

Shaun Fix
EMERGENCY MEDICAL CONSULTANTS INC.



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**BLS / CPR
Instructors**

BLS Instructor Course

Emergency Medical Consultants is looking for driven individuals who are ready to take their CPR skills to the next level.

Take our CPR Instructor Course and learn how to teach others!

- For professionals who already have a strong knowledge of the subject(s)
- Designed to prepare you to teach the course, not to train you in the info
- Students will teach pre-assigned and "off the cuff" topics during the course

Requirements - Must be submitted at least 7 business days prior to course!

- 1) Current BLS healthcare provider card with a recommendation from your course director showing a score of at least 90% on the written exam
- 2) Must complete BLS Instructor Essentials Online Course. Please visit <https://www.onlineaha.org/courses/97> to register.
- 3) Attached Instructor App / AHA Training Center Alignment Form. You must have a training center who will allow you to teach with them - To align with EMC, please send a resume along with your provider cards. We do not guarantee we will hire any participants.
- 4) BLS Instructor Pre-Test and Skills Review Questions (see attached). Please complete, then fax or email to our office.
- 5) Must have 2015 BLS Provider Manual and 2015 BLS Instructor Manual

Call: 772.878.3085 Toll Free: 1.866.4.EMC.INC Fax: 772.878.7909
Email: info@MedicalTraining.cc 597 SE Port St. Lucie Blvd. Port Saint Lucie, FL 34984
Visit Our Website at EMCmedicaltraining.com to schedule a class and learn more

**American Heart Association Emergency Cardiovascular Care Program
Instructor Candidate Application**

Instructions: To be completed by Instructor candidate with appropriate signatures. Please complete one application for *each* discipline.

Name (with credentials): _____

Mailing address: _____

Phone: _____ Fax: _____

Email: _____

Type of Instructor Course: Heartsaver BLS ACLS PALS

Recommended renewal date of Provider card in discipline in which candidate is seeking Instructor status: _____

Instructor Commitment: As an AHA Instructor, I agree to teach at least four courses in two years in accordance with the guidelines of the American Heart Association. I also agree to strengthen and support the Chain of Survival and the mission of the American Heart Association in my community.

Signature of Instructor Candidate

Date

TC Alignment: I approve this application and grant alignment with this Training Center for this applicant. I agree to all responsibilities for this Instructor as outlined in this manual.

Name of Training Center: _____

Signature of TC Coordinator: _____ Date: _____

Verification of Instructor Potential: I verify that this Instructor candidate has achieved a score of 84% or higher on the Provider written examination in the discipline for which he/she is applying and has completed at least *one* of the following options:

- Has been identified as having Instructor potential during performance in a Provider Course
- Has demonstrated Instructor potential during a screening evaluation
- Has demonstrated exemplary performance of Provider skills under my direct observation

Signature of TCF/Course Director/Lead Instructor (circle appropriate title)

Date

BLS Pre-Course Exam

1. An elderly woman collapses to the floor in a bingo hall. Your first action should be:
 - A. Open the airway and give 2 breaths.
 - B. Go grab the defibrillator off the wall in the hallway.
 - C. Yell out/ call for help while simultaneously assessing for pulse and respirations.
 - D. Check for a carotid pulse.

2. You are performing 1 rescuer CPR on a 75-year-old female with a history of chest pain and diabetes. An AED has just been made available to you. What is the first action that you should take at this time?
 - A. Finish the 5 cycles of chest compressions that you have started.
 - B. Place the AED pads on the chest.
 - C. Secure an electrical outlet to plug the AED into.
 - D. Turn the AED on.

3. You are attending your nephew's birthday party when a 5y.o. child suddenly starts choking on a hotdog. What should you do?
 - A. Administer 2 rescue breaths.
 - B. Perform a blind sweep of the victim's mouth.
 - C. Deliver 5 back-slaps.
 - D. Position yourself behind the child and administer abdominal thrusts (Heimlich Maneuver).

4. Opioids are medications that are used to treat pain but have a high potential for abuse. Addiction rate to the medications is a growing problem and they can cause respiratory and or cardiac arrests. Currently, more adults die every year from opioid overdoses than car accidents. What is the name of the medication that is utilized to reverse the effects of respiratory depression?
 - A. Naloxone.
 - B. Ativan.
 - C. Lasix.
 - D. Magnesium Sulfate.

