



Saving children through online CPR education

A new program that allows health professionals to complete online CPR training has been introduced state-wide to teach paediatric life support in hospitals within the NSW Child Health Networks.

RESUS4KIDS, designed by Dr Fenton O'Leary, Emergency Consultant at The Children's Hospital at Westmead, is a two-part program involving a series of e-learning CPR training modules followed by a 90 minute practical assessment.

Developed after an observed drop in the number of healthcare professionals who had the skills to perform paediatric resuscitation yet with limited hours able to be spent away from medical duties, Dr O'Leary said "there was an urgent need to design a paediatric resuscitation course for front line staff that was easily accessible, free to attend and evidence based."

RESUS4KIDS had its genesis in 2007 as an e-learning project developed for health professionals at The Children's Hospital at Westmead. The project won a NSW Health Award in 2008 and has since become a highly successful program.

"The course is designed to empower local trainers, particularly in rural and remote locations, to be able to deliver a standardised course on infant and child resuscitation to local interdisciplinary participants through the two key components," Dr O'Leary said.

Since the program's introduction in 2009, RESUS4KIDS has saved the lives of numerous children through providing healthcare workers with an interactive way to gain the skills, knowledge and confidence needed to resuscitate children in cardiac arrest.

The RESUS4KIDS e-learning component is intended to reinforce basic lifesaving skills but will also provide workers with the knowledge and skills to apply advanced airway life support devices, correctly identify the main cardiac arrest rhythms and follow advanced life support procedures using defibrillation, fluids and drugs.

Further developments in the e-learning course have also seen the introduction of more advanced modules including EZ-IO intraosseous access drills, the 4Hs and 4Ts, and the management of abnormal rhythms.

While the practical component, consisting of a 30 minute face-to-face session followed by a 60 minute scenario oriented session, has been designed specifically to allow workers to attend the course with minimal disruption to patient care while allowing them to actively build and enhance their hands-on skills.



It is hoped that the continual training program will not only give medical and nursing students as well as practising doctors, nurses and allied health workers and paramedics the skills needed to manage more advanced resuscitation cases but will also prevent CPR skills from eroding over time.

RESUS4KIDS has been fully developed and funded by the Child Health Networks via the NSW Ministry of Health over three phases with grants totalling \$1.6 million.

To date, almost 200,000 e-learning lessons have been accessed, with over 12,000 full completions of the entire e-learning module and over 6,500 attendances to the Practical Course.

Further details about the program can be obtained at www.resus4kids.com.au.

A video illustrating some important success stories is available at <http://youtu.be/1ZA6PVi4NWE>.

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