

## BLS In The Schools

### Prior to Class 1:

Students saw the entire HCP (online version) video & took the pretest.

- Discuss making sure the area is safe in an emergency so that you do not become a victim (cars, electricity, smoke, violence, etc.)

### Intro:

The goal of CPR is to keep blood flowing to a person's brain and through their heart while adding oxygenated air by mouth, mouth to barrier device/mask, or bag mask device, and call for an Automated Defibrillator unit until advanced help arrives... This truly saves lives.

This program is broken into several days where we will practice and you will demonstrate assessing the need for CPR, performing chest compressions, performing ventilations, using an Automated Defibrillator (AED) – (Like they have in this school). Whether the victim is over puberty age (about 8) which is considered an adult for CPR, a child age 1-8 or an infant up to 1 year old. It does not matter the cause of the emergency; if someone is not breathing they need “air”. If you don't THINK you feel a pulse (which is actually hard to check sometimes) they need compressions. We will also learn what to do for someone who chokes and is awake or passes out.

In order to become certified through the American Heart, you will need to be able to perform each skill, and score an 84% on the written exam, much of which you have seen in the pretest you completed.

Please keep the CPR face shield and valve we give you to use throughout all days of the class. Please wash your hands before coming to class if possible and keep your hands and the manikins face clean.

*\* Have students turn to page 15 and review the universal algorithms*

### Skills Practice:

1. Practice feeling your own carotid pulse- between the trachea and the large neck muscle – you must push in a bit.

- Note: It is sometimes difficult to feel- and you are probably alive! – This is the reason you will learn if someone is not breathing and you do not THINK you feel a pulse – start compressions.

**Note to Instructor: At the end of each day have the students practice scenarios as teams – or do test review questions with them. Do not allow for “sit around” down time please.**

Instructors must follow these video instructions specifically AND – Must give a brief overview of the skill before the video demo's it... The video starts with immediate demo.

- Use HeartCode video

- Click on Title/Menu

- Click on Practice While Watching

(Remember you must intro the section as the DVD will just start with skills practice)

## Day 1:

**Video** – Adult compressions (IFP)

**Skills** – 3 sets 30 compressions

**Video** – Pocket Mask (IFP)

**Skills** – 5 sets of breaths w/ pocket mask

Additional – Have students perform mouth to mouth vents (with shield). Discuss mouth to mouth acceptable outside of the hospital especially on a known individual. Still the preferred method. But compressions alone (outside of hospital) are effective for a short period. Never in a medical setting- always perform compressions and ventilations.

**Video** - 1 Rescuer Adult BLS (IFP)

**Skills** – 3 sets of 30:2 (reminder 5 sets = 2 min)

**Video** – Bag Mask Device (IFP)

**Skills** - 5 sets of 2 breaths

Additional – Teach 2 person technique where 1 person uses 2 hands to hold the mask- even if the compressor is squeezing the bag after 30 compressions

*\*Turn to page 43 in the book and discuss communications during emergency situations. (Key on test questions)*

\* If there is extra time do more CPR practice from above skills

## Day 2:

Brief review of the day 1 – Adult 1 person CPR skills and Team dynamics relate review to test questions # 1, 5, 10, 13, 20, 21,

Turn to pages 37-39

- Review steps of using AED
- Review other considerations
- Demo one in front of class
- Pass several around to group

**Video** – 2 Rescuer Adult BLS (IFP)

**Skill** - 2 rescuer CPR with pocket mask

**Skill** - CPR Team – 1 person & compress, 1 BVM, 1 AED – Rotate

- Instructor Teach- 1 rescuer child CPR. Just demo by instructor.  
Discuss (1 or 2 hand) Depth 2”, Ratio 30:2

**Video** 2 rescuer child CPR (IFP)

**Skill** – 1 rescuer and 2 rescuer child CPR – Discuss AED can be used when available

Switch to infant manikins

Discussion – Instructor review assessing LOC and pulse (brachial) on infants.

**Video** – Infant Compressions (IFP)

Instructor demo – 2 breaths mouth to mouth and nose

**Skill** – Infant compressions 1 rescuer infant CPR sequence 30:2 (5 sets)

Discussion by instructor-using using BVM on infant – Demo video –  
2 rescuer infant BLS (IFP)

**Skill** – 2 rescuer CPR using mouth to mask or BVM

Instructor discuss – Rescue breathing for victim with pulse.

**Video** – Rescue breathing – discuss same Adult 10, Child 12-20, and Infant 12-20.

Note – Could be mouth to mouth or mouth to mask.

\* If extra time practice scenarios

### **Day 3:**

Review from Day 2- Especially testing Information from Exam

- AED use questions # 2, 3, 4, 7, 12, 25
- 2 Rescuer CPR # 9,
- Child CPR # 16
- Infant CPR #6

Adult manikins

Instructor Discussion – FBOA Adult/Child

**Skill** – Practice Conscious FBOA on manikin

Discuss – Unconscious FBOA (begin steps of CPR, look in mouth before breaths)

Infant manikins

**Video** - Relief of choking in a conscious infant

**Skill** – Back slaps, chest thrust conscious infant

Begin skills testing

Infant – BLS 1 person, 2 person, Reminder AED can be used & ok to add in scenario

\* Verbally review child differences

\* Verbally review choking

Adult skills (time permitting)

Adult 1 & 2 person CPR & AED

### **Day 4:**

Review pretest questions & answers (given to students before class)

Complete skills test (Check offs)

AHA Written Exam

Fill out AHA Roster

Remediation as needed

\* Extra time should be spent doing “team” scenarios having groups compete against each other rather than having students sitting doing “non CPR” things.