5. Your middle age neighbor is mowing his grass when he clutches his chest and drops to the ground. He has no pulse or respirations. Your son calls 911 while you initiate chest CPR. How fast should the compression rate be?
 - A. 100 compressions per minute.
 - B. 100-120 compressions per minute.
 - C. 80-100 compressions per minute
 - D. 120-150 compressions per minute.

6. Bystanders have pulled a young woman with a pulse but no respirations out of a lake. One of them is administering rescue breaths at a rate of one every 5-6 seconds while waiting for EMS to arrive.. Which of the following is true about rescue breaths?
- A. Each breath should result in visible chest rise.
 - B. Give each breath over 1 second.
 - C. The pulse should be checked every 2 minutes..
 - D. All of the above.
7. Which of the following situations will slightly delay AED usage while the situation is made safe for AED application?
- A. A person found lying on a metal floor inside a meat cooler.
 - B. A person found submerged in a bathtub.
 - C. A person who collapsed in snow.
 - D. A person who has a transdermal nitro patch on their arm.
8. When utilizing a bag valve mask device it is important to remember:
- A. That this device requires training and is best suited for a 2-rescuer situation.
 - B. The E-C clamp technique should be used while lifting the jaw to provide a good seal.
 - C. To squeeze the bag for 1 second while watching the chest rise.
 - D. All of the above.
9. What is the correct ratio for compressions to ventilations in infant CPR with 2 rescuers present?
- A. 20 compressions to 4 breaths.
 - B. 15 compressions to 2 breaths.
 - C. The rate remains 30 compressions to 2 breaths.
 - D. 15 compressions to 1 breath.
10. The maximum amount of time that should be taken to check for a pulse on an adult, infant or child is:
- A. 15 seconds
 - B. 10 seconds
 - C. 30 seconds
 - D. 5 seconds

11. You are the second rescuer providing ventilations to an adult victim in cardiac arrest. You observe the hand placement of the person who is providing compressions to be incorrect. You advise them to reposition their hands. This is an example of what type of team dynamic communication?

- A. Knowledge Sharing.
- B. Closed Loop Communication.
- C. Constructive Intervention.
- D. Open Communication

12. While providing CPR to a victim, an AED becomes available and a shock is indicated and administered.

What should you do next?

- A. Administer 2 more shocks; to total 3.
- B. Immediately restart CPR, starting with compressions.
- C. Give 2 breaths first then resume CPR.
- D. Check the carotid pulse for no longer than 10 seconds.

13. What is the purpose of defibrillation?

- A. To stop a chaotic rhythm and restore the heart's normal rhythm.
- B. To increase the rate of complete heart block.
- C. To provide a blood pressure.
- D. To treat cardiac standstill.

14. Current guidelines suggest that adult compressions should be administered at a depth of 2-2.4 inches. Which of the following is not true regarding chest compression depth?

- A. Compressions are often delivered too hard rather than too shallow.
- B. It may be difficult to accurately judge compression depth without the use of a feedback device.
- C. Consistent compression depth of at least 2 inches is associated with better outcomes.
- D. Potential complications can occur at depths of greater than 2.4 inches.

15. What is the correct rate of ventilations to provide when an advanced airway is in place?

- A. 1 breath every 3-5 seconds.
- B. 1 breath every 6-8 seconds.
- C. 1 breath every 10 seconds.
- D. 1 breath every 6 seconds.

Name: _____

Date: _____

Phone _____

Email _____

CPR INSTRUCTOR COURSE

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CPR Instructor Course

Skills Review

Questions

2017

Sect 1

1. In which locations do most out-of-hospital cardiac arrests occur?
 - a. Healthcare clinics
 - b. Homes
 - c. Recreational facilities
 - d. Shopping centers
2. Which is the most common cause of cardiac arrest in children?
 - a. Cardiac problem
 - b. Congenital or acquired heart defect
 - c. Respiratory failure or shock
 - d. Infection and sepsis
3. What is the third link in the adult out-of-hospital Chain of Survival?
 - a. Advanced life support
 - b. High-quality CPR
 - c. Prevention
 - d. Rapid defibrillation
4. Which statement best describes sudden cardiac arrest?
 - a. When respiratory distress in adults occurs and the heart rate does not change
 - b. When the heart rate is 40 to 60/min and respirations increase
 - c. When blood flow to the heart is blocked and the heart rate increases
 - d. When an abnormal rhythm develops and the heart stops beating unexpectedly

Sect 2

Scenario: A 53-year-old man suddenly collapses and becomes unresponsive. You witness him collapse and are the first rescuer to arrive at the scene. You find him lying motionless on the floor.

