There are many factors that contribute to survival from cardiac arrest, but none as powerful as receiving high-quality CPR.

Here’s 5 impactful facts to help you make the case for real-time feedback during CPR:

1. **Quality compressions - the key to defibrillation success**
   - Evidence shows that maintaining quality compressions improves defibrillation success, and quality compressions are best achieved through real-time performance feedback.

2. **Force factor – patient chest stiffness variance**
   - Force required for Guidelines-compliant compressions can vary dramatically between patients. Real-time feedback can help ensure correct depth is reached with each compression.

3. **2015 AHA Guidelines Recommendations**

4. **Visual Feedback Impact**
   - A 2011 study showed that visual feedback led to a greater percent of correct compressions compared to auditory feedback and no feedback.

5. **Real-Time Feedback Study Results: with CPRmeter vs. No Feedback**

<table>
<thead>
<tr>
<th>Year</th>
<th>Correct Rate</th>
<th>Correct Depth</th>
<th>Correct Compression</th>
</tr>
</thead>
<tbody>
<tr>
<td>2010</td>
<td>94.6%</td>
<td>85%</td>
<td>71%</td>
</tr>
<tr>
<td>2013</td>
<td>62.4%</td>
<td>43%</td>
<td>26%</td>
</tr>
</tbody>
</table>

When it comes to CPR, quality counts.

To learn more about ensuring quality CPR with real-time feedback, visit Laerdal.com/CPRmeter2.