

CLINICAL "SNIPPETS"

**Cardiopulmonary resuscitation by bystanders with chest compression only (SOS-KANTO):
an observational study.**

[SOS-KANTO study group.](#)

[Lancet. 2007 Mar 17;369\(9565\):920-6.](#)

Overview: Mouth-to-mouth ventilation is a barrier to bystanders doing cardiopulmonary resuscitation (CPR). We did a prospective, multicentre, observational study of patients who had out-of-hospital cardiac arrest. On arrival at the scene, paramedics assessed the technique of bystander resuscitation. The primary endpoint was favorable neurological outcome 30 days after cardiac arrest.

Conclusion: Cardiac-only resuscitation by bystanders is the preferable approach to resuscitation for adult patients with witnessed out-of-hospital cardiac arrest, especially those with apnoea, shockable rhythm, or short periods of untreated arrest.