

SmartMan Infant Manual – 5.Skills Menu 1. Compressions Menu

Current version v2.0

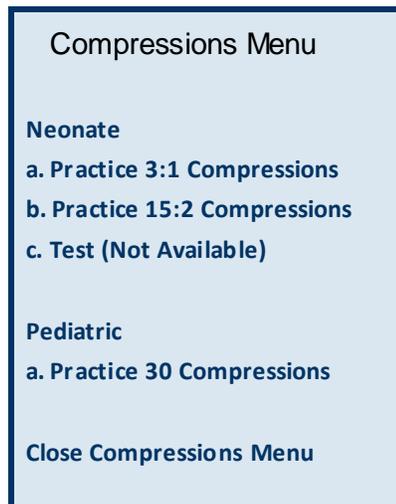
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5 Skills Menu 1. Compressions

The Skills Menu is where you select the skills that you want to perform. This covers all the skills needed to perform CPR compressions correctly. In this section we will explore the Compressions Menu.



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5.0 Procedure To Select a Skill (See Previous Section)

There are several ways to determine how the skills are practiced. You can go through each option one at a time using the space bar to select the option you need, or set the short cut to go directly to the skills with a single click.

For a detailed discussion of these options see 5.0_SmartMan_Infant_-_5._Skills_Menu_0._Overview subsection 5.0.1.

5.1 Skill Description

Below is a discussion of how each skill is to be performed. There is a brief discussion on each of the option pages.

5.1.1a. Neonate Practice 3:1 Compressions

WHAT YOU DO

This activity is to practice how you perform chest compressions on a neonate (full term newborn to 1 month of age). This protocol follows the current AHA guidelines. In this practice you DO NOT perform any ventilations but leave a correct amount of time as if you were giving a ventilation. That is, you perform 3 compressions at 1 second each, delay for 1 second as if a vent was being given, then repeat for 2 cycles of 30 compressions.

The Protocol is

- 2 cycles of 30 compressions; this is a practice compressions activity so you do not perform any ventilations. You pause as if the vents were being performed.
3 chest compression of 1 second (that is a 0.5 seconds down and a 0.5 seconds up)
Pause compressions for ½ second as if the ventilation was being given
- *Depth*: Compress the chest ⅓ to ½ chest depth
- *Rate*: 120 per minute
- *Recoil*: Allow full recoil of the chest.

This cycle is then repeated.

NOTE:

The compressions take a 0.5 seconds to compress and 0.5 seconds to release the chest. The ventilation takes 0.5 seconds. to put air into the lungs.

This protocol can be quite difficult to perform. It takes practice and is not possible to do this effectively without the feedback that Smartbaby provides.

HINT

Many people find it helpful to establish a rhythm by counting at the same speed for each compression and ventilation.

- compression (0.5 sec. compress + 0.5 sec. release)
- compression (0.5 sec. compress + 0.5 sec. release)
- compression (0.5 sec. compress + 0.5 sec.) release)
- ventilation (0.5 sec. inspiration begin compression (helps push air out of lungs))

Repeat Protocol

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WHAT YOU SEE

As you perform you will see colored bars, one bar for each compression. The color will tell you everything you need to know about how you are performing. The quick key to the colors is on the screen:



See the half page Quick Start file on the SmartMan [colored bars](#).

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5.1.2b. Neonate Practice 15:2 Compressions

WHAT YOU DO

This is not the procedure recommended by the AHA for performing CPR on a neonate. However it is mentioned in the AHA guidelines that this protocol might be helpful and can be used.

If you practice this protocol, perform 15 chest compressions at $\frac{1}{3}$ to $\frac{1}{2}$ depth of the chest, stop the chest compressions while two ventilations are provided, then repeat.

The Protocol is

- 4 cycles of 15:2; This is a compressions practice activity. You do not perform ventilations, but you must pause as if they are being given.
15 compressions, stop to give two breaths
Chest compression are 1 second (that is a 0.5 seconds down and 0.5 seconds up)
Two ventilations are provided in 2 seconds (Each ventilation is 0.5 to inspire + 0.5 release)
- *Depth*: Compress the chest $\frac{1}{3}$ to $\frac{1}{2}$ chest depth
- *Rate*: 120 per minute
- *Recoil*: Allow full recoil of the chest.

This cycle is then repeated.

NOTE

The program will terminate if more than 19 straight compressions are provided without a ventilation time

HINT

Many people find it difficult to achieve the ventilations. Ventilations are very important for the newborn. To practice this protocol, the person performing ventilations must focus closely on the count and getting those two small breaths in within 1 second.

WHAT YOU SEE

As you perform you will see colored bars, one bar for each compression. The color will tell you everything you need to know about how you are performing. The quick key to the colors is on the screen:

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See the half page Quick Start file on the SmartMan [colored bars](#).

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5.1.3c Neonate Change Lung Capacity

It is possible to change the lung capacity of the Neonate. To do this, in the Trainer Menu, click on the Neonate Ventilations Activity. You will see the numbers from 1 to 5 in the middle of the screen. 1 is the least capacity and 5 is the maximum capacity.



5.1.3d Click on the number you wish.

This will take a second or two. The green lines for the target lung capacity at the bottom of the screen in the feedback area will change position. Then click on the Menu Button at the top left of the window. All Skills activities will now use that lung capacity setting. Select the skill and perform as described above.

5.1.4e. Pediatric Practice 30 Compressions

WHAT YOU DO

In this activity you perform chest compressions and ventilations on a Pediatric patient. The AHA protocol for this is:

The CPR Protocol is

- 2 cycles of 30:2 This is a compressions activity and no breaths are given. Pause as if they were being provided.

For this Activity

- Depth: Compress the chest $\frac{1}{3}$ to $\frac{1}{2}$ chest depth
- Rate: is 100 – 120/minute
- Recoil: Allow full recoil of the chest.
- Two ventilations are provided in 2 seconds

This cycle is then repeated.

At the end of the activity, you will be given a score for your performance.

NOTE:

If during a cycle of 30 compressions, you stop for more than 1 second, the program will move to the next cycle.

If you perform more than 34 compressions without stopping, the program will stop

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5.1.5f Pediatric Change Lung Capacity

It is possible to change the lung capacity of the Baby. To do this, in the Trainer Menu, click on the Pediatric Ventilations Activity. You will see the number from 1 to 5 in the middle of the screen. 1 is the least capacity and 5 is the maximum capacity.



Click on the number you wish to implement. This will take a second or two. Then the green lines for the target lung capacity at the bottom of the screen in the feedback area will change position.

Then click on the Menu Button at the top left of the window. All Skills activities will now use that lung capacity setting. Select the skill and perform as described above.

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