

OPTIONAL CPR IN SCHOOL VIDEO

Optional Modules	Learning Objectives	Skill and Assessment	AHA CPR in Schools Online Video
Adult CPR with Breaths Practice	<ul style="list-style-type: none"> Understanding when Rescue Breaths are needed with Adult CPR (drowning, severe injury, drug overdose) Understand the meaning of Rescue Breaths and what they provide (oxygen to brain) and other body organs Understand techniques of Rescue Breaths <ul style="list-style-type: none"> Do rescue breaths only if comfortable Know the sequence of 2 breaths after every 30 Compressions Know to open the airway by head tilt chin lift and pinch nose and then give breaths Know to watch for chest rise with breaths 	<ul style="list-style-type: none"> Student can list 2 reasons to use rescue breaths with CPR in Adults Student knows the sequence of events for delivering Rescue Breaths Assess performance of the Steps of Adult CPR with Rescue Breaths with manikins when possible 	Module 6: Adult CPR with Breaths Total time : 5 min 30 sec <i>*There is a practice section that can be repeated s needed</i>
Choking in Adults ** DO NOT PRACTICE ON A ACTUAL PERSON	<ul style="list-style-type: none"> Understand choking Mild (can cough, speak, breath) vs Severe Airway Block (can't speak or breathe) Know Universal Choking Sign Know sequence of Abdominal Thrust (Choking maneuver): <ul style="list-style-type: none"> Wrap arms around victim Place fist above belly button but below breast bone and Pull Up and in a J motion Know difference in positioning for Pregnant Female Know next steps if a choking victim stops responding 	<ul style="list-style-type: none"> Student can properly identify a choking Adult victim Student can tell difference between a mild and severe airway block in an Adult Student can properly perform abdominal thrusts on MANIKIN Student can properly perform CPR after victim becomes unresponsive 	Module 7: Choking in Adults Total Time : 4 min 50 sec AHA Adult Choking Sheet <i>*There is a practice section that can be repeated s needed</i>
Child CPR / AED	<ul style="list-style-type: none"> Know how to identify a child and teenager. A child is anyone aged 1 year or older but not a teenager who will look like an adult Understand why kids experience SCA Know sequence of 30: 2 compression to breath ratio on child Know to connect and use Child pads on a child (under 55 pounds) If available and use front / back positioning Know to perform 5 sets of 30:2 compressions/breaths before leaving to get an AED 	<ul style="list-style-type: none"> Student knows difference in CPR among a child and adult and when adult rules apply Student can identify one cause of SCA in a child CPR / Rescue Breaths practice with manikins to reinforce knowledge of quality Child CPR / Rescue Breaths (Knows 30: 2 compression to breath ratio) and to follow AED prompts with correct pad placement (Front/Back) 	Module 8: Child CPR and AED Total Time : 6 min 30 Sec <i>*There is a practice section that can be repeated s needed</i> Fact Sheet: CHILD SCA
Choking in Children	<ul style="list-style-type: none"> Understanding how to recognize child who is choking Understand when to start CPR on unresponsive choking child 	<ul style="list-style-type: none"> Student can properly identify a choking Child victim Student can properly perform CPR if victim becomes unresponsive 	Module 9: Choking in Children AHA Child Choking Sheet AHA Infant Choking Sheet Total time : 4 min 23 sec
Summary and Class Discussion	<ul style="list-style-type: none"> Summary of full rescue response Answer class questions 	<ul style="list-style-type: none"> Additional practice as needed 	Instructor led discussion