1. Which is the first action you should take in this situation?
 - a. Activate the emergency response system
 - b. Start high-quality CPR, beginning with chest compressions
 - c. Start providing rescue breaths
 - d. Verify that the scene is safe for you and the victim
2. The man doesn't respond when you touch his shoulders and shout. "Are you OK?"
What is your best next action?
 - a. Check his pulse
 - b. Start high-quality CPR
 - c. Start providing rescue breaths
 - d. Shout for nearby help
3. Several rescuers respond, and you ask them to activate the emergency response and retrieve the AED and emergency equipment. As you check for a pulse and breathing, you notice that the man is gasping for air and making "snorting" sounds. You do not feel a pulse. What is your best next action?
 - a. Start high-quality CPR, beginning with chest compressions
 - b. Monitor the victim until additional, more experienced help arrives
 - c. Provide rescue breathing by delivering 1 breath every 5 to 6 seconds
 - d. Find someone to help by retrieving the nearest AED
4. What is the ratio of chest compressions to breaths when providing CPR to an adult?
 - a. 10 compressions to 2 breaths
 - b. 15 compressions to 2 breaths
 - c. 30 compressions to 2 breaths
 - d. 100 compressions to 2 breaths
5. What are the rate and depth for chest compressions on an adult?
 - a. A rate of 60 to 100 compressions per minute and a depth of about 1 inch
 - b. A rate of 100 to 120 compressions per minute and a depth of about 1 1/2 inches
 - c. A rate of 120 to 140 compressions per minute and a depth of about 2 inches
 - d. A rate of 100 to 120 compressions per minute and a depth of at least 2 inches
6. What action should you take when more rescuers arrive?
 - a. Assign tasks to other rescuers and rotate compressors every 2 minutes or more frequently if needed to avoid fatigue
 - b. Continue CPR while the AED is attached even if you are fatigued
 - c. Wait for the most experienced rescuer to provide direction to the team
 - d. Direct the team to assign a team leader and roles while you continue CPR
7. If you suspect that an unresponsive victim has head or neck trauma, what is the preferred method for opening the airway?
 - a. Head tilt-chin lift
 - b. Jaw thrust
 - c. Head tilt-neck lift
 - d. Avoid opening the airway

Sect 3

1. What is the most appropriate first step to take as soon as the AED arrives at the victim's side?
 - a. Power on the AED
 - b. Apply the pads
 - c. Press the analyze button
 - d. Press the shock button
2. Which step is one of the universal steps for operating an AED?
 - a. Placing the pads on the victim's bare chest
 - b. Shaving the victim's hairy chest
 - c. Removing the victim from water
 - d Finding the victim's implanted pacemaker
3. If a victim of cardiac arrest has an implanted pacemaker or defibrillator, what special steps should be taken?
 - a. Avoid placing the AED pad directly over the implanted device
 - b. Avoid using the AED to prevent damage to the implanted device
 - c. Turn off the implanted device before applying the AED pads
 - d. Consider using pediatric pads to decrease the shock dose delivered
4. What action should you take when the AED is analyzing the heart rhythm?
 - a. Check the pulse
 - b. Continue chest compressions
 - c. Give rescue breaths only
 - d. Stand clear of the victim

Sect 4

1. After performing high-quality CPR for 5 minutes, the team leader frequently interrupts chest compressions to check for a pulse even though the victim has no organized rhythm when the AED analyzes the rhythm. Which action demonstrates constructive intervention?
 - a. Ask another rescuer what he thinks should be done
 - b. Say nothing that contradicts the team leader
 - c. Suggest to resume chest compressions without delay
 - d. Wait until the debriefing session afterward to discuss it
2. The team leader asks you to perform bag-mask ventilation during a resuscitation attempt, but you have not perfected that skill. What would be an appropriate action to acknowledge your limitations?
 - a. Pick up the bag-mask device and give it to another team member
 - b. Pretend you did not hear the request and hope the team leader chooses someone else to do it
 - c. Tell the team leader that you are not comfortable performing that task
 - d. Try to do it as best you can and hope another team member will see you struggling and take over
3. What is the appropriate action to demonstrate closed-loop communication when the team leader assigns you a task?
 - a. Repeat back to the team leader the task you were assigned
 - b. Nod your head as an acknowledgment of the assigned task
 - c. Start performing the assigned tasks, but do not speak, to minimize noise
 - d. Wait for the team leader to address you by name before acknowledging the task

