GUIDELINE

Cardiopulmonary Resuscitation (CPR): Parent / Carer Education

Scope (Staff):	Nursing and Medical Staff
Scope (Area):	NICU KEMH, NICU PCH

Child Safe Organisation Statement of Commitment

CAHS commits to being a child safe organisation by applying the National Principles for Child Safe Organisations. This is a commitment to a strong culture supported by robust policies and procedures to reduce the likelihood of harm to children and young people.

This document should be read in conjunction with this disclaimer

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Aim

To equip parents/carers of at-risk neonates with basic Cardiopulmonary Resuscitation (CPR) skills as the family prepares for the neonates' transition to home, in accordance with the most current Australian Resuscitation Council (ARC) guidelines.

Risk

Neonates that have received care in neonatal intensive care units are at increased risk of BRUE (Brief Resolved Unexplained Event) and SIDS. Failure to provide parents /carers with knowledge and skills in basic life support reduces their effectiveness to prevent potential adverse outcomes.

Background

The ARC reports that Basic Life Support (BLS) training increases bystander engagement in CPR and therefore improves victim outcomes in emergencies[1]. In relation to at-risk neonates, this suggests that teaching NICU parents BLS, as CPR, is beneficial. Many studies support this claim, as well as describing that CPR training increases parental confidence and reduces anxiety related to transitioning home [(2 - 4)]. As a part of the Family Integrated Care model, CPR parental education is essential to providing a holistic and comprehensive service to NICU patients and their families [(5)].

Inclusion Criteria

Can include **any** of the following:

- <35 weeks gestation
- High risk (as per nursing/medical team)
- Previous neonatal death of SIDS
- Any parent/carer requesting education

Key points

- **Education should be commenced and completed well in advance of the anticipated discharge date**
- The length of the session will be based on the parents/carer's learning requirements and will allow adequate time to enable processing of new information, practise skills, and gain confidence in performing CPR.
- If infants have complexities that increase their risk of cardiorespiratory arrest, then seek advice from the relevant medical teams, Clinical Nurse Specialists /Consultants and Staff Development Nurses as education in advanced resuscitation techniques may be required.

Staff competencies

A RN or EN who has completed their *Hospital Life Support for Neonatology* competency (as per CAHS Mandatory Training Guidelines) can provide CPR education to parents/carers. Prior to teaching a session to parents/carers the staff member will observe a CPR session with an existing trained staff member.

AI education provided must be in accordance with the most recent Australian Resuscitation Council (ARC) guidelines and within their scope of professional practice.

Objective for Parent Education Session

- Recognition of an emergency and use of ARC algorithm:

  Danger

  Response

  Send for help

  Airway

  Breathing

  Circulation

- Recognise and provide assistance to the choking infant
- The ARC statement '**any attempt at resuscitation is better than no attempt'** should be reinforced during all education sessions.

Expected Outcomes of Parent/Carer Education

- Parents and caregivers will acquire the necessary knowledge and skills and feel confident to:
  - Identify a change or deterioration in their child's condition
  - Know how to seek emergency assistance in the community
- Perform effective cardiopulmonary resuscitation

Parent CPR Teaching Program Process

Resources required

- Hospital iPad
- Parent CPR flip chart
- Neonatal manikin
- Health Fact sheet: Resuscitation – baby and child (available on HealthPoint)
- CPR Resources, see Appendix 2 (Information on community organisations that teach CPR)

Please Note: In the event of community transmission of respiratory viral infections, breathing through the manikins is not permitted. Guidance should be sought from the Clinical Nurse Consultants as alert levels change.

Steps
1. Show parents the CPR video and Choking First Aid video on hospital iPads. • How to perform CPR - on adults, children and babies | healthdirect • First Aid for a Choking BabyA Complete Guide (cprkids.com.au)
2. Instructor to present each page using the parent CPR flip book, using the prompts on the reverse. The CPR parent flip book provides a structured and consistent guide.
3. Demonstrate the sequence of DRS ABC on the manikin with commentary and explanations. Allow time for participants to practice until confident and provide them with feedback.
4. Demonstrate the choking sequence on the manikin as per ARC guideline
5. Clarify that participants have understood the information provided
6. Provide the Health Fact Sheet: Resuscitation baby and child and the CPR Instructional Resources in the Community to participants
7. Document parent/carer attendance on MR430 and CPR attendance book

Cleaning/Reprocessing

The trainer is responsible for reprocessing the manikin and equipment in accordance with CAHS/KEMH Infection and Prevention Management Guidelines.

- The instructor wipes down the manikin with Clinell wipes.
- Once breathing has been demonstrated, dismantle the manikin and place the face, connector, and jaw in PCA room for sterilisation. Discard lungs. (See Appendix 1)

Related CAHS internal policies, procedures and guidelines
PCH Guideline Brief Resolved Unexplained Event (BRUE)
CAHS Medical Devices: Single Use, Single Patient Use and Reusable
Neonatology Discharge Process: Medical and Nursing Responsibilities
Neonatology Parenting in the Neonatal Unit
KEMH Reprocessing of reusable medical devices
Health Fact Sheet: Resuscitation Baby and Child

Useful resources
Australian Resuscitation Council (for all guidelines, flowcharts and resources)
Health Direct https://www.healthdirect.gov.au/how-to-perform-cpr#cpr-babies-infants
Community First Aid Courses: St John Ambulance, and Royal Life Saving WA

The Children's Hospital at Westmead. CPR Training for Parents Brochure and Parent Online Training Program
CPR Kids: First Aid for a Choking Baby A Complete Guide (cprkids.com.au)

