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Health Care

## 'Bear' necessities: Mercy NICU gives new CPR training

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OKLAHOMA CITY – Hospital equipment often costs millions of dollars, but at Mercy Health Center, a \$60 gadget is coming in quite handy in the hospital's Neonatal Intensive Care Unit.

The NICU for three months enlisted the help of CPR Teddy, which was donated by March of Dimes.

Resusi-annie, the longtime CPR dummy most of us have met at some point in our lives, takes a back seat in the NICU, where the patients weigh as little as a pound and don't get to go home for weeks or even months.

Nurse Marjorie Houseman is head of parent education in the ward and offers CPR instructions to parents.

CPR Teddy has a bow tie that indicates if CPR is done properly.

"The tie lights up green if CPR is done correctly, and if CPR is not done correctly, it's bright red or doesn't light up at all," Houseman said. "It teaches them to be consistent and is equipped with a mouthpiece. It also talks and its paws are set up for infant or child and will speak."

Sarah and Josh Matanane gave it a try Tuesday afternoon. The Matananes have week-old twins in Masyn and Isabella.

"It went pretty well and we learned quite a bit," John Matanane said. "The light lets you know if you're doing it right.

The CPR is optional, unless they are going home on oxygen. We thought we'd be better off taking the class."

The Matanane twins, born about six weeks early, are up to about five pounds and probably just a few days from going home.

Sarah Matanane said she had taken CPR training before, but added this was the first try with CPR Teddy. "I started out a little light, but she (Houseman) said I wouldn't hurt him, and then I got it right. It is good training."

Mercy's NICU has used mannequins in the past and still has some available.

CPR Teddy, however, is the darn good judge of the maneuver, Houseman said.

"With the CPR, some moms are hesitant to press down at all," she said. "Dads sometimes push too hard and need to back off."

Cardiopulmonary resuscitation now requires 30 pushes and two breaths, she said.

Houseman said the bear was found on the Web.

"Babies from NICU usually go home when they are about five pounds in most cases, as long as they are eating well," she said. "Some are 1-2 pounds when they are born and can be here up to three months. It's the same technique for a normal newborn or a neo-natal and is part of the program we offer."

Houseman said that if a newborn goes home hooked up to a monitor, the hospital requires CPR.

She said CPR Teddy is brought out for every neonatal CPR class.

"We have four classes a week and two to four people in each class," she said.

Houseman said the unit has ordered more.

"Our unit is expanding and is supposed to be updated and open by October 2008," she said. "We are going from 28 (beds) to 40. We will have family center care when we expand. It's centered on the baby now, but rooms will be set up for families."

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