9	42.8	0.0445		0.546
T-CPR	18	174.53	171.7	49.0		0.0555	0.546

Tab. 2 : Results compression depth less than 40 mm.

	n	MEAN	SD	%	p-value: CPR vs. CO-CPR	p-value: CPR vs. T-CPR	p-value: CO-CPR vs. T-CPR
CPR	16	157.06	181.0	53.5	0.513	0.098	
CO-CPR	16	206.0	248.7	40.2	0.513		0.041
T-CPR	18	69.58	99.2	19.5		0.098	0.041

Tab. 3 : Results compression depth 40 - 50 mm.

	n	MEAN	SD	%	p-value: CPR vs. CO- CPR	p-value: CPR vs. T- CPR	p-value: CO-CPR vs. T- CPR
CPR	16	56.59	139.0	19.3 ± 10.7	0.549	0.283	
CO- CPR	16	86.95	153.1	17.0 ± 9.4	0.549		0.628
T-CPR	18	112.42	159.5	31.5 ± 37.3		0.283	0.628

Tab. 4 : Results compression depth 50 - 60 mm.

	n	MEAN	SD	p-value: CPR vs. CO-CPR	p-value: CPR vs. T-CPR	p-value: CO-CPR vs. T-CPR
CPR	16	293.53	179.99	0.001	0.214	
CO-CPR	16	512.11	180.07	0.001		0.003
T-CPR	18	356.53	84.54		0.214	0.003

Tab. 5: Results total amount of compressions.

	n	MEAN	SD	%	p-value: CPR vs. CO- CPR	p-value: CPR vs. T- CPR	p-value: CO-CPR vs. T- CPR
CPR	16	38.89	74.4	13.2±7.4	0.282	0.455	
CO- CPR	16	86.79	168.2	16.9±9.4	0.282		0.136
T-CPR	18	23.0	45.5	6.5±7.6		0.455	0.136

Tab. 6: Results compressions without correct release.

	n	MEAN	SD	%	p-value: CPR vs. CO- CPR	p-value: CPR vs. T- CPR	p-value: CO-CPR vs. T- CPR
CPR	16	45.88	35.3	15.6±8.7	0.815	0.732	
CO- CPR	16	53.74	26.6	10.5±5.8	0.815		0.935
T-CPR	18	57.05	30.8	16.0±18.9		0.732	0.935

Tab. 7: Results compressions with wrong hand position.

	n	MEAN	SD	p-value: CPR vs. CO-CPR	p-value: CPR vs. T-CPR	p-value: CO-CPR vs. T-CPR
CPR	16	35.6	24.2	0.001	0.178	
CO-CPR	16	65.5	22.4	0.001		0.003
T-CPR	18	44.5	10.8		0.178	0.003

Tab. 8: Results compressions per minute (1/min).

	n	MEAN	SD	p-value: CPR vs. CO-CPR	p-value: CPR vs. T-CPR	p-value: CO-CPR vs. T-CPR
CPR	18	2.16	2.49	0.006	0.196	
CO-CPR	19	0.21	0.89	0.006		0.038
T-CPR	19	1.20	1.71		0.196	0.038

Tab. 9: Results ventilation (l/min).

	n	MEAN	SD	p-value: CPR vs. CO-CPR	p-value: CPR vs. T-CPR	p-value: CO-CPR vs. T-CPR
CPR	18	13.83	17.56	0.016	0.119	
CO-CPR	19	1.79	7.59	0.016		0.137
T-CPR	19	6.11	9.34		0.119	0.137

Tab. 10: Results ventilation attempts with more than 600 ml tidal volume.

	n	MEAN	SD	p-value: CPR vs. CO-CPR	p-value: CPR vs. T-CPR	p-value: CO-CPR vs. T-CPR
CPR	18	22.44	23.46	0.001	0.372	
CO-CPR	19	0.11	0.45	0.001		>0.001
T-CPR	19	16.89	9.20		0.372	>0.001

Tab. 11: Results ventilation attempts with less than 500 ml tidal volume.

