

7TH INTERNATIONAL NURSING CONFERENCE

December 14, 2020 | Virtual Conference

Impact of CPR, AED, and choking trainings in Nepalese Nurses

Shanta P. Subedi
Inova Fairfax Hospital, USA

The American Heart Association (AHA) ranks cardiovascular disease as the leading global cause of death. In developing countries like Nepal, cardiopulmonary resuscitation (CPR) intervention for cardiac failure in public is rare resulting to a high mortality rate. Most sudden cardiac arrest (SCA) incidents occur outside the hospital where the probability of survival decreases by 7 to 10% for every minute the CPR is delayed. This makes training for bystander-administered CPR extremely important. Nurses are the backbone of healthcare system in any country. With a mission of using “train-the-trainer” approach, the current study was carried out in Nepal where an AHA certified instructor trained about 100 Nurses from Kathmandu Valley on CPR, automated external defibrillator (AED), and choking intervention skills. The participants’ learning before and after the training was measured using the questionnaires adopted from AHA provider manual. The gain score was evaluated by considering the factors such as Nurses’ work experience and level of education. While the gain score was significantly higher in all three categories, the biggest gain was observed in AED category. The CPR hands-on experience on manikins with feedback device, demonstration of training AED, and choking intervention using choking vest boosted the participants’ confidence on handling cardiopulmonary emergency situations fearlessly.

The findings from this study suggest that training healthcare workers with critical skills such as timely CPR, appropriate use of AED, and choking intervention can greatly improve their expertise thereby reducing the cardiovascular mortality rate. This study has implications for capacity building of resource person with CPR training and spreading the awareness among public. Training programs described in this study transfer the skills and establish empowered culture for Nurses to conduct similar programs in any developing countries thereby preparing general public to take the most appropriate action in emergency situations such as SCA and choking.

Keywords: Cardiopulmonary Resuscitation (CPR), Automated External Defibrillator(AED), Choking, Sudden Cardiac Arrest(SCA), Training

Biography:

Shanta P. Subedi has been working as a Registered Nurse at the Inova Fairfax Hospital in Washington, DC, USA since 2008. She holds MS degree in Nursing Science from University of Phoenix, USA. Shanta is a certified Medical Surgical Nurse, and also an AHA instructor for BLS and heart saver related courses. She has been involved in providing trainings and volunteering to bring the CPR awareness at both national and international levels for over three years.