

Abstract

This research study aims to evaluate the efficacy of culturally tailored CPR training in improving bystander CPR rates among an array of communities. Utilizing a quasi-experimental pre-post design, the study examines six essential components of culturally tailored CPR training: language variations, cultural adaptations, sex/age-specific instruction, community-designed training materials, socioeconomic adaptations, and consideration of cultural learning styles. More specifically, the study examines the effects of culturally competent CPR instruction on confidence levels and acceptability of CPR amongst citizens in cultural community centers, language centers, religious centers, and health fairs. Preliminary findings within specific subpopulations indicate a significant improvement in CPR knowledge and confidence levels among participants who underwent culturally tailored training. By expanding toward more communities, this study hopes to enhance CPR education rates in Orange County and improve cardiac arrest survival rates on a broader scale. By identifying effective and culturally sensitive approaches to CPR education, this research contributes to bridging existing disparities in CPR knowledge and outcomes. The findings hold significant implications for developing inclusive and accessible CPR training curricula, ultimately aiming to empower communities with the necessary skills and confidence to respond effectively during cardiac emergencies.