	n	MEAN	SD	p-value: CPR vs. CO-CPR	p-value: CPR vs. T-CPR	p-value: CO-CPR vs. T-CPR
CPR	18	1.17	2.03	0.0493	0.146	
CO-CPR	19	0.11	0.45	0.0493		0.237
T-CPR	19	0.37	0.81		0.146	0.237

Tab. 12: Results ventilation attempts with 500 - 600 ml tidal volume.

	n	MEAN	SD	p-value: CPR vs. CO-CPR	p-value: CPR vs. T-CPR	p-value: CO-CPR vs. T-CPR
CPR	18	37.44	18.33	>0.001	0.006	
CO-CPR	19	2.0	8.49	>0.001		>0.001
T-CPR	19	23.26	5.02		0.006	>0.001

Tab. 13: Results total number of ventilation attempts.

	n	MEAN	SD	p-value: CPR vs. CO-CPR	p-value: CPR vs. T-CPR	p-value: CO-CPR vs. T-CPR
CPR	16	273.4	82.7	>0.001	0.157	
CO-CPR	16	99.8	70.7	>0.001		>0.001
T-CPR	18	240.1	39.6		0.157	>0.001

Tab. 14: Results over all no-flow-time in seconds.

	n	MEAN	SD	p-value: CPR vs. CO-CPR	p-value: CPR vs. T-CPR	p-value: CO-CPR vs. T-CPR
CPR	16	55.0	12.9	>0.001	0.144	
CO-CPR	16	21.3	14.4	>0.001		>0.001
T-CPR	18	49.1	8.5		0.144	>0.001

Tab. 15: Results over all no-flow-time in %.

	n	MEAN	SD	p-value: CPR vs. CO-CPR	p-value: CPR vs. T-CPR	p-value: CO-CPR vs. T-CPR
CPR	16	25.1	21.0	>0.001	>0.001	
CO-CPR	16	55.2	22.2	>0.001		>0.001
T-CPR	18	101.2	39.2		>0.001	>0.001

Tab.16: Results initial no-flow-time in seconds.

	n	MEAN	SD	p-value: CPR vs. CO-CPR	p-value: CPR vs. T-CPR	p-value: CO-CPR vs. T-CPR
CPR	16	5.4	4.5	>0.001	>0.001	
CO-CPR	16	12.1	5.4	>0.001		0.001
T-CPR	18	20.7	8.1		>0.001	0.001

Tab. 17: Results initial no-flow-time in %.

	n	MEAN	SD	p-value: CPR vs. CO-CPR	p-value: CPR vs. T-CPR	p-value: CO-CPR vs. T-CPR
CPR	20	30.2	7.5	0.269	0.423	
CO-CPR	19	26.9	7.4	0.269		0.869
T-CPR	19	27.4	9.5		0.423	0.869

Tab. 181: Results age of participants in years.

	n	MEAN	SD	p-value: CPR vs. CO-CPR	p-value: CPR vs. T-CPR	p-value: CO-CPR vs. T-CPR
CPR	20	6.5	6.8	0.673	0.769	
CO-CPR	19	5.6	5.5	0.673		0.473
T-CPR	19	7.2	7.7		0.769	0.473

Tab. 19: Results time after last basic life support course in years.

Version "CO-CPR" - PAGE 1

1.

This is the emergency medical service, what is your emergency?

2.

Please give me your exact address and your phone number!

3.

Is this person conscious?

No

Unsure

Yes

Is this person arousable?

Unsure

Yes

4.

Does this person breath normally?

No

Unsure

Yes

Please check!

No

Yes

...

