

24TH WORLD NURSE PRACTITIONERS & HEALTHCARE CONGRESS

June 25-27, 2018 Dubai, UAE

CPR mock drills and the impact of performance in real CPR

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Background: Cardio Pulmonary Resuscitation (CPR) it's the way to save someone life after he suffer of cardio-pulmonary arrest, this need good knowledge from many aspect like: Human Anatomy and Physiology, awareness of ECG and its arrhythmia, skills of IV/IO lines and correct practice of hand chest compression and ventilation.

Objective: This study approve the impact and positive outcome of CPR mock drills which use in hospitals premises.

Methods: A schedule training was conducted frequently for nurses who's employee in hospitals, clinics, education facilities and who attend outside camps and big community events. By providing life support courses as initial step, then after few weeks or months conduct sudden mock drills by using CPR manikin and monitor the performance and critical thinking of the team leader and CPR team. Finally conduct summarize and review of mock drill out come with positive and negative points. And if necessary we will do refreshing classes based on each task performance.

Results: The result show that CPR mock drills is indispensable to maintain high quality CPR skills and knowledge which increase the post cardiac arrest neurological outcome and discharge planning. In the same time it's decrease of mortality and morbidity rate. Also Mock drills outcome reflect and measuring the understand of health care workers in taking the life support courses (BLS, ACLS and PALS). And the influence of instructors in teaching and increasing the knowledge and confidence of providers.

Conclusions: Quality of life support skills is mandatory in maintaining life of patients and minimizing potential errors which could be happen because lack of knowledge and training.

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