

BRIEF CPR TRAINING IN THE PERI-OPERATIVE SETTING TO INCREASE NURSE CONFIDENCE

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Background Information: Cardiac arrest can occur in any medical setting and requires immediate intervention. Provider uncertainty with resuscitative proficiency results in suboptimal CPR, which decreases the chance of patient survival. In the ambulatory perioperative setting, it is rare for any cardiac events to occur; therefore, the staff need to be trained more frequently. It is vital to patient survival that the staff be able to perform CPR confidently and competently.

Objectives of Project: The purpose was to determine whether frequent, brief cardiopulmonary resuscitation (CPR) refresher training increases peri-operative Registered Nurses' confidence. Previous studies have found a lack of confidence in skills, and have implemented targeted training at the bedside. The literature provides evidence that CPR skills decline before certification expires. Evidence points to a need for more frequent preparation in CPR, however there is no concrete recommendation for the best method or time interval for training.

Process of Implementation: Bedside refresher training was conducted with staff in groups of two, with each training session lasting five minutes. They were briefed on the purpose of the training then given a scenario of the situation and asked to respond using BLS skills. After they demonstrated the skills, a debriefing occurred immediately with an AHA trained BLS instructor. Seventy Registered Nurses employed at a Midwestern suburban ambulatory surgery center were invited to participate.

Statement of Successful Practice: Participants overwhelmingly indicated that they felt this training was effective. Many nurses could articulate what they should do, but this knowledge did not carry over into observed psychomotor skills. Few were able to perform to AHA standards during the refresher periods. This indicates participants may not be aware of the knowledge gap that exists.

Implications for Advancing the Practice of Perianesthesia Nursing: Refreshers provide individualized instruction in a relaxed atmosphere. Scenarios can be tailored to a specific practice area. Staff are more receptive to an informal presentation. The cost of conducting brief, on-unit training is less than conducting formal training in between certifications. Bedside training also offers more flexibility. Cost savings may also be realized by improving patient outcomes associated with high-quality CPR.