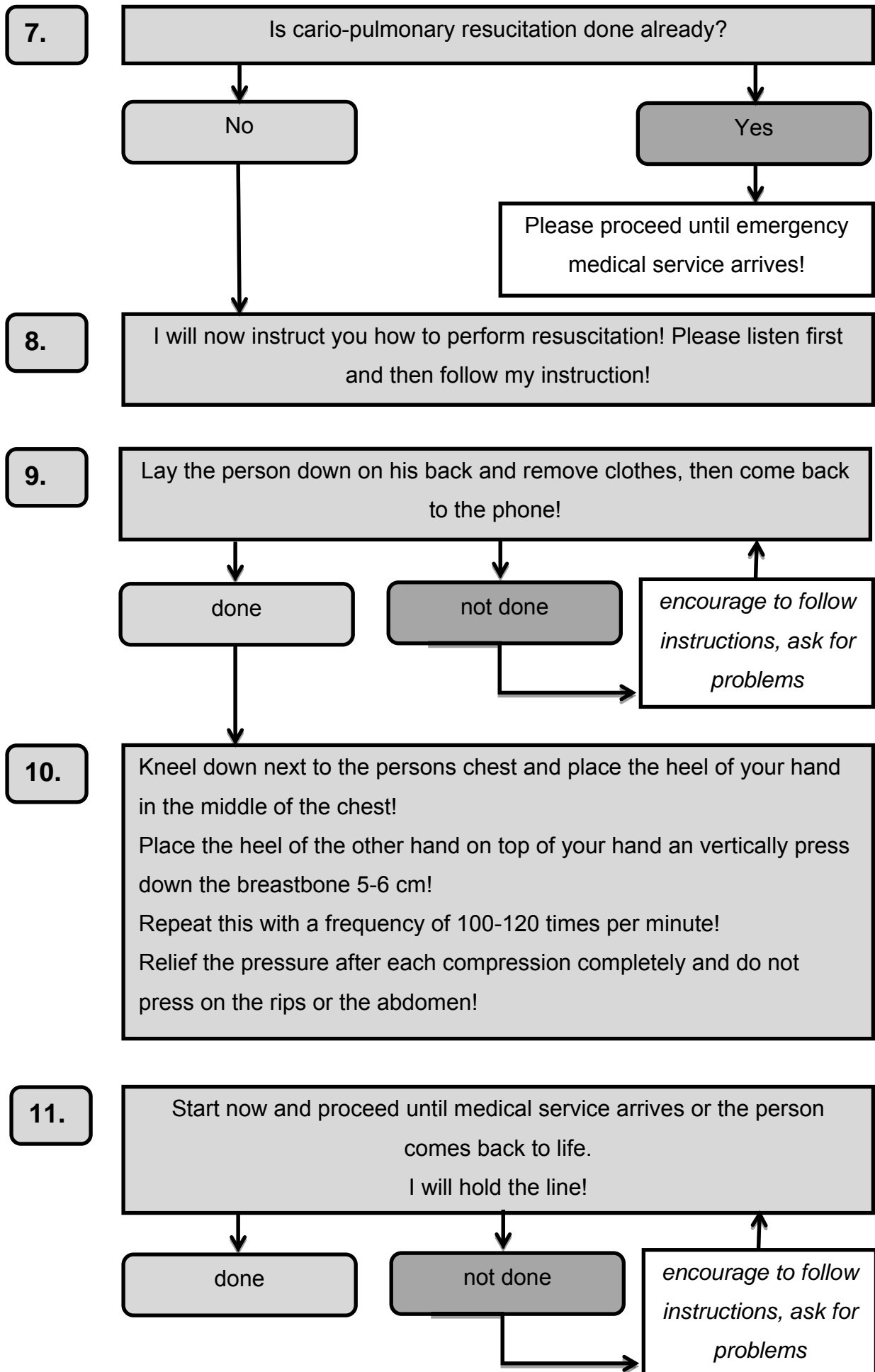
5.

We will send you help, please wait!

