



SECTION 4: RESUSCITATION PROCEDURES

4.4 Cardiopulmonary Resuscitation (CPR): Parent/Carer Education

Aims

1. Parents and caregivers will receive consistent and accurate information and education on basic life support skills prior to discharge from hospital.
2. Parents and caregivers will acquire the necessary knowledge and skills to confidently:
 - a) Identify a change or deterioration in their child's condition and know how to seek emergency assistance when discharged home.
 - b) Perform effective cardiopulmonary resuscitation.

Key points

- Early recognition is a key step in initiating early management of an emergency situation.⁽¹⁾
- Teaching methods are to be consistent between educators, utilising adult learning principles. The ward CPR Train-the Trainers (TTT) are ideal to provide CPR parent education wherever possible to ensure delivery of consistent information and instruction.⁽²⁾
- Where a CPR TTT is not available a Registered Nurse or Enrolled Nurse, who has completed their annual Hospital Paediatric Life Support competency, as per CAHS Mandatory Training Guidelines, can provide CPR education for parents/carers. This must be in accordance with the most recent Australian Resuscitation Council (ARC)⁽¹⁾ guidelines and within their [scope of professional practice](#).
- The length of the sessions is based on the parents learning requirements and will allow adequate time for parents to process new information, practise skills and gain confidence in performing CPR.
- Written CPR information will be provided to all parents/ caregivers.
- Children with complex airways or those at increased risk of a cardiopulmonary arrest (eg. complex cardiac conditions, tracheostomies, chronic lung disease, children requiring home oxygen) may require a specific education plan. Seek advice from the relevant medical teams, clinical nurse specialists/Consultants and resuscitation educators if education on advanced techniques is required.

Objectives for the education sessions should include: ⁽³⁾

- Recognition of an emergency;
- Use of ARC algorithm:
 - D**anger
 - R**esponse
 - S**end for help
 - A**irway
 - B**reathing
 - C**irculation
 - D**efibrillation
- Ability to assess the situation quickly, ensure safety for the rescuer, victim and bystanders (this may mean moving the victim), send for help (call an ambulance)
- Ability to call an emergency response number
- Rescue breathing (mouth to mouth)
- Correct hand placement, rate and depth of chest compressions,
- The use of self-inflating bag to ventilate via tracheostomy or mask techniques if appropriate to patient's condition.
- Emotional preparation for the ability to act in an emergency.^{(1, 2),(3)}

Preparation for the education session^(3, 4)

- Education should be commenced and completed well in advance of the anticipated discharge date.
 - Ensure use of an appropriate training room, to enable a safe learning environment
 - Ensure appropriate size manikin and that it is in working order
 - Use appropriate resources available for Parent CPR education
 - The trainer should demonstrate the sequence of DRSABCD on the manikin with commentary and explanations, then allow for parents/ caregivers to practice until confident in new skills, and be given feedback
 - The trainer must demonstrate the choking sequence as per ARC on the manikin
 - Cleaning of manikin between each person should be as per ARC guideline.⁽⁵⁾
- Before the end of the education session the trainer must clarify all information has been understood by the participants

Parent CPR teaching program

1. Parents/caregivers will be taught CPR using the standard Parent CPR Teaching package available from the Clinical Development Nurses (CDN) in ward areas or Department of Paediatric Nursing Education.
 - Use the Parent CPR flipchart, allowing for explanation, demonstration, practice and assessment.
 - Ensure parent is given the age appropriate CPR brochure.
2. Parents or caregivers will be given further information for a community organisation that teaches CPR.
3. Parent/ caregiver teaching sessions will be documented in the child's medical notes by the nurse who conducted the teaching session.

Related Policies, Procedures and Guidelines.

Responding to Clinical Deterioration – MET Call and Code Blue

Hospital Paediatric Life Support Training

Resources – External Agencies

Australian Resuscitation Council (for all guidelines, flowcharts and resources)

Online information for Community First Aid Courses:


St John Ambulance

Red Cross

References:

1. Australian Resuscitation Council. Guideline 2 Managing an Emergency 2012 [cited 2015 30th January 2015]. Available from: http://resus.org.au/download/section_2/guideline-2-nov-12.pdf.
2. Australian Resuscitation Council. Guideline 10.1 Basic Life support Training 2013 [30 January 2015]. Available from: http://resus.org.au/download/section_10/guideline10-1march2013.pdf.
3. Australian and New Zealand Resuscitation Council. Standards for Resuscitation: Clinical Practice and Education 2014. Available from: <http://resus.org.au/download/general/clinical-standards-for-resuscitation-amended.pdf>.
4. NHS Brighton and Sussex University Hospitals Trust. Protocol for Teaching Basic Life Support (BLS) to Parents/Guardians/Carers of Infants on the Neonatal Unit 2011 [30 January 2015]. Available from: http://www.google.com.au/url?url=http://www.bsuh.nhs.uk/EasySiteWeb/GatewayLink.aspx%3FallId%3D340362&rct=j&frm=1&q=&esrc=s&sa=U&ei=Yh8JVPzKC8-iugSp24G4Ag&ved=0CBQQFjAA&usq=AFQjCNEtzuvGinxgP8B4hHlqE369h_JwVQ.

5. Australian Resuscitation Council. Guideline 10.3 Cross Infection Risks and Manikin Disinfection 2010. Available from: http://resus.org.au/download/section_10/guideline-10-3dec2010.pdf.

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