

BLS Healthcare and Professional Rescuers Instructor’s Manual (Replaces page 3) Video Self Instruction (VSI) for CPR Skills

VSI is a relatively new method of teaching CPR. The course designers used this instructional method because research has shown that it results in better CPR skills acquisition and retention than traditional methods of instruction (e.g., Watch-then-practice video instruction or instructor-led practice). According to the *2005 International Consensus on Cardiopulmonary Resuscitation (CPR) and Emergency Cardiovascular Care (ECC) Science With Treatment Recommendations*, “Instruction methods should not be limited to traditional techniques; newer training methods (e.g., ‘watch-while-you-practice’ video programs) may be more effective.”

With VSI, the video/DVD drives the course instead of being supplementary to it. This method frees the instructor from lectures and demonstrations and provides participants with a standardized, easy-to-see, easy-to-understand, real-time, practice-intensive model of CPR skills. Participants perform CPR at the same time it is performed on the video and take their cues from the rescuer on the screen. **The instructor should let the video do all the instruction without stopping the video or talking over it with one exception.** The instructor should start the video and let it run without interruption until participants have completed the “pumping” practice. Then **pause** the video and provide the following explanation of Hands-Only CPR. *Performing chest compressions only is called Hands-Only CPR. It can be used by any bystander to treat **adult** victims of out-of-hospital **witnessed** cardiac arrest. Conventional CPR, with compressions and breaths, is still needed for all other unresponsive victims who are not breathing adequately, including infants and children. If you are ever in a real-world role of “bystander” at the scene of an adult victim of out-of-hospital witnessed cardiac arrest, use the CPR technique that allows you to confidently deliver good-quality chest compressions with minimal interruption—either conventional CPR or Hands-Only CPR. **Instructors should then let the rest of the video run without interruption. Instructors should not demonstrate CPR before, during, or after the video, nor should they interrupt individual participants or the class for comments or corrections.*** The VSI CPR video will help instructors provide consistent instruction to all participants and, simultaneously, keep to a tight time schedule.

Practice Sessions

Participants usually learn more from actual hands-on practice. Ample time is afforded for video-driven hands-on practice of CPR as well as instructor-supervised other BLS and first aid skills. Except for CPR, which is completely video driven, instructors supervise all other practice sessions to keep participants focused on what they are learning. Instructors should encourage participants to keep practicing, even if they are performing the skill well, as repetition helps skills acquisition and retention.

Instructors should refrain from re-demonstrating skills presented in the videos and from telling skill-related and “real-life experience” anecdotes. These have been demonstrated to significantly hinder participant learning and contribute to lower written test scores.

BLS Healthcare and Professional Rescuers Instructor's Manual
(Amends page 49-- Insert as the last bullet under Alert! Chest Compressions)

BLS Healthcare and Professional Rescuers Student Text
(Amends page 43-- Insert as the last bullet under Alert! Chest Compressions)

- Performing chest compressions only is called Hands-Only CPR. It can be used by any bystander to treat adult victims of out-of-hospital, witnessed cardiac arrest. Professional rescuers in a real world role of **bystander** at the scene of an adult victim of witnessed cardiac arrest should use the CPR technique that allows them to confidently deliver good-quality chest compressions with minimal interruption.