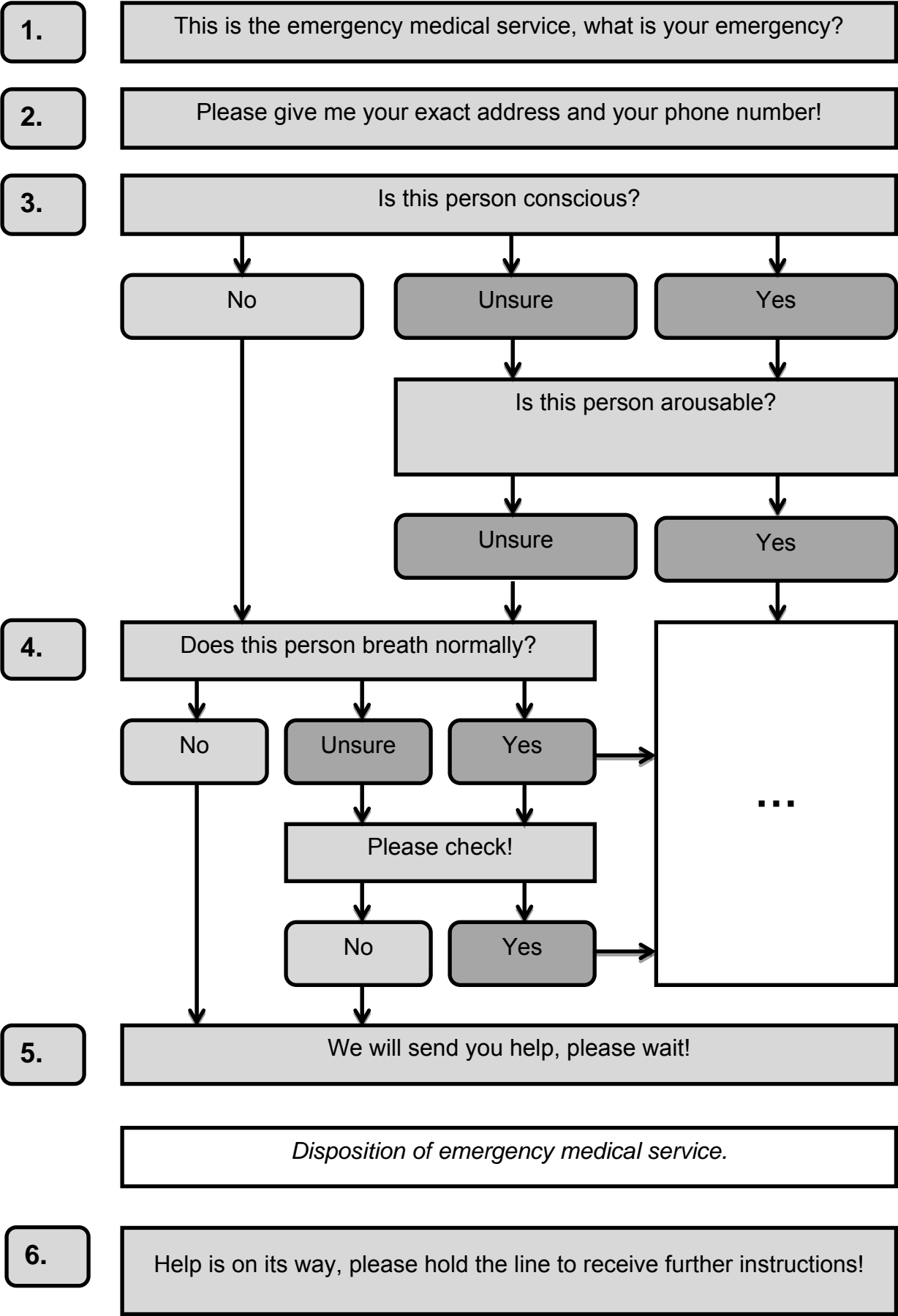
Disposition of emergency medical service.

