

## CLINICAL "SNIPPETS"

**A randomized cross-over study of the quality of cardiopulmonary resuscitation among females performing 30:2 and hands-only cardiopulmonary resuscitation.**

Trowbridge C, Parekh JN, Ricard MD, Potts J, Patrickson WC, Cason CL.  
School of Nursing, University of Texas Arlington, Texas, USA.

BMC Nurs. 2009 Jul 7;8:6.

**Overview:** This study evaluated chest compression rate and depth as subjects performed Hands-Only CPR for 10 minutes.

**Conclusions:** Hands-Only CPR required greater effort and was harder to sustain than 30:2 CPR.