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The CPR Teddy from Centra

Monday January 01, 2007 9:41pm Posted By: [Webteam](#)

Lynchburg, VA - Centra Health ([website](#)) ([website](#)) has been providing some wonderful information for us of late and they're going to continue to do so throughout '07, and joining us from Centra Health Vicky Brunet who is a nurse practitioner at the neo-natal unit at Virginia Baptist Hospital. Thank you so much for being here and Melissa Waugh, Melissa has, she and her father has an interesting company that have invented an interesting character the CPR Teddy and I want to thank you for being here as well. Melissa let me start with you since you and your father invented this and Vicky is holding the CPR Teddy, what exactly is the CPR Teddy?

Melissa Waugh, CPR Teddy inventor - "Well this is a teddy bear that parents, grandparents, or child-care providers can use to practice either infant or child choking rescue and CPR skills at home. The idea is they take a CPR class they bring the bear home with them set it in the child's room so it constantly reminds them they need to be practicing those skills so they are ready in case an emergency should happen. "

Tab - "Now Vicky, obviously CPR is important as a matter of fact I'm beginning next week actually I'm beginning my CPR training is something I think every member of every family or at least one person in every family ought to know. Melissa mentioned the CPR class and this is used as a reminder to do that or can you actually learn from the teddy here?"

Vicky Brunet, CCRN Virginia Baptist Hospital - "You can actually learn from the teddy. The teddy comes with a DVD that actually walks through the American Heart Association's step by step of how to do it. We use the CPR Teddy when we teach parents. We have class once a week in the intensive care nursery where we teach parents how to do CPR. We use the teddy to demonstrate and we use the DVD to walk through the steps."

Tab - "You know, I first learned CPR, actually as a boy scout which was way too long ago and some of the methodology has changed over the decades so I'm getting my new registration here or certification here shortly. But one thing I do know, CPR procedures on an adult or a larger child are different than they are on an infant or a child, correct?"

Vicky - "Well, actually the American Heart Association has changed the standards. It's 30 compressions and two breaths for all people; for infants, children, or adults so they're trying to make it better so that people, if they learn to do it on one can do it on an infant child or the location of your fingers or your hand or using two hands is what's different. The compressions to breath ratio is the same for everybody."

Tab - "Well, I know with an adult you're doing your hands and you're over the sternum and you're doing this but...and I honestly have not learned but that's what I'm going to be learning--you know, how to do that on an infant. I imagine the technique...two fingers?"

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There's a lot of difference there."

Vicky - "Right. Right. Over the middle of the chest, if I could use the technique to show."

Tab - "Sure. Please. Yeah."

Vicky - "There's a heart right in the middle of his chest and you use this to practice two fingers right up over top, right about the middle of the sternum."



Tab - "Yeah and I think that's something that probably every parent should know. I mean, God forbid something happens and you can run in to a cardiopulmonary problem just as a result of choking which is something that can happen. You stop breathing, the heart stops and that's where the bear comes in and where the training comes in. Melissa, how did you and your father come about inventing the CPR Teddy?"

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Melissa - "Well, with my dad as an emergency room physician unfortunately he has to see what happens when families don't know what to do in an emergency and so he has dedicated his life to inventing lots of different products that help at each link in the chain of survival that starts out with lay people performing CPR. So, we know, research shows that within 90 days after taking a CPR class people generally only remember about 30 percent of what they learned in the class. So you can imagine when you're only recertifying only one year or two years or...I'm not sure how long it's been since you had your certification class. I won't make you say but obviously there's a need for people to continually practice so it's been an issue. How do you encourage people to do that and so his first invention was a little box with some foam in the middle. An idea was that people might pay five bucks, take it home from CPR class and they can practice on it. He asked a nurse CPR instructor they worked with, 'what do you think?' and she was like, 'uh...no.' She said something like that they'll put in a closet or drawer and forget about it and you've defeated your purpose."



The Pollen Report

Tab - "So they, and we're short on time here, hence the bear? The bear can be a part of the decoration of the room."



Melissa - "So we put it inside the bear. That's right."



Tab - "Vicky, let me ask you real quick. We've got about 20 seconds left. Is training available? Should adolescents, older brothers or sisters...is that available?"



Vicky - "Right. Right. Centra Health is the first hospital in the world to offer these CPR Teddys as a practice aid to parents. We give the CPR class. Not all parents, grandparents, siblings can get to a class but we give this to all parents of high-risk babies in the intensive care nursery because they are more prone to have an event at home or need CPR and they can take it with the DVD and the CPR Teddy and teach others--child care givers and siblings, grandparents, anybody to do it."



Thank you to Vicky Brunet and Melissa Waugh so much for coming in here and bringing in the CPR Teddy. Of course, the next step is relying upon you and that is contacting Centra Health where you can make arrangements to pick up these courses and a CPR Teddy and more information about that (434) 947-4700. They have a



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