



## Service Priorities and Programmes Electronic Presentations

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### **CPR Training Program for New Graduated Nurses**

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#### **Keywords:**

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#### **Introduction**

New graduated nurses experience great pressure in their daily work. Amongst the stressors, Cardiac Pulmonary Resuscitation (CPR) weighs the most. This program focuses on enhancing skill and competency of new graduated staffs for the real-life CPR.

#### **Objectives**

To uphold the high quality of the resuscitation care via:

>Empowering the new graduated staffs in the area of CPR.

>Enhancing the professionalism of the new graduated staffs regarding the CPR theoretically and practically.

>Fostering efficient and professional resuscitation Team.

#### **Methodology**

I. A MCQ-test was given to new graduated staffs. Questions in the test are highlight of American Heart Association-Advance cardiac life support (AHA ACLS) latest (2015) program book; Knowledge gap of each new staff was identified and feedback was given by CPR training team members.

II. New graduated staffs were invited to watch nine individual short videos showing a series of in-hospital training of CPR skills and techniques, sourced from United Christian Hospital resuscitation website;

III. Provide opportunity for early engagement with CPR through E-trolley checking and perform defibrillator function test.

IV. Individual Skills coaching session that focused on enhancement of basic resuscitation skill (e.g. airway management, chest compression, equipment handling, etc.) was provided to each candidate.

V. All new graduated staffs were invited to participate and attend scenario based CPR drill at least once a year; encourage them to finish BCLS within their first 6 months.

VI. A standardized training record form was designed to monitor the training progress of each new graduated staff in their first year.

**Result**

>From 2013-2016, all new graduated staffs (9 out of 9) completed the training program.

>All of them had experienced real-life resuscitation before their 2nd year rotation. They all agreed that this program enabled them to apply CPR skills and knowledge learnt competently.

>Positive feedback for the new graduated staffs' CPR performance by other senior nurses.