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Infection Control Policy for Cardiopulmonary Resuscitation (CPR) Manikins

According to the American Heart Association (2001) the risk of disease transmission during CPR training is extremely low. CPR manikins have never been shown to cause an outbreak of infection and no reports of infection are associated with CPR training

However, we acknowledge that there is public concern about the use of manikins where there is shared use. To address these concerns the following infection control policy has been designed outlining manikin sanitation and steps taken before, during and after CPR training to reduce health risk.

Prevention of Infection during Manikin Practice

- At the beginning of the CPR teaching session all rescuers are advised that the CPR training will involve physical contact with manikins.
- Rescuers are asked to identify self risk in advance of course commencement i.e. history of recent surgery or any injury which makes floor work contraindicated. Students and instructors **MUST** notify the lead CPR instructor if they are
 - Known to be in the active stages of an infectious disease
 - Believe they have been exposed to an infectious disease
 - Have sores or skin lesions on the hands or mouth or around the mouth.Rescuers risk will then be assessed, action will include either the rescuer being provided with a manikin of their own the practice with or their CPR training may be postponed.
- During the CPR teaching session students' are grouped one instructor per group of 6 rescuers with one full set of manikins per group of three rescuers. Rescuers are advised to work in their group with their manikin and to avoid moving between groups.
- Instructors/students should practice good hygiene by
 - Decontaminating their hands using an alcohol based hand gel before and during the teaching session especially post breaks and bathroom use.
 - Avoiding eating during class
- During the course of the CPR teaching session all manikin surfaces are cleaned with an alcohol wipe and allowed to dry after each rescuer use.
- During the CPR teaching session rescuers are advised to
 - Avoid mouth or body contact with a manikin if saliva or body fluids are present on the manikin
 - Adequately clean manikins between uses
 - Avoid finger sweeps.
 - During 2-rescuer CPR practice, the second student should simulate ventilation

Manikin Cleaning After Class

- Manikins will be cleaned using gloves as soon as possible at the end of each class.
- Body surfaces e.g. face will be washed with warm soapy water and brushes and rinsed with fresh water. They will be soaked as per manufacturers guidelines in a solution of Milton. Once soaked the faces will be rinsed with fresh water and dried immediately. The face surface will then be moistened by an alcohol wipe. Leave the surface wet for at least 30 seconds.
- Other manikin surfaces will be wiped with warm water and soap, rinsed with a clean damp cloth, dried and then decontaminated using alcohol wipes.
- Should any on the manikin surfaces present with signs of damage i.e. tear they should be removed and replaced.
- Manikin lungs are disposed of after each teaching session and replaced with a new set.
- Manikin clothing will be washed with warm water and soap and rinsed with fresh water as needed.
- Manikins are stored dry in their cases protected from dust etc. until needed.

Manikin Care Immediately before CPR Teaching Session

- All manikins are tested using
 - 1. Bag valve mask to check airway patency.
 - 2. A gloved hand to check chest spring.
- Manikin bodily surfaces are cleaned with an alcohol wipe and allowed to dry.
- If manikins are being left exposed before teaching session faces will be covered using an alcohol wipe to prevent air borne contamination.

Reference

<http://www.americanheart.org> (accessed 8th June 2009 at 16.00 hrs)