Rolling Refresher Guidelines

To be offered to staff daily and at different shifts

ID Staff

1. Identify the 5 patients who are most likely to require chest compressions
   a. List room/bed at top of Sign in Sheet
   b. Have bedside RN or neighbors, RT and MDs (attending, fellows, residents) “Refresh”

2. Identify preceptors or travelers that also need to be refreshed

Refresh

3. Staff should be able to:
   a. demonstrate proper placement of dual sensor defib electrodes/pads in anterior/posterior position on the manikin (pedi, child or adult, depending on size of their patient)
   b. turn on defibrillator to gray /ON section
   c. utilize the Zoll with appropriately placed pads to get compression feedback
   d. complete 10-20 consecutive compressions within all target areas:
      i. Rate = 100-120/min
      ii. Depth = Infants: ~1.5” or 4cm (>=1/3 diameter of chest)
         Children: ~2” inches or 5cm (>=1/3 diameter of chest)
         Adults: 2”- max 2.5” or 5- max 6cm
      iii. Complete chest recoil between compressions
   e. Duration of Refresher should be no more than 3 minutes/person

4. Give “tidbits” with each Refresher:
   a. Don’t over-ventilate (10 vents/minute, or 1 ventilation every 6 seconds)
   b. Push hard/ push fast
   c. Minimize interruptions
   d. Keep compressing while charging for a shock
   e. Switching “Count Down” – count down from 5 when CC provider is about to switch
   f. Other: