

CPR In Schools Lesson Plan

Module	Learning Objectives	Skill and Assessment	Supporting AHA CPR in Schools Online Video
CPR/AED Class Overview	<ul style="list-style-type: none"> Goals and Plans for Class Instruction What is CPR? What is an AED? 		Instructor led discussion DIY AED DIY CPR Manikin
Sudden Cardiac Arrest Overview	<ul style="list-style-type: none"> How common is a SCA? Who is at risk? What causes SCA? How the student can help save a life by learning the skills in this class 	<ul style="list-style-type: none"> Student can state basic facts about SCA (Fact sheet) CPR/AED Cognitive Pre-test (optional) or Individual Classroom pre-test How motivated is the student to learn CPR and AED use? Willingness pre-test 	Instructor led discussion SCA Fact Sheet
Life is Why: Welcome to the Course Personal Story of SCA CPR in Schools: Hands Only CPR	What is CPR? What is an AED? Key components of Hands Only CPR	<ul style="list-style-type: none"> Student knows basic definition of CPR and AED. Student can state the overview of Hands Only CPR 	AHA CPR in Schools Module 1: Life is Why C - 5:00 minutes WEBSITE: eBooks.heart.org Access code: CPRINSCHOOLS
Understanding CPR SCA vs Heart Attack Steps Leading Up to CPR	<ul style="list-style-type: none"> Understanding how CPR works Understanding How SCA and a Heart Attack are different Understanding of Steps Leading Up to CPR <ul style="list-style-type: none"> How to recognize SCA BLS Chain of Survival Process of Calling 911 Discuss location of AED in school and other sites Process of getting an AED if available 	<ul style="list-style-type: none"> Student understands that CPR provides the pumping action of the heart when it is not working Student can note two major differences in SCA and heart attack Student can identify Links in Chain of Survival Student knows signs of SCA and can explain agonal breathing vs regular breathing Students know location of AED in their School 	Module 2 (SCA vs Heart Attack and Steps Leading Up to CPR) Total time : 5 min 5 sec Chain of Survival Illustration



<p>Practice Steps Leading Up to CPR</p> <p>High Quality Compressions</p> <p>Practice Compression</p>	<ul style="list-style-type: none"> • Practice of steps prior to starting CPR • Understanding of Hands Only CPR • Proficiency with BLS Sequence of Events <ul style="list-style-type: none"> • Known the mantra: Push Hard and Fast in the center of the chest • Know the Rate: 100-120 compressions/minute • Know the Depth: Compress the chest to a depth of at least 2 inches • Know not to Lean: Allow full chest recoil 	<ul style="list-style-type: none"> • Student demonstrates knowledge of steps leading up to CPR • Student understands HO CPR • Location and action: Student knows steps of CPR: push hard and fast in the center of the chest at appropriate rate and depth • Compression practice with manikin to reinforce knowledge of steps leading up to CPR as well as Compressions 	<p>Module 3 (Practice Steps..) Total time : 5 min 46 sec</p> <p><i>*There is 1 minute of Compression practice that can be repeated as needed.</i></p> <p><i>*Recommend 10-20 minutes of practice</i></p>
<p>Putting it All Together</p> <p>AED Introduction</p>	<p>Proficiency with entire sequence of Hands only CPR</p> <ul style="list-style-type: none"> • Understanding how to use AED <ul style="list-style-type: none"> • Turn AED unit on • Follow Prompts • Adult vs Child Pads • Press Shock button when prompted • Single rescuer vs. multiple rescuer AED retrieval and use • <i>Rescue kit and understanding your tools (scissors etc.)</i> 	<ul style="list-style-type: none"> • CPR practice with manikins to reinforce knowledge of quality Hands Only CPR • Student can anticipate AED prompts and knows their role 	<p>Module 4: Putting it all together including AED Total time : 5 min 47 sec</p> <p>AED Sheet</p> <p><i>*There is 1 minute of Putting it all together practice that can be repeated as needed.</i></p>
<p>Practice Using an AED</p> <p>Using AED on Child</p> <p>Summary</p>	<ul style="list-style-type: none"> • Practice with AED Trainer or Kit AED Simulators (Cut Outs) • Use Child pads If available • Look to see if AED has “switch” or child key • Hands only CPR with AED use 	<ul style="list-style-type: none"> • Student turns AED On or Opens to Start sequence • Student correctly places AED Pads • Student correctly clears when prompted • Student correctly pushes SHOCK if/when prompted • Student can deliver a shock to an adult or child 	<p>Module 5: (Practice Using an AED) Total time : 2 min 25 sec</p> <p><i>*There is Practice with AED that can be repeated as needed</i></p>
<p>Summary and Class Discussion</p>	<ul style="list-style-type: none"> • Summary of full rescue response • Answer class questions • Additional CPR/AED practice as needed 	<ul style="list-style-type: none"> • CPR/AED Cognitive and Willingness Post-test or Instructor/teacher developed test 	<p>Instructor led discussion</p>