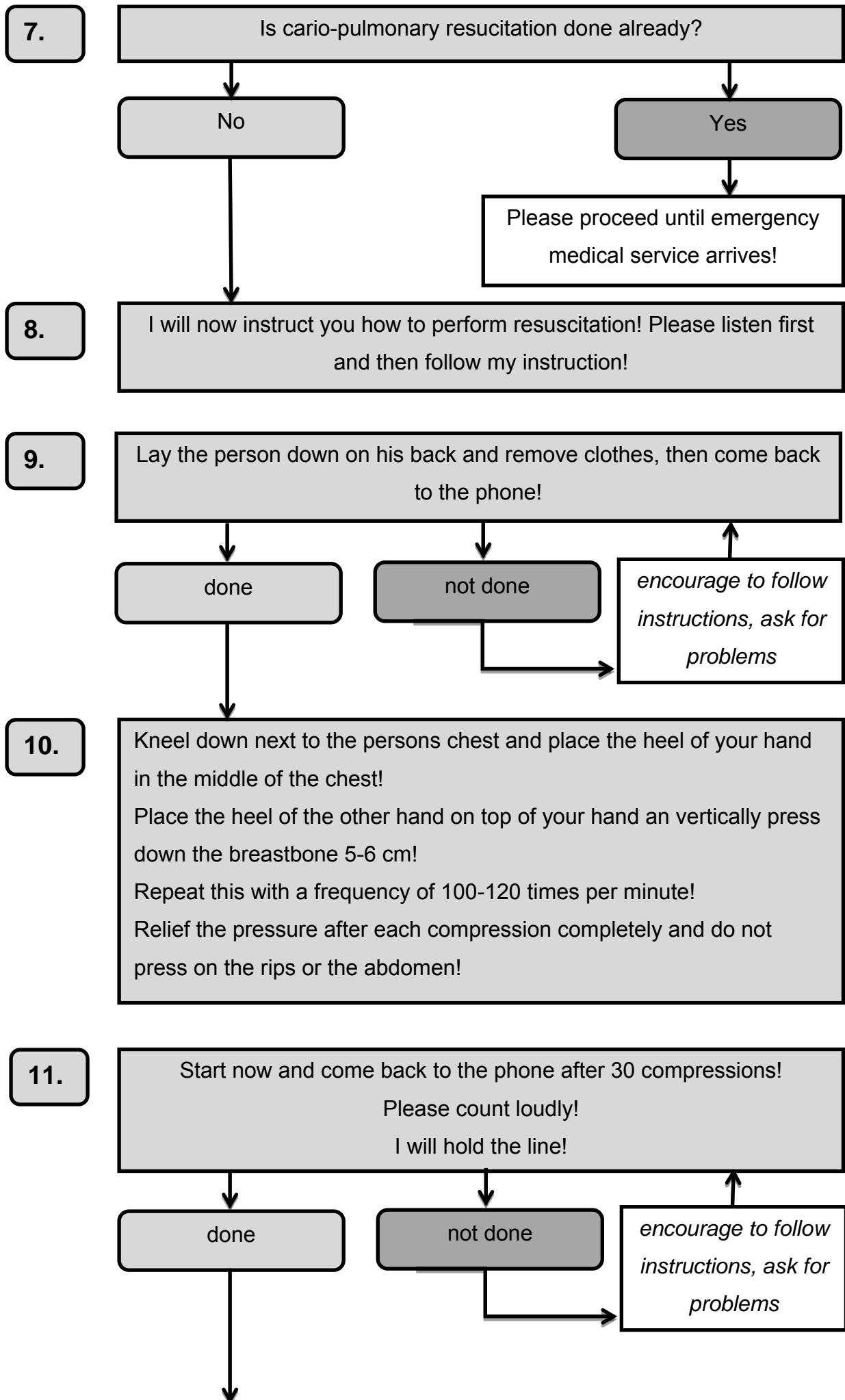
6.

Help is on its way, please hold the line to receive further instructions!



Version "T-CPR" - PAGE 1





12.

For ventilation place your hand on the chin of the person!
Place the other hand on the forehead, tilt back the head and lift the chin!
Close the persons nose with your thumb and index finger!
Breath in normally, place your lips on the persons mouth and blow in air until the chest visibly moves up.
Give to breaths and come back to the phone!

13.

done

not done

encourage to follow instructions, ask for problems

14.

Repeat 30 compressions and 2 ventilations alternatley!
Start now and proceed until medical service arrives or the person comes back to life!
I will hold the line!

done

not done

encourage to follow instructions, ask for problems