

# Using CPR to Reduce Infant Mortality

*Silverdale, Washington*

## **Problem Overview**

At least one child dies from choking on food every five days in the U.S., and more than 10,000 children are taken to a hospital emergency room each year for food-choking injuries.<sup>1</sup>

More than 90% of deaths from foreign object occur in children younger than 5 years old; 65% of them are infants.<sup>2</sup>

Kitsap County averages 5 accidental sleep related infant deaths a year.<sup>3</sup>

## **Program Activity**

In October 2012 Kitsap Public Health First Steps and Nurse Family Partnership nurses made a presentation to the GRADS students at Alternative West high school in Silverdale, Washington. Included in the presentation was a discussion on various methods to “child proof” your home and ways to keep your child safe. That discussion led to the GRADS students request for infant CPR training.

The GRADS coordinator approached the Kitsap Public Health District with the request for CPR training for the students. The GRADS coordinator and GRADS instructor discussed the parameters for the training; due to class structure the training would have to be conducted over a two day period at the GRADS site, payment for the instructor was to be made by the school, and a certified instructor needed to be identified.

Contact was made with community partners including local fire departments, the Red Cross, and Community Health Nurses. The GRADS program was fortunate to find a Parent Child Health Nurse who was certified to teach infant CPR.

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<sup>1</sup> B.E.CPR-BECOME EDUCATED IN CPR, [http://www.becpr.orgfacts\\_statistics.aspx](http://www.becpr.orgfacts_statistics.aspx)

<sup>2</sup> American Heart Association ,B.E. CPR- BECOME EDUCATED IN CPR, [http://www.becpr.orgfacts\\_statistics.aspx](http://www.becpr.orgfacts_statistics.aspx)

<sup>3</sup> Kitsap County Child Death Review Data Base

7 GRADS students made the commitment to a 2 day infant CPR class. They understood attendance of both 90 minute sessions and passage of a written test was required to receive certification.

### **Program Outcomes**

The 7 students and GRADS instructor all received passing grades on their written and practical test. Due to delay in payment they were not able to receive their certificates on the day of completion (which was a huge disappointment to the students). The students voiced feeling better equipped to handle choking or other stressful situations upon completion of the course and hope to take additional classes in the future.

The GRADS instructor and Parent Child Health Nurse made a plan to offer CPR to GRADS students during the 2013-2014 school year.

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