

How to practice for the Infant CPR skills tests

PREPARE→

1. Pair students in groups of two. For odd numbers, an instructor may need to team up with the person without a partner.

EXPLAIN→

2. Designate one person in each group to be rescuer 1 and the other person will be rescuer 2 who will call 911 and get the emergency equipment (infant bag mask). Explain the process as follows:
 - a. **Rescuer 1** will assess the scene and the victim, do CPR until **rescuer 2** arrives on cycle three.
 - b. When **rescuer 2** arrives on cycle three, **rescuer 1** will switch to using two-thumb encircling hand technique and **rescuer 2** will take over ventilations using the bag mask.
 - c. After two cycles, the instructor will say “that was two minutes, switch”. **Rescuer 2** will move to take over compressions and **rescuer 1** will ventilate using the bag mask for two more cycles.

PRACTICE→

3. Guide the students as whole group, one step at a time, as they perform the steps on their manikin. Do NOT just talk through it. They MUST DO IT. (Have testing sheet out as you have them practice.)
 - a. The steps are:
 - i. **Rescuer 1** begins assessment.
 - ii. Scene is safe.
 - iii. Taps infant on the foot to check for response.
 - iv. Shout for help. Tell rescuer 2 to call 911 and get the AED.
 - v. Check for breathing, check brachial pulse. Count out loud to 8 seconds.
 - vi. Begin high quality CPR using palm of one hand and 30:2 ratio. (INSTRUCTOR NOTE: watch hand placement, depth, recoil, and rate.) Do TWO sets of 30 compressions and 2 breaths.
 - vii. As **rescuer 1** is giving breaths at the end of cycle 2, tell **rescuer 2** they are on the scene to take over breaths.
 - viii. On cycle three, **Rescuer 1** immediately switches to the two-thumb encircling hand technique and 15:2. **Rescuer 2** gives breaths using the bag mask. Do two cycles.
 - ix. After two cycles, say “That was two minutes. Switch.” **Rescuer 2** takes over two-thumb compressions, and **rescuer 1** gives breaths using the bag mask. Do two cycles.
 - x. After two cycles – STOP Practice.

REPEAT

PRACTICE→

- b. Have students switch roles. Repeat the same practice.

4. After the second practice, if students feel confident, you may begin the test.

TEST→

5. *BEFORE testing, read the script on page 35 to all students at once. Then read the scenario on top of skills sheet. Then you are ready to test each group individually. REMEMBER YOUR STOPWATCH AND USE THEIR TESTING SHEET.*