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Enhancement of Cardiopulmonary Resuscitation Quality by Training and Drill in a Convalescent and Rehabilitation Hospital

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Introduction

A good quality of cardiopulmonary resuscitation (CPR) is important to save patient's life. It is important to have some measures to maintain the quality of CPR.

Objectives

To enhance the quality of cardiopulmonary resuscitation in a rehabilitation and convalescence hospital

Methodology

1. To provide Basic Life Support (BLS) course to nurses and doctors
2. To conduct CPR refresher talks to nurses and allied health staffs each year
3. To perform CPR drills in each ward. All 8 medical wards should conduct at least 4 CPR drills per year. For 4 infirmary and 1 palliative care wards, they should conduct at least 1 CPR drill per year. All nurses of 13 wards should participate one CPR drill each year. After the CPR drills, the assessors (the NO or APN of the ward) will fill in the standardized CPR drill audit forms and write down the recommendations if any. The CPR drill audit forms will be faxed to our secretary for data collection
4. To assign doctors to join the CPR drill since 2015

Result

1. Up to July 2016, 100% of our doctors and nurses had BLS course certificate
2. Three identical CPR refresher talks were conducted each year since 2013. In 2016, total 175 staffs attended the talks including 159 nurses and 16 allied health staffs
3. 10/13 (76.9%) and 12/13 (92.3%) wards achieve the target number of CPR drills in 2015 and 2016 respectively.
4. 183/224 (81.7%) and 190/229 (83.0%) nurses of 13 wards joined the CPR drills at least once in 2015 and 2016 respectively
5. 10/17 (58.9%) and 13/20 (65%) of assigned doctors participated in the CPR drills in 2015 and 2016 respectively

6. Total 59 CPR drill audit forms were collected in 2016. The nurses commented that the CPR quality improved with practice and with doctors involvement. Several areas (e.g. use of portable ventilator) were identified for improvement during the CPR drills.

Conclusions: Training and CPR drill can enhance the CPR quality and the participation of nurses in CPR drills is satisfactory. The participation of doctors in CPR drills require further encouragement