

First Responder Instructor's Manual (amends pages 133 & 134)

Lesson 9

Cardiac Emergencies and CPR

Lesson Key Topics

- The circulatory system
- Cardiac arrest
- Cardiac chain of survival
- Call first vs. call fast
- Cardiopulmonary resuscitation (CPR)

Instructor Preparation

Review the PowerPoint slides for Lesson 9

Review Chapter 9 in *First Responder: Skills in Action*

Skills to practice:

Single-Rescuer CPR

Two-Rescuer CPR for Adults and Children

Two-Rescuer CPR for Infants

Instructional Outline

Special Note to Instructors

The DVDs for this course employ a relatively new teaching method of teaching CPR called video self instruction (VSI). Research has shown that VSI results in better CPR skills acquisition and retention than traditional methods of instruction. With VSI, the DVD drives the CPR instruction instead of being supplementary to it. This method frees you from lectures and demonstrations and provides participants with a standardized, real-time, practice-intensive model of CPR skills. Participants perform CPR at the same time it is performed on the DVD and take their cues from the rescuer on the screen. This teaching method will help you provide consistent instruction to all participants and, simultaneously, keep to a tight schedule. More importantly, it will allow you to observe participants, give them feedback and remediate their performance.

To use the VSI DVD:

- Arrange the room with manikins placed about three feet apart from each other. Be sure participants are facing the television monitor(s). Up to two participants can share a manikin. The video will tell participants when to let the second student take a turn.
- Immediately before starting the video, tell participants that once you start the video, they will be practicing along with it. Direct them to follow the rescuer in the video and do exactly what she does: pump the manikin along with her, give breaths when she does, count aloud with her. Explain that you will be watching them practice and helping them if they need help. Your up-front directions are crucial to the success of this instructional approach.

- 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.* Next, explain that you will now continue the conventional CPR training for Healthcare and Professional Rescuers to learn the other CPR skills needed to resuscitate patients in the performance of their professional duties as first responders.
- Let the rest of the video run without interruption. Do not pause the video to correct individual participants. Do not demonstrate CPR before, during, or after the video.
- While the video is running and participants are learning and practicing their skills, observe the participants to ensure everyone is following along well. If a participant is performing a specific action poorly, such as not compressing deeply enough or blowing too much air into the lungs, tell the person how to correct the action (e.g., push down harder when you pump; keep your breaths to one second).
- After the video CPR instruction and again after the video AED instruction, give participants additional time to practice as needed. If a participant needs additional practice, provide corrective feedback and encourage him or her to practice the skill. When the participant is ready, reevaluate his or her mastery of CPR (and later, AED).

First Responder Instructor’s Manual (Add to page 138 after content under “Chest Compressions Alert”)

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.