

RCDP – First Five Coaching Guide

Prebrief

Expected facilitator action:

- Purpose
- Objectives
- Describe RCDP, pace, pauses, reorientation after pause
- Orientation to environment
- Fiction Contract
- Basic Assumption
- Safety Briefing/safety phrase

Objective: Assess responsiveness, check central pulse, start compressions

Expected learner action:

- “Hey Hey are you ok?”
- Check central pulse
- Announce “The patient is pulseless”
- Immediately start compressions

Coaching Suggestions:

- Scripting: Use the phrase “Hey Hey are you ok?” every time- alerts local team that an issue may be occurring
- Demonstration: Check carotid or femoral pulse- more reliable than distal pulse
- Scripting: “The patient is pulseless” lets local team know there is a problem
- Demonstration: ACTION LINKED PHRASE- as soon as you say “the patient is pulseless” IMMEDIATELY start chest compressions

Objective: Call for help

Expected learner action:

- Call loudly for local help- specifically ask for crash cart.
- “I need help, the patient is coding, bring a crash cart”
- Activate appropriate systemic help (specific to area- code button, call)

Coaching Suggestions:

- Scripting: Use specific phrasing “I need help, the patient is coding, bring a crash cart”
- Activate systemic help- code button, call team (specific to area)

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Objective: Continue CPR, Improve compression quality

Expected learner action:

- Head of bed down and rails down
- Step stool
- Backboard
- Compressor swap
- Rate, rhythm, depth

Coaching Suggestions:

- Feedback: rails, HOB- increase efficacy of compressions
- Choreography: Stool placement- compressor step to the right, stool placed, step back up- safety for compressor
- Choreography: Backboard- compressor lead, count to three, roll and place- minimize interruption in compressions
- Choreography: compressor swap with pulse check is ideal

Objective: Use AED/Defibrillator

Expected learner action:

- Apply pads- announce to room “The pads are on”
- Turn on – follow prompts for AED, analyze rhythm for defibrillator

If shock indicated-

- Charge- continue compressions while charging
- Clear patient “I’m clear, you’re clear, we are all clear”
- Eyes on bed, finger on button
- Deliver shock, announce “shock delivered, resume compressions”

Coaching Suggestions:

- Scripting: “The pads are on”- notifies team that rhythm is up
- Knobology: defibrillator use
- Scripting: “I’m clear, you’re clear, we are all clear”
- Action Linked Phrase: eyes on bed, finger on button- deliver shock
- Scripting: “shock delivered, resume compressions”

Objective: Prepare Epinephrine

Expected learner action:

- Check IV access
- open box and prepare abboject
- if shockable rhythm- administer epinephrine after second shock

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Coaching Suggestions:

- Demonstration: Flip, Flip, Screw, Screw

General Summary/Take Aways

Expected facilitator action:

- Reactions
- Next steps
- Simulation Safety Check