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Submitting author: Miss Suet Fong Tomcy Leung
Post title: Nurse Consultant, Queen Mary Hospital, NULL

The Effectiveness Of A Song Guided Infant Basic Life Support Training On The Accuracy Of Chest Compression Skills : A Pilot Study

Leung SFT (1), Yu SFD (2), Choi KC (2)
(1) Department of Paediatric & Adolescent Medicine, Queen Mary Hospital, (2) The Nethersole School of Nursing, Chinese University of Hong Kong

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Introduction

Cardiopulmonary resuscitation (CPR) is the mainstay of intervention to victims of cardiac arrest. In recent years the quality of chest compression has been emphasized in the resuscitation guidelines, however suboptimal performance of compression skills by the providers is still reported in the literature.

Objectives

The objective of study was to investigate the effectiveness of using a song in Infant basic life support (BLS) training in improving the precision of chest compression skills in paediatric nurses.

Methodology

Paediatric nurses of a local hospital that had not received advanced life support training were invited to participate. They were allocated randomly into control and song groups by using sealed envelopes. The BLS training was comprised of a 30-min lecture and a 45-min practice on infant manikin. Another 30-min practice on manikin was held at one week after training. The song “Stayin’ Alive” by Bee Gees was played during training and practice in song group. The participants in song group were taught to use the song as a musical mnemonic aid and time the chest compressions according to the beats. The compression skills of 2-person infant CPR were assessed before and after training, and after the practice at one week. The performance data was collected by the infant manikin, recorded and stored in a computer software program.

Result

40 nurses were recruited with two drop-outs (20 nurses in control and 18 nurses in song group). The mean compression rate and depth were similar in the baseline and immediate post-training assessment in both groups. However, the result of Generalized Estimating Equation (G.E.E.) indicated that the song group had demonstrated a greater adherence to the resuscitation guideline in mean chest compression rate in the assessment at one week after training, but not in the depth of compression. In conclusion, both control and song groups were able to maintain the

recommended mean compression rate and depth immediate after training and one week after. Nurses that were trained with song had more compressions at correct rate at one week after, implying more practice and using song as mnemonic aid would enhance the acquisition of chest compressions at correct rate.