References

1. Australian Resuscitation Council. Basic life support training. Guideline No. 10.1 [Internet]. 2013 [cited 2020 Aug 7]. Available from https://resus.org.au/guidelines/
2. Murray C, Joseph RA. Transition from NICU to home: Are the parents ready to manage any emergency? An evidence-based project. Neonatal Network. 2016. 35(3):151-155
3. Barr GC. Rupp VA, Hamilton KM, Worrilow CC, Reed JF, Friel KS, Dusza SW , Greenberg MR. Training mothers in infant cardiopulmonary resuscitation with an instructional DVD and manikin. Journal of American Osteopathic Assoc. 2013. 113(7):538-545
4. Parson S, MacKinnon RJ. Teaching parents infant resuscitation. Infant. 2009. 5(3):77-80
5. Family Intergrated Care. About FICare: FICare in Action [Internet]. 2017 [cited 2020 Aug 11]. Available from http://familyintegratedcare.com/about-ficare/ficare-in-action/

This document can be made available in alternative formats on request.

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Healthy kids, healthy communities

Compassion | Excellence | Collaboration | Accountability | Equity | Respect

Neonatology | Community Health | Mental Health | Perth Children's Hospital

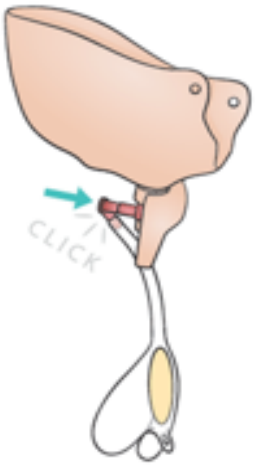
Appendix 1: Little Baby QCPR – Quick Reference Guide

Assembling the Manikin.

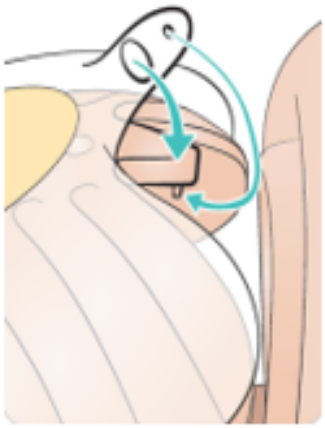
Step 1: Click lung piece into jaw piece and attach to face.

Step 2: Secure lungs into chest cavity.

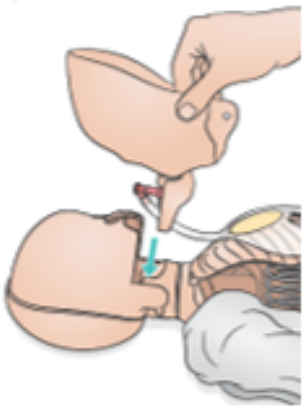
Step 1



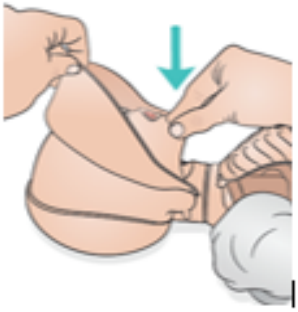
Step 2



Step 3



Step 4

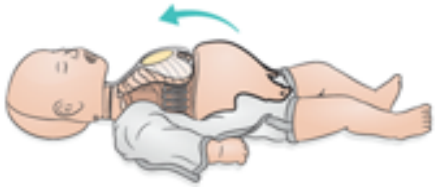


Step 3: Place jaw piece into head.

Step 4: Holding chin in position stretch face over the top of the manikins head.

Step 5: Lift chest up and over the lungs and secure at manikins shoulders.

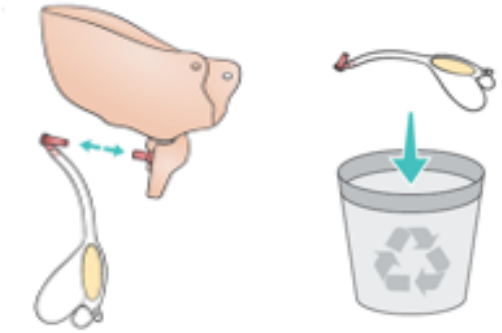
Step 5



Cleaning the Manikin.

Disassemble the Manikin as above in reverse; remove lungs from the jaw piece. Label jaw and face piece and send to CSSD for cleaning, discard lungs in the rubbish bin. Wipe over the rest of the doll with Clinell wipes.

NB – Parts should only be discarded/sent for cleaning if mouth to mouth has been performed.



Appendix 2: CPR Instructional Resources in the Community

Health Direct

https://www.healthdirect.gov.au/how-to-perform-cpr#cpr-babies-infants

Short instructional video on performing CPR on an infant less than 1 year of age.

Free Online CPR Education (The Children's Hospital at Westmead)

https://kidshealth.schn.health.nsw.gov.au/cpr-resuscitation

CPR Training for Parents- online learning package including videos and quiz.

Short Courses in WA

Please note that all courses are private organisations and have an associated cost; please contact the organisations directly for details and venue locations.

St John	**St John WA** https://stjohnwa.com.au/first-aid-training Tel: 9334 1222 Tiny Tots First Aid (3.5hr class)
Royal Life Saving THE ROYAL LIFE SAVING SOCIETY WESTERN AUSTRALIA INC	**Royal Life Saving WA** https://www.royallifesavingwa.com.au/trining/resuscitation/c-25/c-90 Tel: 9383 8200 Heart Beat Club (3 hour class)

Disclaimer: These services are provided for information purposes only. Contact a qualified health care professional for any medical advice needed.