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


**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.