

Pediatric Advanced Life Support

Infant CPR

Skills Testing Checklist (1 of 2)



American
Heart
Association

American Academy
of Pediatrics



DEDICATED TO THE HEALTH OF ALL CHILDREN®

Student Name _____

Date of Test _____

Directions: In groups of 3 or 4 students, assign a CPR Coach for each group. The CPR Coach will perform the role of the AED/Monitor/Defibrillator and will not switch from that position. Have groups perform 5-minute rounds of CPR with at least 1 Compressor switch. Total number of 5-minute intervals is equal to the number of students in the group.

Ensure that every student has a chance to practice the CPR Coach role.

Hospital Scenario: "You are working in a hospital or clinic when a woman runs through the door, carrying an infant. She shouts, 'Help me! My baby's not breathing.' You have gloves and a pocket mask. You send your coworker to activate the emergency response system and to get the emergency equipment."

Out-of-Hospital Scenario: "You arrive on the scene for an infant who is not breathing. No bystander CPR has been provided. You approach the scene and ensure that it is safe. Demonstrate what you would do next."

Assessment and Activation

- | | |
|--|--|
| <input type="checkbox"/> Checks responsiveness | <input type="checkbox"/> Shouts for help/Activates emergency response system |
| <input type="checkbox"/> Checks breathing | <input type="checkbox"/> Checks pulse |

Once student shouts for help, instructor says, "Here's the barrier device."

Student must complete 2 cycles of CPR (30:2, approximately 1 minute) as a single rescuer before the second rescuer and CPR Coach arrive to help.

Cycle 1 of CPR (30:2) CPR feedback devices are preferred for accuracy*

Infant Compressions

- ☐ *Performs high-quality compressions:
 - Placement of 2 thumbs or the heel of one hand in the center of the chest
 - 30 compressions in no less than 15 and no more than 18 seconds
 - Compresses at least one third the AP diameter of the chest, approximately 1½ inches (4 cm)
 - Complete recoil after each compression

Infant Breaths

- ☐ Gives 2 breaths with a barrier device:
 - Each breath given over 1 second
 - Visible chest rise with each breath
 - Resumes compressions in less than 10 seconds

Cycle 2 of CPR (repeats steps in Cycle 1) Only check box if step is successfully performed

- | | | |
|---------------------------------------|----------------------------------|---|
| <input type="checkbox"/> Compressions | <input type="checkbox"/> Breaths | <input type="checkbox"/> Resumes compressions in less than 10 seconds |
|---------------------------------------|----------------------------------|---|

Rescuer 2 arrives with bag-mask device and begins ventilation while Rescuer 1 continues compressions with 2 thumb-encircling hands technique.

Cycle 3 of CPR

Rescuer 1: Infant Compressions

- ☐ *Performs high-quality compressions:
 - 15 compressions with 2 thumb-encircling hands technique or heel-of-1-hand technique
 - 15 compressions in no less than 7 and no more than 9 seconds
 - Compresses at least one third the AP diameter of the chest, approximately 1½ inches (4 cm)
 - Complete recoil after each compression

Rescuer 2: Infant Breaths

This rescuer is not evaluated.

(continued)

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(continued)

Cycle 4 of CPR

Rescuer 2: Infant Compressions

This rescuer is not evaluated.

Rescuer 1: Infant Breaths

☐ Gives 2 breaths with a bag-mask device:

- Each breath given over 1 second
- Visible chest rise with each breath
- Resumes compressions in less than 10 seconds

STOP TEST

Instructor Notes

- Place a check in the box next to each step the student completes successfully.
- If the student does not complete all steps successfully (as indicated by at least 1 blank check box), the student must receive remediation. Make a note here of which skills require remediation (refer to instructor manual for information about remediation).

Test Results Check **PASS** or **NR** to indicate pass or needs remediation:

☐ **PASS**

☐ **NR**

Instructor Initials _____ Instructor Number _____ Date _____