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Department of Emergency Medicine

Training New Mothers in Infant Cardiopulmonary Resuscitation (CPR)

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Training New Mothers in Infant Cardiopulmonary Resuscitation (CPR)

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Introduction:

To determine if new mothers admitted to the Mother Baby Unit (MBU) can be trained in infant CPR using a 22-minute instructional DVD and infant manikin, and compare their performance to mothers currently trained in CPR. Currently trained is defined as having successfully completed an accredited CPR class within two years prior to enrollment. To examine the number of mothers that were offered the opportunity to learn infant CPR during their pregnancy. To assess new mothers' perception of the value of CPR.



This was a prospective, cohort study which included mothers 18-years-old or greater, admitted to the MBU at a tertiary suburban hospital. Mothers must have given birth within the previous 24-hours. The experimental group consisted of mothers not currently trained in CPR. These mothers were consented, surveyed, asked to watch a 22-minute instructional DVD and practice on an infant manikin. The control group consisted of mothers who were currently trained in CPR. These mothers were consented and surveyed. Both groups were evaluated on their CPR knowledge and skills before hospital discharge.



Results:

A total of 57 mothers were enrolled in the study from January 17, 2008 to May 29, 2008. Thirty-eight mothers were enrolled in the experimental group and 19 mothers were enrolled in the control group. Mothers in the experimental group successfully performed chest compressions and rescue breathing 87% of the time. Mothers in the control group successfully performed chest compressions 47% and rescue breathing 58% of the time. Seven percent of new mothers were offered CPR as part of their prenatal classes and 12.5% were offered CPR as part of their hospital stay. A total of 98% of new mothers felt more confident as caregivers by learning CPR and 98% rated learning CPR as extremely important.

Conclusions:

Using a 22-minute DVD and an infant manikin appears to be an effective method of teaching infant CPR to new mothers. Mothers feel that learning infant CPR is extremely important and increases their confidence as care-givers. CPR instruction is rarely offered during pregnancy.