Sect 5

1. What is the correct compression-to-ventilation ratio for a single rescuer of a 3-year-old child?
 - a. 15 compressions to 1 breath
 - b. 15 compressions to 2 breaths
 - c. 20 compressions to 2 breaths
 - d. 30 compressions to 2 breaths

2. What is the correct compression-to-ventilation ratio for a 7-year-old child when 2 or more rescuers are present?
 - a. 15 compressions to 1 breath
 - b. 15 compressions to 2 breaths
 - c. 20 compressions to 2 breaths
 - d. 30 compressions to 2 breaths

3. For what age victim is the 2 thumb-encircling hands technique recommended when 2 or more rescuers are present?
 - a. A child younger than 3 years
 - b. A child older than 3 years
 - c. An infant older than 1 year
 - d. An infant younger than 1 year

Sect 6

4. What is the correct chest compression depth for a child?
 - a. At least one fourth the depth of the chest, or about 1 inch
 - b. At least one third the depth of the chest, or about 1 1/2 inches
 - c. At least one third the depth of the chest, or about 2 inches
 - d. At least one half the depth of the chest, or about 3 inches

5. What is the correct chest compression depth for an infant?
 - a. At least one fourth the depth of the chest, or about 1 inch
 - b. At least one third the depth of the chest, or about 1 1/2 inches
 - c. At least one third the depth of the chest, or about 2 inches
 - d. At least one half the depth of the chest, or about 2 1/2 inches

Sect 7

1. Which victim would need only rescue breathing?
 - a. Agonal gasping with no pulse
 - b. Breathing with a weak pulse
 - c. No breathing and a pulse
 - d. No breathing and no pulse
2. How often should rescue breaths be given in infants and children when a pulse is present?
 - a. 1 breath every 2 to 3 seconds
 - b. 1 breath every 3 to 5 seconds
 - c. 1 breath every 5 to 6 seconds
 - d. 1 breath every 8 to 10 seconds
3. Which action can rescuers perform to potentially reduce the risk of gastric inflation?
 - a. Delivering each breath over 1 second
 - b. Giving rapid, shallow breaths
 - c. Using a bag-mask device for delivering ventilation
 - d. Using the mouth-to-mask breathing technique
4. Which is the preferred technique for giving rescue breaths to an infant?
 - a. Mouth-to-mouth
 - b. Mouth-to-mouth-and-nose
 - c. Mouth-to-nose
 - d. Any method is acceptable

Sect 8

1. What is *not* an example of an opioid?
 - a. Heroin
 - b. Hydrocodone
 - c. Morphine
 - d. Naloxone
2. Your 27-year-old roommate uses opioids. You find him unresponsive with no breathing, but a strong pulse. You suspect an opioid-associated life-threatening emergency. A friend is phoning 9-1-1 and is looking for the naloxone autoinjector. What action should you take?
 - a. Remain with your roommate until the naloxone arrives and administer it immediately
 - b. Begin CPR, starting with chest compressions
 - c. Provide rescue breathing: 1 breath every 5 to 6 seconds
 - d. Provide rapid defibrillation with an AED
3. You encounter an unresponsive 56-year-old man who has been taking hydrocodone after a surgical procedure. He is not breathing and has no pulse. You notice that his medication bottle is empty. You suspect an opioid-associated life-threatening emergency. A colleague activates the emergency response system and is retrieving the AED and naloxone. What is the most appropriate action for you to take next?
 - a. Wait for the naloxone to arrive before doing anything
 - b. Begin CPR, starting with chest compressions
 - c. Provide 1 rescue breath every 5 to 6 seconds until naloxone arrives
 - d. Provide rapid defibrillation with the AED

Sect 9

1. Which is an example of a mild foreign-body airway obstruction?
 - a. Cyanosis (turning blue)
 - b. High-pitched noise while inhaling
 - c. Inability to speak or cry
 - d. Wheezing between coughs

2. Which victim of a severe airway obstruction should receive abdominal thrusts?
 - a. An average-size 27-year-old man
 - b. A woman who is obviously pregnant
 - c. An obese 50-year-old man
 - d. An average-size 9-month-old infant

3. You are performing abdominal thrusts on a 9-year-old child when he suddenly becomes unresponsive. After you shout for nearby help, what is the most appropriate action to take next?
 - a. Begin high-quality CPR, starting with chest compressions
 - b. Check for a pulse
 - c. Continue performing abdominal thrusts
 - d. Provide 5 back slaps followed by 5 chest thrusts

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