Monday, April 25, 2016, from 9:30 – 10:00 a.m. & 2:30 – 3:00 p.m.

Palm Garden Foyer

Infant CPR Training for New Parents in the Newborn Nursery

Primary Author: Rachael Ellis, MD
UW Health
8126 Blakton Rd. Apt #308
Madison, WI 53719
414-491-6688
rellis2@uwhealth.org

Additional Authors: Elizabeth Goetz, MD

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**Introduction:** Each year approximately 4,000 infants die unexpectedly while sleeping (NIH). Multiple studies have showed a significant decline in morbidity and mortality when CPR is initiated by lay persons prior to EMS arrival (AHA). There is a paucity of data regarding parental knowledge of infant CPR.

**Objectives:** To assess aspects of parental knowledge of infant CPR including levels of interest in CPR training, barriers to CPR training, and rates of parents currently being trained in infant CPR.

**Intervention:** IRB approval was obtained prior to initiating this study. A standardized survey was developed and included questions about previous training in infant CPR, comfort with performing infant CPR, interest in learning infant CPR and barriers to learning infant CPR. Survey were given to postpartum mothers who were admitted to Meriter Hospital for childbirth and whose infants were admitted to the normal newborn nursery. Data was collected from 49 mothers from November 2014-April 2015. Data was then analyzed using excel to find correlations that addressed the clinical question.

**Results:** The data demonstrated that all mothers involved in the study felt like knowing how to perform infant CPR was an important skill to know. About 48% of mothers noted lack of time as the biggest barrier followed by 22% of mothers who noted cost. The biggest interest in ways to learn infant CPR was in person classes (67%). There was an appreciated decline in their confidence and knowledge of infant CPR with increased duration of time since learning. Specifically, over 1 year after learning infant CPR, about 50% of parents no longer felt confident about their skills. About 57% of mothers were interested in more resources on infant CPR while 31% were not and 12% did not say one way or the other.

**Conclusions:** Infant CPR is seen as an important skill to know among parents with newborns. The main barriers to Infant CPR training are cost and lack of time. Parental confidence in performing infant CPR decreases with time. We hope to apply this information to interventions that we can implement in our community.