



The Pediatric Resuscitation Quality Collaborative

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 ($\geq 1/3$ diameter of chest)
Children: ~2" inches or 5cm ($\geq 1/3$ 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: