Examples of Resuscitation Skills Amenable to a Simulation-Based RCDP Approach, as They Pertain to Mastery Learning Goals

- Assess patient, identify pulselessness and initiate chest compressions in ≤ 10 seconds
- Demonstrate team choreography to place backboard under patient correctly but to minimize pause in chest compressions to ≤10 seconds (ideally ≤ 5 seconds)
- Demonstrate team choreography for switching chest compressors every 2 minutes while minimizing pauses in compressions
- Defibrillate patients with shockable rhythm within 2 minutes
- Minimize peri-shock pauses surrounding defibrillation to ≤ 10 seconds
- Modify chest compressions to optimize quality and maintain end tidal carbon dioxide ≥ 20 mm Hg and diastolic blood pressure ≥ 25 mm Hg (depends on simulation technology used)
- Team leader explicitly shares mental model so that all team members know what advanced life support algorithm applies for the patient, what reversible causes of the arrest are being considered, and how each reversible cause is being excluded or addressed
- Use of closed loop communication when achieving the above goals

Abbreviation: RCDP indicates rapid cycle deliberate practice.